



First Get YOUR Self- Realisation [HERE](#) if you are new to Sahaja Yoga

Aarti

So whatever pleases your Spirit, is used in the Puja... is to be given; By showing light to God... what we do is we worship light within us... the light element gets enlightened within us. The light element is here on the Agnya. When you do Aarti or when you put light before God... when you show light to God, the light element within you gets enlightened (800927)

In simple Indian villages, people try to be nice, congenial, good... how... by understanding auspiciousness... an auspicious presence is soothing, comforting, absorbing, beautiful... and this... how do you develop... you should do little Aarti to my photograph... is a good idea (800927)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800927 Lethargy, Chelsham Road good 75

- end -

4 Sep 2003

Abraham Lincoln

Who said, in America, that truly democratic government should be 'Of the people, For the people, By the people' (MME); A Realised Soul, who gave great ideas to the world (890611); In America, it was... not the women... but Abraham Lincoln, who fought for the liberation of women (830321)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-890611 Dynamism and ascent, Connecticut - see 890611 good 55

830321 Overcoming the 6 enemies, Ma's 60th B'day Puja, Sydney good 50

890611 Dynamism, Virata Puja, Connecticut, USA

- end -

24 Jun 2003

Absorption

Sahaja Yoga is not just to pass energy through you - you have to absorb... to assimilate it and transform yourselves. You have to transform completely within yourselves (800127.2); Absorbing means when one's faith starts encompassing what I say... absorbing... not criticising... not repelling back... but absorbing it. Absorption is the only way to grow... and what is the mouth of Absorption... is Nirvichara... when you do not think about it; Absorption is only possible when you have faith... and the whole thing goes into you... you just go on sucking it like a child (800518); How to suck... just become thoughtless... it will go in... try to become thoughtless, and you'll imbibe. The thoughts are coming from ego... just tell them 'be humble'... and they'll disappear (800907)

I have already given you a very long lecture or speech as you call it... some reactions were very good, and some could absorb it very well... but some, they said, were sleeping. Now these things happen because of negativity... and you have to fight your negativity... because negativity is a thing that asks questions - and when I am talking, I am telling the truth... the Absolute Truth - but, it asks questions... and it reflects. When it starts reflecting, nothing goes in the head... because, you are left with the 'past' sentence... and the 'present', you are not with it. So the whole thing boils down to something like an escape... and you sleep off. Now I tried my level best to put you onto your conscious mind... because you have to be conscious... you have to be alert. Unless and until you are conscious, you cannot ascend... any abnormal person cannot ascend... you have to normalise yourself (860504)

So many of you had abnormalities which were brought out and thrown away... and many have been cleansed... but now, if there are some still lingering in you, you must work it out... you cannot go on justifying. Normally, a negative person attracts a negative personality... so if you have such a negativity of any kind within you, you should never sit next to a negative person... never go near such a person... keep away... but stick onto a positive person (860504)

Sahajvidya - Absorption

So those who have really felt 'one' with the lecture, without any questioning, should know that they are doing well... their reaction was good... they absorbed what I said... they took everything inside... but those who were questioning, reflecting, should know that they have ego... whilst those who were dozing out should know that they are left sided. Those who went off to sleep... who were struggling at that time... may not have understood. It's a very difficult and a subtle subject... but those who have been like that should look after themselves... should find out. One thing they can do is to put a candle near their left Swadisthan, a little far... and put one candle before the photograph... and put left hand towards the photograph, and right hand on Mother Earth... it works... and the candle at the back should be kept little far away because it makes sound, it goes this way, and that way... it burns. Those who have been taking drugs, not LSD, but other drugs, the drowsy people who feel sleepy, whose brains are destroyed by drugs... all those people can benefit a lot by this... do it every day (860504); I would say that this lecture must be listened to, again and again... and to be taken in... not to be questioned... not to be questioned... to be taken in... to be absorbed (860504)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed on SYogis, how maintain them, Bordi good 30

800518 Old Arlesford, Winchester - part 3 (The Real Becoming) good 30

800907 How to know where you are - Chelsham Road good 120

860504.1 Sahastrara Puja talk - Alpe Motta, Milan good 85

860504.2 Second Sahastrara Talk - Milan/Delhi University address

- end -

6 May 2003

Acceptance

Will give you a wonderful discretion over your ego. Whatever goes wrong... it's alright... accept it. Supposing you are lost on the way... you should not think like all other people... but think... 'why? Hanumana must have brought me here for some purpose' ... accept it... accept the situation. When you accept the situation, you are playing into the hands of the Deities... who are guiding you (880710)

If somebody has complained that you are hot tempered... accept it... just accept it... is a great thing that there is somebody who tells you that. If somebody says you are miserly... accept it... so we must change. If you don't want to change... you'd better leave... that's the main point (810904)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-880710.2 Discretion of Hamsa, second talk - see 880710 good 10

-880710.1 Discretion of Hamsa - see 880710 good 55

810904.1 Advice given by Shri Mataji, Brahman Court poor

810904.2 Heart of the Universe, Caxton Hall

880710 Discretion of Hamsa, Munich

Accuracy

So those who believe that they have to be... they have to be very accurate must know that your accuracy will be challenged by the Divine Power - there has to be lot of relaxed and a mobile temperament a person should have. If you are absolutely lethargic, lenient, dishevelled, we can say absolutely confused... you are not in the centre... and on the contrary if you are very strict, like a rock of Gibraltar... and like a big Hitler-like behaviour... you should be in time... everybody must have proper steps... must walk properly... that's not being Sahaj... that's not being Sahaj (890709)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

890709 Importance of friendship - Melun, France good 45

- end -

27 Oct 2003

Acetylcholine

Acetylcholine and Adrenalin, the 2 substances in the body that act arbitrarily, either augmenting or relaxing - and cannot be fully explained (800629); These two chemicals in the body, which behave in a different way, sometimes augmenting and sometimes relaxing, which doctors cannot explain. But they are honest people, so they say we don't understand (890814.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-890814.2 Short Introductory talk - see 890814 good 20

-800629 How... prove the existence of God, Dollis Hill - see 800630 good 20

- end -

24 Jun 2003

Aches and Pains

In Sahaja Yoga, when you get Self Realisation... in the beginning may not be... but little later on... you start yourself feeling the 'pangs of sin'... and also of the sinful people... so you avoid the company of sinful people... you have to... if you remain in the company of sinful people... then you get headaches... you get Agnya catching... and you get all kinds of complications... and you want to run away from that place... you can't bear it. Best way to strengthen yourself is... to be together... as Sahaja Yogis... you must attend the programs... or when there is a collective Aarti... or Puja... or Meditation (770126.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-770126.1 Bordi Attention - see 770126.1 poor 40

Active Organs

Right sided people have a very overactive personality, and have overactive organs... whilst the left sided... may develop lots of diseases due to lethargic organs... (830209)

Organs can be Active type, if we eat too much protein type of food - in which case we should take more of vegetarian foods (830131); Supposing you are a right sided person, then what happens to you... you become overactive. Overactivity gives you fatigue... gives you all kinds of diseases... such a person is very speedy... he cannot sit in one place for two minutes, all the time jumping, and he creates problems for himself and his family. This is Rajoguna. The Rajoguni has an opinion of his own about everything... he goes on forcing it onto others. But if you see his own life, he is a complete misery... he cannot carry on with people... he cannot talk to people, and there is a very big gap between himself, his Spirit, and his being (980712)

Right side diseases include: aggressive ego, hot tempered and obnoxious, overtalkativeness in old age, overactive hearts, palpitations, asthma, constipation, cirrhosis of the liver, unhealthy skin which is sallow, diabetes, leukaemia, kidney problems, high blood pressure, uterus troubles, barrenness in women, digestive troubles, paralysis caused by brain damage and overdevelopment of Mr ego (830209); Heart Attack... can result from too much right side activity (870500)

Right sided women are vulnerable to uterus troubles... they may become barren... they may not have children at all... especially women who are flirtatious type, and think they are very beautiful... and also if they are having a very active life... they can become completely barren (830209)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-870500.1 Untitled talk - see 870503

830131 Nabhi Chakra, Delhi good 80

830209 Problems of Left, Right and Centre - Bombay good 65

870500.2 Australia PP [PP video set 5/1] good 35

980712 To be obedient to the Guru, Cabella

- end -

9 Sep 2002

Adi Guru Dattatreya

The Primordial Master, born as the 10 main incarnations, of Moses, Mohammed, Abraham, Guru Nanaka, Raja Janaka, Socrates, Confucius, Lao-Tzu, Sai Nath (of Shirdi), and Zoroaster, and who all said to lead a moral life (810928; 800727; MME) and who came to establish balance (840718) and teach the code of life, morality, in preparation for our ascent (851128); Who worshipped the Mother along the banks of the River Thamsa, or Thames, in England - so Adi Guru Dattatreya lived here and meditated here on the banks of the Thames, and it is because of this great background of the awakening of the Guru Principle here, that so many Guru Pujas were actually held here in England (830725); Who never declared himself to be the Incarnation of the Primordial Master, which he was (791202.1)

Dattatreya was a very tall personality (860921.1)... and whose wife was a very devoted woman (790530), and whose birthday is celebrated in December (861227); Your Mother is a Mahamaya, and She is the Mother of all the Adi Gurus, and She it was who taught and created all the Adi Gurus (860706)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-861227 Brahmapuri - see 861221 good 5

-860706 Guru Puja, Gmunden - see 860706 good 55

790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55

800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70

810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80

830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50

840718 Chiswick Town Hall [+33mins Q&A + incom. Experience] good 55

851128 William Blake, Hammersmith (C100) Not good

860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria

860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45

Adi Kundalini

The Power of God Almighty, is the Adi Kundalini, or Adi Shakti, who is immeasurable, indestructible, the Brahma Shakti, who does everything, who is All Pervading (830128); The Kundalini of the Adi Shakti (960609); The reflection of the Adi Kundalini, i.e. the Kundalini of the Adi Shakti, is the Kundalini within us (960609)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830128 Introduction to Sahaja Yoga - Delhi good 75

960609 You dissolve into the Divine Power, Adi Shakti Puja, Cabella good 50

- end -

24 Jun 2003

Adi Shakti

The Feminine, Pure Desire Power of God Almighty; The Pure Love and Compassion of God Almighty, which does all the work of Creation (930606; 950910); Who destroys the evil forces to save Her children from negativity; Who is Saptashringi (meaning the 7 peaks at Sahastrara), and who gives rise to the 3 Shaktis... Mahakali (Comforting), Mahasaraswati (Counselling), Mahalakshmi (Redeeming and Awakening), and also to Amba, the Kundalini; Who is Parashakti, beyond all these powers, the Power of Sadashiva, of God Almighty (900923; 890524); Who is reflected in totality as Mahakali, who then when She desires, divides and produces the 2 other powers of Mahasaraswati and Mahalakshmi (890619), and with these arise the three: Brahma, Vishnu and Mahesha. These three types of powers always play on the chakras. The female is the power, and the male is the kinetic power (850901)

The power... 'She' is the power, and 'She' is called as Shakti... 'She' is the power. So 'He' is the God Almighty... and his power is a 'She'... the Holy Ghost...the Divine Power of God... is Love... which has got... one is the Creative power... and another is the power of Desire. First he must have desire... and then he creates... so, he has the power of Desire... then he has the power of Creativity... and also he has a third power which gives us Sustainance... and Evolution... so this third power is more important because that gives us this Ascent also. This is the manifestation of the Holy Ghost, which is the power of God Almighty... which is the power of his Divine Love (821008)

Sahajvidya - Adi Shakti

The Devi, the Goddess (891008.1); Who integrates and unites everything (890524); Who first created Shri Ganesha, the source of wisdom and innocence - the Eternal Child (970600); Whose son is Shri Ganesha, and who made us in the same way that She created Ganesha - without the Father, on Her own (860907); The Power of God's Grace, and who is also Adi Maya, and had to assume ego so that She could create, firstly by creating the three powers (850528); First the Desire Power on the left side is created, then the action power (unless there is desire there cannot be action), and then the interaction of these two produces the third power, of evolution, whilst the Adi Shakti remains as the Residual Power, after creating these other three. So the fourth power is the Kundalini, which is the reflection of the Adi Shakti in human beings (850528); The Primordial Mother, the Adi Shakti came 12000 years back in more than 1000 Incarnations, to protect Her children, the devotees, from those negative forces, that were trying to destroy them (790530)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 891008.1 Destroy those demons within, Margate - see 891008 good 45
- 890619 Ascent, Mahakali Puja - San Diego - see 890611 good 25
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 850528 Miracles (+ Facing Seeker's questions) - see 860725 good 10
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 850528 Kundalini Power and Creation - Los Angeles good 45
- 850901 Vishnumaya Puja/Brompton Sq. Puja - Wimbledon/Brompton Sq
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 890524 Integration of Athena - Athens, Greece good 45
- 900923 Navaratri Puja - Geneva, Switzerland good 75
- 930606 Shri Adi Shakti Puja - Cabella good 55
- 950910 Ganesha Puja - Cabella (The value of Innocence) good 65

Adi Shankaracharya

Who was such a learned man (790200.1), who wrote Viveka Chudamani, and Saundarya Lahari (in which every couplet is a mantra in Praise of the Mother) (910002; 821219), and who said that only through the Grace of the Mother, we can get Realisation (830129), and the basis for whose writings is the Kundalini (790530); In the 6th century Adi Shankara Charya has described it (810511)

He is the one who has exposed the whole thing, in the 6th century... the knowledge was a secret knowledge before that... a guarded knowledge for very few. Then Kabira and Nanaka and all these people came up... the greatest work was done in Maharashtra by the nine Nathas... the Primordial Masters... and also from the Punjab... to find out what was the Kundalini (790608.1)

Who has said... 'it works out through the Grace of the Mother'... and who wrote 'the Praise of the Mother, that's all'... he said 'nothing more is needed' (790200.1); Who calls the cool breeze of the Holy Ghost as Chaitanya Lahari, or Saundarya Lahari, or Ananda Lahari. Who also says 'Saleelum Saleelum', meaning that a cool breeze starts flowing (791203); Who with Kabira was one of the Incarnations of the Disciple Principle (790530)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790608.1 Maria's House Tape 1 not good 50
- 791203 When You meet Me - Caxton Hall good 35
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

Adogati

Adogati is the downward movement (860224); Descent; To go down is easy; Human awareness grows downwards, in the opposite direction to the Divine. First we reach Nabhi (from our starting point of Bhavasagara)... where we start consuming, through attacking and overpowering other peoples and other countries, by imperialism etc... like Columbus... and also by digging out and consuming Mother Earth. Then we reach Swadisthan, where we see and go to the stars etc... to no avail - we have to go within. Finally we reach Mooladhara, where we become depraved and perverted, with funny ideas about sex. This is decadence... and with one step we are in Hell. On the other hand if we try to go up, without going by Mahalakshmi... we end up at the Heart... and start giving our heart to this person, that person... get into romance... and once again we go down (860303)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 860303 Brompton Square Address - see 860305 good 15
- 860224 Delhi University address - see 860504.2 not good 15

- end -

26 Apr 2003

Adrenalin

Acetylcholine and Adrenalin, the 2 substances in the body that act arbitrarily, either augmenting or relaxing - and cannot be fully explained (800629); These two chemicals in the body, which behave in a different way, sometimes augmenting and sometimes relaxing, which doctors cannot explain. But they are honest people, so they say we don't understand (890814.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-890814.2 Short Introductory talk - see 890814 good 20

-800629 How... prove the existence of God, Dollis Hill - see 800630 good 20

- end -

12 Jun 2003

Adultery

Is one of the things that is against one's Dharma, and can spoil the void area in the stomach (781005); In the Old Testament, it is written "Thou shalt not commit adultery", but Christ has made it even subtler, because he is at Agnya controlling the eyes, and so he said "Thou shalt not have adulterous eyes" (920209); The relationship of a daughter, of a sister, of a mother is a very pure relationship; If we put our attention onto Mother Earth, if we look at the green of Mother Earth, then we will be saved from the errors of adultery... of looking at others' sisters, wives or daughters (850901); Adultery is a general word, and means impurity - when there is innocence, there is no impurity (850000.1); One has to try to get very pure eyes... thou shalt not have adulterous eyes... this is what we have to follow... all of us... and our attention has to be alright... for that this Raksha Bandhan is a very good thing (860818)

It is not permitted to have adulterous life in any religion whatsoever... because adulterous life brings forth all kinds of problems for the sex... for spoiling the last chakra - people can become impotent... or, over excited... or could become suffering from all the troubles of this centre... for which you know the diseases... so one has to lead a very clean wonderful married life. When I say this in the west, people really don't like it... but I am your Mother... I have to tell you the truth. Whatever you have done is done... finished... doesn't matter... but now you should come to your sanity... because there are all these horrible satanic diseases waiting just to work it out (821008)

When you put your eyes on somebody who belongs to someone else, then you are thieving. In the registration office, it is said... that you are the wife of such and such... then... your husband is the owner... or... you are the owner of your husband... I mean this relationship is between the two... but if some sort of a relationship is to be established like a thief... then you do it secretly... you cannot do it openly... it is not registered anywhere... you understand my point (791202.3)

Sahajvidya - Adultery

There's a negativity we can call it Adharma... which is fighting... so you stand on your Dharma... unless and until you are dharmic, you cannot have any achievements in Sahaja Yoga. I have seen people who are say abroad... and they have funny ideas... and they will come and tell... 'Mother, I have a wife, but I am in love with another woman... so what should I do'... I said... 'you get out... that's all... just get out'... or the wife might say... 'Mother, I am having relations with another man... and what should I do'... I said... 'you get out... that's all... you get out of Sahaja Yoga... you are no good for Sahaja Yoga... and Sahaja Yoga is no good for you (010321)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 920209 Ganesha Puja, Perth - see 920209 good 35
- 860818 Raksha Bandhan, Hampstead - see 860823.1 good 20
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 850000.1 Mahaganেশa Puja - see 850000.1 good 10
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 850000.1 Mahaganেশa Puja and other Talks - India
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 920209 Ganesha Puja, Perth/Red Hill, Canberra
- 010321 Mother's Birthday Puja, Delhi good 50

Advaita

Advaita... means 'one personality'... completely integrated (830204); This is Advaita... where you become 'one' - all the religions teach Advaita... means... 'where there is not the other'... Anand... you become 'one' with that... with the whole ocean. A drop becomes the ocean... all the powers of the ocean are there for the drop... that's what it is. There are some who say... 'we believe in Dvaita'... why... 'we don't want to get lost'... I mean... you are not lost... you become the whole... but they want to keep that small limitation you see... and what is that small limitation they want to keep... it's called as Mr e-g-o... which is a myth (800721)

All the Incarnations who came, were part of the Sahastrara, part of the Brahmachaitanya, of the Adi Shakti, and when they came, they gave Realisation to some very good people, who then got dissolved in the ocean of love, and were then lost into that. Just as the drop dissolves in the ocean, so they took to Mona, to silence... they disappeared (870503.1); Kabir... said "when the drop becomes the ocean, what can you say, you are lost, you are no more there, you are finished" (870408)

The drop... Has to become the Ocean (890611); When the drop becomes the Ocean, then it doesn't think it is a drop... it thinks it is a part of the Ocean. In the same way, once you grow up, you become very collective; Like a painter has a brush and is nicely painting - it's the painter that's painting. But if the brush starts thinking "I" am the one who is painting, it's stupidity (980706)

We are all collective... we have to know everything among each other... and we have to live like one family, all over the world. Once you develop that kind of a love for everyone, then you will be surprised, you have become a great personality - that means... the drop becomes the ocean (960716)

Sahajvidya - Advaita

When working or when we are doing any action, we should develop the witness state, and indulge into work in thoughtless awareness, saying 'I am not doing it' (800517.2); Separate yourself from yourself... become the Spirit... identify with the Spirit... and tell off the ego-self. Address yourself, your ego-self, as though you are Mataji talking, and tell yourself off; Know that your 'drop' (i.e. 'you') has fallen into the ocean, and thus has become the ocean - but don't forget the first step (i.e. the drop falling into the ocean) (800517.2); When the attention goes to the Spirit, then you become Gunatit, beyond the gunas, Kalatit, beyond time, and Dharmatit, beyond dharma, and then you become like the 'drop' in the ocean (980321)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 870503.1 Sahastrara Puja, Australia - see 870503 good 45
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800721 Auspiciousness - Caxton Hall good
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 980321 75th Birthday Puja, Delhi good 55
- 980706 Holland Park School, London 1998 good

- end -

27 Apr 2003

Aesthetics

The essence of aesthetics, and of beauty is variety (890527); When the aesthetics of matter starts giving you joy, you do not want to possess it... even if you do want to possess it, it would be just to enjoy it and give it away to somebody else. When you develop your witness state... this will come to you, that you will not keep things to yourself, but you would like to give and share... sharing... that is the time you should know, you have become a witness, because you are enjoying (800927)

Western people have definitely a very great sense of aesthetics (790609.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

790609.3 Maria's House Tape 3 poor

800927 Lethargy - Chelsham Road good 75

890527 Essence of Self respect, Devi Puja - I stanbul, Turkey good 30

Affirmations

Need not be said aloud, when someone is being given Realisation... can be said in the heart (830127); Firstly remove the shoes (you can keep the socks on), and place feet separately, because they are two different powers, onto Mother Earth... the reason is this Mother Earth has the power to help us a lot... and to suck in all our problems. Sit straight, in a relaxed and comfortable way (821008; 821007; 840410)

Keep the L hand all the time on your lap... because the desire is constant... and then we will be going from one centre to another with the R hand on the left hand side only... to all the centres we'll be tackling... just to help the ascent of the Kundalini... to flow slowly in the central path of our ascent (840622; 821008; 821007)... and now close the eyes, because the attention will be attracted inside (821008; 821007) - if you keep your eyes open the Kundalini won't rise above this centre (Agya - Ed). This is absolutely the other way round... in hypnosis they hypnotise through your eyes... so keep your eyes shut and just be relaxed... and don't worry about others (821008; 821007); Before closing your eyes... see that there's nothing hanging on your neck... very heavy... or something tight here... or you can little bit loosen your knots would be better... because Kundalini has to rise (821007); Also remove any spectacles, because this can help with the eyesight. In this way we will know how to all the time raise our own Kundalini (871116); At the start you can say: "Mother it is my pure desire to be the Spirit" (830127); Then at the chakras, starting at the heart, repeat the following, with left hand towards Shri Mataji, and the right hand on the left hand side, at each chakra... as follows:

1. Heart: Here resides your Spirit, so you have to ask the question, to me... in your heart... 3 times:

"Mother, am I the Spirit?"

Sahajvidya - Affirmations

2. Upper part of the abdomen or stomach: This is the centre of your mastery over this power of Love, or Divine Vibrations. Press it hard, and ask the question, in your heart, 3 times:

"Mother... if I am the Spirit... am I my own Master... am I my own guru?"

3. Lower part of the abdomen: This is the centre of Pure Knowledge, absolute and pure... which gets the knowledge about the roots and the knowledge how to work out this Divine Power... the laws that are Divine. Here I respect your freedom... I cannot force you to have the Pure Knowledge - you have to say that you want it. So here you have to humbly ask, 6 times:

"Mother, please give me the Shuddha Vidya, the Pure Knowledge"

Now the Kundalini starts rising... She knows that you want it. And now, to facilitate Her movement, we go back to the higher chakras.

4. Upper part of the abdomen or stomach: Press it and say with confidence, 10 times:

"Mother, I am my own Master" (871116; 840410); At Nabhi: 'I am my own master, or I am my own Guru' (821008)

This will correct, if you have been dominated or misguided in your spirituality.

5. Heart: Here resides the Spirit. So here you say, 12 times:
"Mother, I am the Spirit"

Have confidence in yourself. We have to know that the Divine is the Ocean of Love and Compassion, but above all it is the Ocean of Forgiveness, and we cannot commit any mistakes which the Divine cannot forgive. So please forgive yourself... fully... and move your hand to...

Sahajvidya - Affirmations

6. Corner of the neck and shoulder... from the front... on the left hand side. Put your hand and hold it tight: This centre catches when you feel guilty. What guilt can you commit which cannot be forgiven by the powers of God... he is the ocean of love... of compassion... of forgiveness... so now turn your head to the right, and in full confidence say, 16 times:

"Mother, I am not guilty at all"

Be pleasantly placed towards yourself, because you are about to enter the Kingdom of God. You have to love yourself, and respect yourself.

7. Forehead, across: Press both the sides. This is the centre of forgiveness... and this is the greatest blessing you have... that when you forgive others, nobody dare harm you. So here you say, from your heart... 7 times or 11 times... just say it honestly:

"Mother, I forgive everyone" (871116; 840410; 821008)

You might say it is difficult - but it is a myth. Whether you forgive or do not forgive, you do not do anything. But if you do not forgive, then you play into wrong hands. It is not important how many times - press it on both the sides.

8. Back of the head: And move your head upwards. Here for your own satisfaction only, without feeling guilty, but in a very pleasant manner, say:

"Oh Divine, if I have made any mistakes, please forgive me"

9. Fontanelle bone area: Stretch your hand fully, pushing back your fingers, and put the centre of your palm on top of the Fontanelle bone area... which is called as Talu... and press it hard, and move it very slowly clockwise, the scalp 7 times. Bend the head a little. Mother cannot force the Self Realisation upon you - She respects your freedom... you have to ask for it. So please say... in a humble way... 7 times:

"Mother, please give me my Self Realisation"

Sahajvidya - Affirmations

10. Now take down the hand, and open your eyes slowly, and watch Shri Mataji (or the photo), without thinking. Now put right hand towards the Mother and slowly... put your left hand above the head... about 4 or 5 inches... now don't think... that is the main point is... and see if you can feel any cool breeze - some people get it very high (871116; 840410)... first it will be a hot air coming in... doesn't matter... but slowly you will find a cool breeze coming... it's very subtle (821008; 840410); Now the left hand towards Shri Mataji, and right hand above the head, and see. Then put the right towards Shri Mataji and see...

11. Now raise both the hands towards the sky, and push back your head, and ask the question (any of the following) 3 times:
"Mother, is this the Cool Breeze of the Holy Ghost?";
"Mother, is this the Brahma Shakti?"
"Mother, is this the All Pervading Power of God's Love?"

Now put both hands down, towards our Mother... when you feel in the hands a little cool breeze (871116)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 821008 We don't have to suffer, Bedford - see 821007 Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 830127 Spiritual Roots, Delhi [I'm here to plea for God] good 50
- 840410.1 Porchester Hall poor 20
- 840410.2 Porchester Hall/South Bank Polytechnic, London
- 840622 South Bank Polytechnic, London good 40
- 871116 Porchester Hall [+20 min Affirmations - good] good 30

Aggression

People of the west are aggressive towards the cultures of others. Aggression whether given or taken, both are equally wrong (790422); So aggressiveness must be given up by men. Also, because they are Sahaja Yogis now, they have to take to feminine qualities... and not of fighting; And if women fight... they are not women, you see (830821)

If we try to overpower the matter, getting overactive with it or being over-efficient, then our ego develops, and we go into violence... because if you produce more, then you have to be violent about it... otherwise you do not know how to sell it... you become sort of an aggressive businessman (800927)

Domination

The question of domination, whether of the woman dominating the man, or the man dominating the woman, is absolutely out of the question in Sahaja Yoga. There is going to be no domination of any kind, but one has to see that the left side is on the left side, and the right side is on the right side, and should not start demanding what the other side has got, like the men wanting to have children, or the women wanting to grow beards and moustaches (871230.1)

So on both the sides, of men or women, we have to understand, that if you are a man, and if you are dominating man, it's alright... but if you are a woman, and if you are dominating, then it's a difficult thing for Sahaja Yoga to cure... because you have lost your quality of being a woman... at least you have to be a woman to begin with. Now the men when they are dominating, they have to understand that they have to be compassion... to be kind... to be considerate... but never subservient... never subservient (830821)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871230.1 -19871230.1 Marriage, Kolapur - see 871219 good 45

800927 19800927 Lethargy - Chelsham Road good 75

830821 19830821 Mother Earth - Surbiton good 50

Agnya Chakra

The Agnya is the 'gate'... the space between the ego and superego... and has 2 petals. The 2 petals govern a) the pineal body, which stores all the conditionings as superego, and b) the pituitary body, which creates the ego; The centre controlled by Christ, who is the Incarnation of Shri Ganesha, and is also known as Mahavishnu, whereby the two balloons of ego and superego (conditioning) get sucked in, creating the space for the Kundalini to pass. Agnya means 'to order', or also 'obedience'; The Agnya chakra where, at the front we forgive everyone... and at the back... we ask for forgiveness... where we have to say... 'if we have made any mistake... oh God forgive us'... these are the two sides of the Agnya chakra.

The Ego... the balloon at the upper end of the right side channel or Pingala Nadi, that gets bloated as a result of those things that make us feel happy, the balloon at the left temple, and round to the front of the head, that gets sucked in, and reduced when we forgive, and thereby creates a space for the Kundalini to pass; The ego covers the heart, and is to be surrendered; The biggest problem; The main problem; That is quite happy to hurt others, and allows you to do things which are inhuman, and can get inflated by any sort of achievement or recognition.

Ego can project in any direction: a) if forwards, it tries to overpower, or dominate others, b) if to the right side, it becomes Supraconscious, and starts seeing things which are absurd, foolish, stupid, c) if to the left side, it starts seeing yourself as a big man, a very great personality, as a big Christ... d) if backwards, that is the very dangerous one, when people become gurus, which are ruining others, though they have lots of defects in themselves, and they try to pull others into this horrible stuff - is called as absolutely Naraka.

The Superego which stores all the conditionings... the balloon at the upper end of our left side channel or Ida Nadi, at the right temple, and round to the back of the head, that gets bloated as a result of those things that make us unhappy. Conditionings... are those things, that without finding out the truth about them, you have just accepted them as they are... so if you can find out the truth about these things, you will give them up... you may; When it is conditioning,

Sahajvidya - Agnya Chakra

you are in doubts, with this kind of a fear... that 'I shouldn't do like this'... 'I shouldn't do like that'... 'this is not allowed'... 'that is not allowed'... that is the conditioning part of it, and can be of many types; We are conditioned by blind faith, and superstitions... by the different religions we are born into... by the Nationality we acquire when we are born; We have so many conditionings, and we have come here (India - Ed), to get out of them... first of all our comforts; Conditioning has to go... has to be reduced as much as possible; Conditionings kill joy, and must be cleaned out.

With conditionings you develop a superego, by which you can be a person who is very frightened, who takes aggression from others, who is very subdued, over subdued... you run away from your duties... you escape from things... lots of things are there if you are overdeveloped on the left side.

One thing is very important is the humility... you should be a humble person... not think that you are something special... or some sort of a self important person... once you think you are important, then you are not part and parcel of the whole... how can one part be so important... if you start thinking like that, anywhere in your journey of Sahaja Yoga, then I must say you are not in the Sahaja Vasta, the Sahaja State.

If we say 'Not I... but the Divine that is doing it...', or 'I am not doing anything...', then the ego does not come up, and we become humble; Those who are humble... who are kind... will attract more Sahaja Yogis... so it is important to change your temperament. If you try to show off, nobody is going to be impressed by you... if you think you are something very great, nobody is going to look at you. Be very humble, kind, generous... also very joyous. If you are really doing Sahaja Yoga, no sickness can come... no trouble can come... it is a fact... try to understand.

Sahajvidya - Agnya Chakra

We have certain powers... and these powers increase, when we humble down. They do not increase with arrogance... with arrogance one can only become stupid... that's the only end of arrogance. So with humility, one should know that now you belong to Sahaja Culture, and Sahaja Culture is that of humility... if you are not humble, then you have not yet achieved your Sahaja Yoga.

We should understand that how light pervades Sahaja Yoga so much... and you see the light everywhere... so the first element which is light you can say... and the subtlety of the light is radiance... for example a person who gets Realisation has a face which is very radiant... so radiance is the subtlety of light... and so this radiance starts showing on your face... starts expressing itself... and with that radiance, people get impressed. This radiance is to be understood... is the subtle of the light, of which we are made.

Light... is governed by Lord Jesus Christ... and is the highest of elements. Light has an effect... it shows the things that are correct... and makes us understand all the dimensions of worldly things... and ultimately when enlightened by the Spirit, then you start seeing other dimensions also, which sometimes make you laugh... or smile... or cry also; I s absolutely detached. Look after your light, otherwise it will extinguish. When it is established, others will see the light on your face. The light of love never burns, but dissolves all that is bad, turns away from what is wrong, has patience, and expels the darkness, within and without; The light of love is so soothing, so sweet, so beautiful, so enamouring, so abounding... of purity... of relationships, of understanding; I f you are the light in the darkness, you have to be brilliant... and not dark... and you have to give light in the darkness... to the dark... and not take the dark upon yourself.

- Jai Shri Mataji -

Problems with Agnya

There are only 2 problems: Left and Right. If it is a right side problem, just beat with shoes. If it is a left side problem, give bandhan, or burn name etc., but do not try to help a person directly - if you face a person and say 'I'm trying to help you', this is wrong, is ignorance. If you try to sympathise, then you are in trouble. Concern is the point - your attention is active, and acts - with no involvement... that is compassion. You have to cleanse your attention for that... have attention that is silent, witnessing, not involved, but is dynamic - it works.

The ego is responsible for our funny behaviour towards others. The problem with ego is that people do not find it out til they really suffer badly, because the ego is something that doesn't give trouble to the individual, so much as it does to the society.

Ego can result from many useless things, including money, intelligence, etc., and has absolutely wrong ideas about one's value. Ego people try to do everything through intelligence... are such a drag, and boring, and is very prevalent in the West. With ego, see what makes you happy, see what you plan about life; Ego lets us think that 'we' can do this or that... which lets us say cutting and hurtful things, without regard for others. Ego ends in stupidity, and foolishness, because we forget about God, and also about our relationship with the whole; It is complete ignorance about yourself that gives you this ego; In simple words, this ego is nothing but absolutely wrong ideas about one's own value, by which you think that 'I am everything' - what are we... we cannot even sprout a seed.

In India, nobody thinks 'I am right' - nobody thinks like that. Once you start thinking 'I am right, and that person is wrong, I am doing alright, he's wrong'... finished. The worst thing that can happen to human beings is ego... the worst thing. Possession is better... at least you feel the pinch of it... but ego you never feel the pinch... you never feel there is ego in you... and you feel you are the most correct person.

Sahajvidya - Problems with Agnya

If you try to overpower matter, getting overactive with matter, making everything properly, over efficient with the matter, then your ego develops, and when your ego develops, you go into violence - because if you produce more, you have to be violent about it... otherwise you do not know how to sell it. You become a sort of an aggressive businessman, or country, which tries to overpower other nations with their material advancement... you become materialistic and such people have no heart... they are just dried up... the only thing they understand is money, money, money.

Then the right side is the Collective Supraconscious... is the future... where we indulge too much into the future and plan too much, and we are aggressive about it... then... all the ambitious people, who 'lived in the future' are there. Hitler used this power to entice people... to influence the people... and he used those who are dead on the right hand side... means the Supraconscious people... and when these Supraconscious people jumped onto them, they also started to become ambitious... and absolutely heartless people... they were so heartless you can't imagine. If you read the lives of some of these people, they were not so heartless to begin with, they were not... they were good, free, affectionate people. So suddenly, how did they become so devilish, and so destructive... the thing is, they are no more there... there is something else acting... such people can become dynamic for the time being... may look dynamic... but afterwards, it is too much a load to carry... and they become like cabbages like the other side people.

When the Supraconscious spirits come in... you become over ambitious... you start getting ideas... how to organise... how to do this... how to - there are some scientists who have died... and who never were satisfied with the progress that they made... so they come and give you ideas... it's all Supraconscious.

Now how to overcome higher attachments... which is also... in a very subtle way... is ego... like there are attachments that I should write a book on Sahaja Yoga... or I should paint something for Sahaja Yoga... or I must earn for Sahaja Yoga... I must do this for Sahaja Yoga... so

Sahajvidya - Problems with Agnya

this is also... is ego... that I should be the leader of Sahaja Yoga. Then there are jealousies... if Mother says this is not good you feel hurt... if Mother says this is good you feel happy... that means you are still at a very subtler state of ego, where you think that whatever you say should be approved by me. That is something is very subtle we do not understand, that if Mother is not approving of it, there must be basic Divine reason... otherwise why should I not approve of it. We must know that it's all the work of God, and we are just channels in the hands of God.

Then is... the Superego... which stores our conditionings, our fears, dangers, worries, and which may result from what we have read or experienced; Through which we run away, we avoid, we are frightened; That may result from things that we have accepted without finding out the truth about them, from wrong Gurus, from conditionings, from childhood, and from religions etc. To see your superego, see what affects you very much, what makes you unhappy.

Now supposing you are too much trying... 'oh God... help me... do this'... then you can get possessed, because you are not yet connected with God... and once you get possessed... that means that some other spirit can come in... and such a spirit, when it comes into you, it can really make you mad. This kind of thing happens to people who go on the left hand side'. When you enter into the Collective Subconscious... any one of these spirits can catch hold of you... and once they catch hold of you, you are liable for any of these diseases. Especially, I have seen... if there's a possessed person of course... they become mad... they get epilepsy... all these are possessed people. Epilepsy can be cured... all such mental problems, depression... can be cured... it's not difficult at all... but one must know that if you are possessed, you must really work it out... and see to it that it goes away from you... and you become your 'Self'.

Left side people... might have some sort of a baddha in them, in the sense that they are possessed by someone. Of course some are possessed by right side also... not that only the left side is possessed... but from the right side also they are possessed. Left side possessions are of a peculiar type, because they give you pains in

Sahajvidya - Problems with Agnya

the body. The right sided person doesn't get pains himself, he gives pains to others. Possession... which comes from following wrong gurus... dead spirits existing within a person, such as a dead male spirit existing within a girl who all the time wants to dress as a man, or a big drunkard spirit in a young person who wants all the time to drink whisky neat. These types come from the Subconscious areas. Then from the Supraconscious areas come the Hitler types, the despots; When I tell to some people, they'll say 'I know Mother... I know I do that'. Then why do you do it... that means you are possessed... you are a possessed person. That you know this is wrong... still you are doing it... then you are a possessed person. Then it's better you beat yourself with shoes.

Multiple Sclerosis...a disease of the left side... so far I have seen three cases in England, which have been cured by Sahaja Yoga... and all of them had either the wife or husband possessed; When the left Nabhi combines with either the left Agnya or the left Swadisthan, then you can become vulnerable to blood cancer.

The proteins 58 and 52... which come from this 'unknown area within us'... the Collective Subconscious... they enter into us... and trigger cancer. Now whatever is dead, is on the left hand side... so what they are actually talking about... is possession... that such a thing enters our being and then triggers cancer.

- Jai Shri Mataji -

Correcting the Agnya Chakra

- You can find out in a second whether you are on a conditioning side or not... if the left side is catching, then you are conditioned, and may suffer from pains etc. If the right side is catching, then you are on an ego trip, and may have health problems. Or you may be wobbly; If you use any one of these powers, superego and ego, too much... then the other one gets frozen.
- Balance is needed for our ascent; First put the left hand towards the Mother, or towards the Photo, and the right hand towards Mother Earth, then put the left hand up, and the right hand towards the Mother; If you don't have a balance, you'll just get vibrations in one hand; If you feel vibrations equally in both hands, this means that you are in balance, that you are balanced; If there is a disparity, then adjust it by giving a bandhan.
- We can steady the Agnya, by soothing the eyes - by looking at the green grass, or by looking at the ground (instead of always looking at every man or at every woman, which only leads to wobbly eyes).
- By showing light to God... what we do is we worship light within us... the light element gets enlightened within us. The light element is here on the Agnya. When you do Aarti or when you put light before God... when you show light to God, the light element within you gets enlightened.
- If someone is saying something about you, and it is not true, then what is there to feel bad about? If they are telling lies, there is nothing to be frightened of... if they are telling the truth, then you should be thankful - it may be something bad, but it is a good thing - if it is true, it is good for my ego, but if it is untrue, then what is so important? Then we don't get upset, we are not bothered what others say... and others will see that dignity. What is new that is coming in, is to be nurtured - is the Joy... that dignified, majestic beauty within ourselves.
- Christ has given us the greatest weapon... that we must forgive. It is such a practical thing, to forgive. If we just forgive... then that person doesn't exist anymore... the person doesn't trouble us anymore... nor is he in our attention. Just to forgive is the simplest

Correcting the Agnya Chakra

thing to do, and the highest thing to do, to get relief from the worldly or mental tortures that we get; Forgive everyone... even if they have harmed you... just forgive them... because by remembering that, you are miserable for nothing at all; At the Agnya chakra, where we forgive everyone... and at the back... where we have to say... 'if we have made any mistake... oh God forgive us' ... these are the two sides of the Agnya chakra.

- You all the time try to forgive others... that's the best way to work it out... but no, we try to forgive ourselves all the time, and not to forgive others - everything we do the other way round. We don't forgive others, we forgive ourselves... this is the worst thing that we can do; Do not forgive yourselves... forgive others... then you will become gurus.

- If you see somebody who you don't like, or who has been harsh to you, or cruel to you... you get annoyed... disturbed - at that time... say 'I forgive'... you have to say 'I forgive' if there is disturbance.

- As soon as you forgive, the responsibility from you shifts, and the Kundalini rises.

- When we forgive, we do not imbibe within ourselves, the very thing (e.g. cruelty etc.), which required that forgiveness... and then also, we do not suffer - when we forgive; First thing is very important... is forgiveness... how this forgiveness comes in, is by forgetting the past. If there is forgiveness... you'll be surprised... you'll feel very relieved... and your married life will be very happy.

- The best way to be with your Spirit, is to forgive... because then your thoughts will go away... and the less you think, the faster you move with your Realisation... do not argue it out, or think it out, but just try to become... you have to become; If you see any thoughts coming in you should say 'I forgive'... is a very big mantra... and the thoughts will stop.

- A Sahaja Yogi is to be known by his character... by his righteousness... by his behaviour... the behaviour of a Sahaja Yogi should be extremely peaceful... Sahaja Yogis who are just rushing up and down... upset... are not Sahaja Yogis.

Correcting the Agnya Chakra

- Watch me continuously, without blinking... without any pressure on the eyes... attention on Sahastrara... you can do it... without blinking. This is... physical... we have worked out our attention... and on our Agnya.
- Now if you have left Agnya... that means there is a possession on it... somehow; What is the mantra for this... for back Agnya... is Mahaganesh... Mahabhairava... correct.
- If there is a possession, then this can be corrected by sitting in the Sun - bhoots do not like the Sun, and will run away.
- If there is ego problem it is better to sit in the moonlight, but if there is a problem of crying, better not to look at Moon, but better to see the Sun.
- People who are possessed get exposed in Shri Mataji's Presence, because there is light, and in the light negativity gets exposed. That is the danger... that going in the light you get exposed. Some people who are otherwise normal in Sahaja Yoga also... but once they come before Shri Mataji, they just stand, and something goes wrong with them - because there is lot of negativity within them.
- The Superego... gets sucked in and reduces, when the Agnya chakra is awakened, and we ask for forgiveness, without feeling guilty... and can be resolved by taking responsibility.
- If left Agnya is catching... put your hand on your heart... just assert... 'Mother I am the Spirit'.
- The mantra for the superego is 'Hum'.
- Light is used to correct a left sided person - but for people who are right sided, the light is not going to help much... like if you put the light before the photo, for those who are ego oriented it is not going to work out; Right sided people should not use any light at all... they should not sit in the Sun... they should sit in the moonlight.
- If they have a problem with the Agnya, they should use a candle at the back... if their eyesight is getting weak, or is short-sighted; Behind... he has to be given light... his back Agnya is not alright... tell them to... give light on his back Agnya; Even the Kundalini should be raised with the light... try to use the light or the lamp of the ghee.

Correcting the Agnya Chakra

- If we can see our ego working, then we can get rid of it - not to fight the ego, but to surrender it - is the only way to get rid of it; Make your ego be challenged... not to get into temper... try that your ego doesn't react... that can be achieved very easily if you try... in the mirror, look at yourself, and laugh at yourself... make fun of yourself.
- If you have right side problems, then you have to say 'I forgive'... the mantra is 'I forgive everyone'; Can be resolved by rejecting the feeling of being 'in charge'.
- 'Pulling one's ears', and asking for forgiveness, can help to reduce the ego.
- The mantra for ego is 'Kshum', or the Mahatahankara mantra.
- If we say 'Not I... but the Divine that is doing it...', or 'I am not doing anything...', then the ego does not come up... and we become humble.
- If we have ego, we should raise the left side, and put it to the right side... there's no other way out... you have to work it out with your hands.
- Lord's Prayer... works to reduce or stop our thoughts, when said as a mantra. Is the Mantra for the Agnya chakra, the sixth chakra. The mantra of the 6th chakra is our Lord's Prayer, but the Bija mantra is Hum Kshum.
- Also 'I forgive' has the same effect, as does the Nirvichara Mantra, or the Mahatahankara Mantra.
- To stop your thoughts, first say Ganesha Mantra, then the Lord's Prayer, or "I forgive", or Nirvichara mantra (3 times), followed by Mahatahankara mantra (3 times), and then raise the left side 7 times to get balance - each as necessary until thoughtlessness is achieved.
- This right and left side movement has to finish... you have to be in the centre, and to come in the centre the best thing is to meditate... about 10 minutes in the night and about 5 minutes in the morning. Some people do not meditate... then they cannot grow. The way you can grow is only through meditation and understanding.

- Jai Shri Mataji -

Agnya Chakra - Aspect or Deity

Where the two chiasma cross... at that point, the Deity is our Lord Jesus Christ... he is in the centre itself of this Agnya... outside he is represented... in front... in the centre... as Kartikeya... and at the back is represented as Shri Ganesha... and he has eleven destroying powers... the Ekadesha Rudra; The centre controlled by Christ, who is the Incarnation of Shri Ganesha, and is also known as Mahavishnu, whereby the two balloons of ego and superego (conditioning) get sucked in, creating the space for the Kundalini to pass.

Christ... who came 2000 years back, the greatest Incarnation, the Son of God, the Innocence, who came to this Earth to give the knowledge of the Eternal Life, so we might ascend. Who sits at the 'Gate' to the Limbic area... the 1000 petalled Sahastrara; Who came to show that Spirit is eternal; The Son of God, who was crucified. Who cannot be killed or destroyed, who never dies, who passes through death; Who is nothing but Chaitanya, just made of vibrations, and that is why He was resurrected, and also how He walked on the water.

Christ was nothing but Pranava, this integrating power, this great power which has all the powers in it... the Iccha Shakti... the Prana Shakti... and the Dharma Shakti... all these put together... he was nothing but energy; He was the only one that had no earth element in him. He was the All Pervading Power; He was Omkara, the incarnation of Innocence, who led such a pure, Holy and auspicious life; Who was the incarnation of Tapasya, whose essence was Tapasya, and who was a sinless personality. Whose power was Omkar, was Pranava; The 'Principle' and 'Support', the 'Essence' of Creation... Who is the support of all the Universe.

Who talked of Ascent and Resurrection; The Son of the Trinity, God Almighty being the Father, and the Holy Ghost being the Primordial Mother; Who resides at the Optic Thalamus, on the Agnya, and sucks in the ego and superego - the mantra for the Agnya, the sixth chakra, is the Lord's Prayer, but the Bija mantra is Hum Kshum; Who was named after Shri Krishna who was the Father... and was thus called Christ, because in Indian language he is called Krista... Krishna means the one who has sown the seed.

Agnya Chakra - Aspect or Deity

Christ, who is the Incarnation of Shri Ganesha... who in his destroying incarnation known as Mahavishnu, or Kalki, is situated on our foreheads, and is coming for the Last Judgement, when every human being is going to be sorted out... but those who have got Realisation will enter into the Kingdom of God.

Who has taken the sins of human beings upon himself. He was the 'lamb' of the sacrifice. He drove the 'spirits' into the pigs, and showed that we should have nothing to do with the dead... with the 'spirits'; Who controls all the 3 powers. By one power he controls the superego, the devils, the spirits... if the cross is shown, the spirits run away. He controls the ego, and he controls the dharma, by which he makes us rise.

Christ forgave those who attacked him, but he would not have forgiven anyone who attacked the Mother, the Holy Ghost, the Adi Shakti; Who includes in His Lord's Prayer: 'Forgive us our trespasses, as we forgive those who trespass against us'; Christ has given us the greatest weapon... that we must forgive. It is such a practical thing, to forgive. If we just forgive... then that person doesn't exist anymore... the person doesn't trouble us anymore... nor is he in our attention. Just to forgive is the simplest thing to do, and the highest thing to do, to get relief from the worldly or mental tortures that we get; Forgive everyone... even if they have harmed you... just forgive them... because by remembering that, you are miserable for nothing at all; At the Agnya chakra, where we forgive everyone... and at the back... where we have to say... 'if we have made any mistake... oh God forgive us'... these are the two sides of the Agnya chakra.

Christ stood for morality... and about him also in these modern times they are saying all kinds of filthy things... they cannot understand a character which is moral... to this extent we have gone... you do whatever you like as long as you go to church and confess, then you are alright... these are the absurdities of modern religions... every religion has problems... and the worst I feel, is... when you have the support of the world as your leader... then how can you tolerate such an immoral life... such immorality... when you follow the example of Christ - he is Shri Ganesha.

Agnya Chakra - Aspect or Deity

Now at the Agnya where Christ resides... if your eyes are impure, full of lust and greed, then you are against Christ. If your eyes are clean and pure, then only you can enjoy the love of God... otherwise you cannot... and also the love of another Sahaja Yogi or Yogini you can only enjoy in completeness if your eyes are clean... just imagine... but if you have roving eyes, and all sorts of things I don't see how you can call yourself Christians... you cannot. Those who are following Christ have to have absolutely a moral life... that's a compulsion of the inner being on you... that you enjoy your morality... and above all your clean eyes. First of all see that you have pure love in your eyes. Now pure love... cannot have lust and greed in it... these 2 things have to drop out from your mind completely.

Buddha... the Enlightened One; Buddha comes from "Bodha" which means "to know"; Who was born at the same time as Christ, and Mahavira, and all 3 are at the same level in the Virata's forehead... who was a human being, but who achieved Godliness, as did also Mahavira; Buddha became very tired... and lay down under a Banyan tree... we call it the Ashwata... and spontaneous awakening of the Kundalini took place, and he got his Realisation... he felt the Cool Breeze and started talking about it. He thought that because he had given up everything that is why he had got it... it was a mistake I would say... or a misunderstanding.

Mahavira... a king who gave up everything, to become ascetic (sanyasi), and upon whom Jainism is founded. Who controls the whole of the left side; St Michael; Who has described Hell the best, where there are worms, mosquitoes etc. In England, William Blake is the same thing.

- Jai Shri Mataji -

Agnya Chakra - Summary

<u>Chakra:</u>	Agnya
<u>Deity:</u>	Christ, Mahavishnu, Buddha, Mahavira
<u>Physical:</u>	Pineal (Superego), Pituitary (Ego), Optic Chiasma
<u>Functions:</u>	Ego, Superego, Conditionings, Happiness, Unhappiness
<u>Qualities:</u>	Forgiveness, Thoughtless Awareness, Morality, Humility, Innocence
<u>Catch:</u>	L. Conditionings, Slave of Comforts, Subdued, Fears, Dangers, Worries R. Domination, Hurt others, Ambition, Aggression, Heartless, Inflated by Achievements or Recognition
<u>Diseases:</u>	L. Possession (Subconscious), Cancer, Epilepsy, Madness, Depression R. Possession (Supraconscious)
<u>Treatments:</u>	Look at Green Grass or Ground, Meditate, L. Bandhan, Burn Name, Light, Ghee Lamp, Sunlight, Candle, Take Responsibility, Ask Forgiveness, Raise the Right Side R. Shoebeat, Forgive, Moonlight, Laugh at Yourself, Pulling Ears & Asking Forgiveness, Raise the Left Side
<u>Affirmations:</u>	L. Oh Divine, if I have made any mistakes, please forgive me. Mother I am the Spirit R. Mother, I forgive everyone
<u>Mantras:</u>	Lord's Prayer, Nirvichara, L. Mahaganesha, Mahabhairava, Mahavira, Hum, Ask Forgiveness R. Buddha, Mahatahankara, Kshum, I Forgive, Not I ... Not I
<u>Petals:</u>	Two
<u>Elements:</u>	Light, Radiance
<u>Position:</u>	Optic Chiasma, Ring Finger
<u>Symbol:</u>	Cross

- Jai Shri Mataji -

Agnya

The Agnya has 2 petals (840718); The 2 petals govern a) the pineal body, which stores all the conditionings as superego, and b) the pituitary body, which creates the ego (MME); Is the 'gate', the space between the ego and superego (810330)

Where the two chiasma cross... and at that point, the Deity is our Lord Jesus Christ... he is in the centre itself of this Agnya... outside he is represented... in front... in the centre... as Kartikeya... and at the back is represented as Shri Ganesha... and he has eleven destroying powers... the Ekadesha Rudra (790722; 810904)

The centre controlled by Christ (900811.2), who is the Incarnation of Shri Ganesha, and is also known as Mahavishnu (830129), whereby the two balloons of ego and superego (conditioning) get sucked in, creating the space for the Kundalini to pass. At the front we forgive, and at the back we ask for forgiveness (890801); Agnya means 'to order', or also 'obedience' (781218); The Agnya chakra where we forgive everyone... and at the back... where we have to say... 'if we have made any mistake... oh God forgive us'... these are the two sides of the Agnya chakra (790722)

Now if you have left Agnya... that means there is a possession on it... somehow; What is the mantra for this... for back Agnya... is Mahaganesha... Mahabhairava... correct (810904); Behind... has to be given light... his back Agnya is not alright... tell them to... give light on his back Agnya (950625); If they have a problem with the Agnya, they should use a candle at the back... if their eyesight is getting weak, or is short-sighted (830209); When the left Nabhi combines with either the left Agnya or the left Swadisthan, then you can become vulnerable to blood cancer (860921.2); If left Agnya is catching... put your hand on your heart... just assert... 'Mother I am the Spirit' (840622)

We can steady the Agnya, by soothing the eyes - by looking at the green grass, or by looking at the ground (instead of always looking at every man or at every woman, which only leads to wobbly eyes) (781218); The mantra is 'I forgive everyone' (840718)

Sahajvidya - Agnya

By showing light to God... what we do is we worship light within us... the light element gets enlightened within us. The light element is here on the Agnya. When you do Aarti or when you put light before God... when you show light to God, the light element within you gets enlightened (800927)

Watch me continuously, without blinking... without any pressure on the eyes... attention on Sahastrara... you can do it... without blinking. This is... physical... we have worked out our attention... and on our Agnya (850504)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 790722 Leeds at Jim's House poor 45
- 800927 Lethargy, Chelsham Road good 75
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 810904 Advice given by Shri Mataji, Brahman Court poor
- 820711 Nabhi to Sahastrara, Derby good 90
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830209 Problems of Left, Right and Centre, Bombay good 65
- 840622 South Bank Polytechnic, London good 40
- 840708 To Know the Truth, Ilford [with 40mins Q&A] good 40
- 840718 Chiswick Town Hall [+33mins Q&A + incomp. Experience] good 55
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- 950625 Richmond Park talk, Richmond Not good 45

- end -

28 Jul 2003

Ahladadayini

Name of Shri Radha, meaning the giver of Joy (890814.1), the one who gives joy... pure joy (970823.1); This The essence of Shri Krishna... was Madhuria... is the sweetness... and Radha who was his energy, was known for Ahlada Dayini, means the one who is joy giving. Ahlada is even more than joy... you see joy can be very general word, but Ahlada means bubbling of joy. The bubbling of joy... that is her power... and she was the power of Shri Krishna. When you meet a friend you know how you feel like... just taking him to your heart... just embracing... don't know what to do with that... and sometimes it's so much that you feel like beating... beating yourself and beating the friend... that sort of joy is Ahlada Dayini. That is Radha. So today... the power of joy we have to worship today... the power of joy... and this power of joy which is Ahlada Dayini... with the idea that now we are praying that our heart should be opened by Shiva... and once our heart is open, it will be expressed by the power of Shri Radha and Shri Krishna. This is the combination today. Let us have this way... that is a combination of heart opening... through Vishuddhi we are expressing it... like some people, specially women when they are over joyous they start weeping and crying - that's Ahlada (890709)

Ahladadayini Shakti has to come within us... which means... when we meet another person in the collectivity, the other person should feel happy with you (970823.1); The message of Shri Krishna is... to show 'that' love, which is Ahladadayini... to show your maximum love... not to show your pity... but love which is Ahladadayini (970823.1); What you talk... what you say to others... if it is not Ahladadayini... keep quiet - if you talk sweetly... what's the harm (970823.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-970823.1 Pr'dial Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65

-890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55

890709 Importance of friendship - Melun, France good 45

- end -

27 Oct 2003

Aids

Copper is responsible for Aids, and comes from Zambia. It is carried by monkeys, though they do not suffer from Aids (890725); One of the symptoms of Aids is a bad Hamsa. It is important to put ghee in the nose to correct a bad Hamsa, otherwise, there will remain a susceptibility to Aids (870503.1)

Sahaja Yoga has one problem in the West... that people don't want to hear that you should be moral... they find it very difficult... but it's a fundamental thing that we have to be moral people. Now they are seeing the results of it... that they have got AIDS... they have got all these diseases... all these troubles - from that they are learning that our Mooladhara should be alright (890617.1); The biggest sin of modern times, which is immorality, the 'Sin against the Mother', produces cancer which is also heat producing, and is also called the 'Sin against the Goddess' and results in psychosomatic, or physical diseases, such as Aids, cancer etc... with delayed punishment (941009; 830113.2); The Centre Heart... invariably catches in people with Aids (890801)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-890725 Arrival speech - Melicharg - see 890723 good 20

-870503.1 Sahastrara Puja, Australia - see 870503 good 45

830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med' tn) good 60

890617.1 Mahakali Puja, Vancouver / Vancouver Public Program good 15

890801 First Know Thy "Self" - Porchester Hall [+25 min Q&A] Good 50

900828 Ganesha Puja - Austria good 30

941009 Navaratri Puja, Cabella - [video says 941008] good 55

Chakras affected: Hamsa; Heart; Mooladhara

- end -

9 Sep 2002

Ajwain Dhuni

You all should have it, it's a very good thing, ajwain. Also those who are having diarrhoea can have it, it's alright... it just clears you out completely (881221); Is used also for right Vishuddhi problems... and may follow the taking of a basil tea (850502)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

881221; 850502

- end -

12 Jun 2003

Alakshmi

One who has everything but behaves like a beggar, with no Lakshmi principle (910003); Means when you have money, and you don't have the qualities of a person who should have money... you become very miserly... you don't want to give any money to anyone... and if you give it, you give it to false gurus, and wrong people - this is Alakshmi... the behaviour becomes very arrogant (971102); Means, that at that time when you are punished... you will be surprised... you will become bankrupt... you will have no money... you will be exposed... you may be in jail (010321)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

971102 Lakshmi & the Maya of Money, Diwali Puja, Lisbon good 55

010321 Mother's Birthday Puja, Delhi good 50

- end -

24 Apr 2003

Alcohol

Alcohol was not intended for us to drink, but was provided for us as a polish. Gin is good for polishing diamonds. However if we drink it, then our liver suffers, being also polished, and so preventing the transfer of the heat into the blood. The result is that we become hot tempered and angry. We also can become confused and wobbly when we drink alcohol, which is against our attention (810328); Alcohol was denounced by all the Primordial Masters (810330)... is that which is drunk by those who are not the Devas (970600)

Alcohol is the rotten wine - you have to rot it for days together, and the more rotten it is then it is regarded as something very expensive - it is repulsive (871225); At the time of Christ, wine was never fermented, or alcoholic, but was simply, as it still is today in some places, unfermented grape juice (810328); Alcoholic drinks cannot be created instantly - they have to rot and rot - the more they rot, the 'better' they are (951224); Wine is the rotten grape juice, absolutely rotten... it just smells... like rotten cork. The wine has to be 100 years old certified... that's the best (920621)

The worst for Lakshmi Principle is drinking... is alcohol - they say in India, that a bottle comes from one side, and the Lakshmi runs away from the other. Sahaja Yogis don't need to drink... they give up drinking... and thus the Lakshmi Principle can be established much more easily (960716); Our attention, our awareness, is based in the stomach, in the void, and can be spoiled by drinking alcohol (781005); Lakshmi will disappear with certain things: alcohol, baddha or 'possession' (860921.1; 871024); On this side... at right Nabhi... we can get problems with the liver, resulting from drinking alcohol, leading to anger and hot temper (810328); The Nabhi can be upset by alcohol, drugs and some medicines also (810328)

Sahajvidya - Alcohol

We have had terrible alcoholics, who could not give up... and they have given up... we had people who have taken drugs... they have given up without difficulty. There are higher vices, and bigger vices which people have given up... and some vices which one cannot mention, that people have given up... and this happens when your attention goes to your Spirit... automatically your detachment works out... means your attention has felt definitely that 'oneness' with Reality... otherwise why are you getting detached... but for that it is essential that your attention should be on your Spirit (781002)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 871225 Tapasyas - Poona - see 871219 good 25
- 871024 Light of Love, Diwali - see 871024 good 25
- 781002 Knots in the 3 channels, Caxton Hall poor 90
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45
- 871024 Light of love, Diwali/Press Interview, Milan
- 920621 Kundalini Puja, Cabella good 55
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75

Chakras affected: Nabhi; Void

Alertness

Alertness is very important... complete alertness, that we should keep our attention purely for the sustenance of our pure desire (821219); We have to be extremely witnessing in a full way... very alert, extremely alert and witnessing ourselves... what are we doing... then only we reach the completion of our Realisation. Unless and until you reach the completion of your Realisation you can never be masters of your attention, you can never be the enjoyer of your joy, and you can never know the truth fully (871219)

If you are not aware enough, not alert enough, then you must know that you need 'real' correction... you must assert yourself, work it out, tell your leader... 'there is something wrong with me, and please correct me' (871230.1); Some people go on lingering about, very lethargic, with very slow movements as if they have taken some sort of drugs. But see how the Indians are very alert, especially the Maharashtrians... this alertness you have to achieve... you have to work it out in a very quick and a very smart way. Alertness is very important (871224)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871230.1 Marriage, Kolapur - see 871219 good 45

-871224 We are here for our ascent - Poona - see 871213 good 30

-871219 Complete your Realisation, Aurangabad - see 871219 Good 25

-821219 Mahakali Puja, Lonavala - see 821219 good 35

821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur

871219 Complete your Realisation - India

- end -

7 Jun 2003

Alexander

Who lived about 200 years BC, and who was very much respected in India, because after he invaded India, he left again without taking away anything, unlike others (890524)

Alexander the Great invaded India... after Buddha was born... and he went with the idea of conquering the whole of India. He was a very powerful man... but God did not want that, perhaps, and so he was defeated... and one king, called Puru imprisoned him. Now Alexander was married to an Indian lady... and it was the day of Raksha Bandhan... the Rakhi full moon... so she was a clever lady... and so she sent one thread on a small little plate, covered with some nice cloth to the King Puru in his court. So the king had to wear it... because that was the day of Raksha Bandhan... and that day, anybody who sends you this thread, you become the brother. So then he asked... 'who is my sister'. So they said... 'she is the wife of Alexander. The king got very upset about it... because a sister's husband is something very great in India. So he rushed to jail and fell straight on his knees, and begged his pardon... and was so apologetic that Alexander could not understand the whole thing. He then brought Alexander back and put him on his throne. So Alexander started looking at him... and said... 'I can't understand this'. So then he went to his house with so many things that the king had given him... jewellery... saris... clothes... horses... elephants... and when he reached home, he found his wife there smiling. So she explained... 'this is the day of Raksha Bandhan... and when this thread was tied to him he became my brother... and he had to release you' (870513; 860818)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860818 Raksha Bandhan, Hampstead - see 860823.1 good 20

870513 Melbourne PP [PP video set 4/5,6] good -

890524 Integration of Athena - Athens, Greece good 45

Allah ho Akbar

Is said with fingers in our ears for the correction of the Vishuddhi Chakra (820711); Mohammed taught the saying of 'Allah ho Akbar', with fingers in the ears, because the fingers used are those that are linked to the Deity of Vishnu, and because the Deity of Shri Krishna becomes Akbar (830202); To clear out most of your problems about Vishuddhi... you have to put your fingers into your ears, and say 'Allah ho Akbar' 16 times... put your head back. There is also the mantra of Radha Krishna, or Vitthala... but 'Allah ho Akbar' has two things in it... first is of course the Vishuddhi... but then also the collectivity... and... is for when there... is the problem of... saying aggressive words, of sarcastic language, of all kinds of things that breaks the collectivity... for... the problem where... when you speak, you hurt others (850502)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

820711 Nabhi to Sahastrara, Derby good 90

830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80

850502 Niraananda, Vienna Ashram good 60

- end -

25 Mar 2003

Allergies

Allergies of the skin can be the result of a lethargic liver, resulting from a left side imbalance of the Swadisthan Chakra (840313); Imbalances of the Left Swadisthan can result in lethargic organs, resulting in: allergies of the skin (liver), nervous problems, cancer and leukaemia (840313); Diseases that may result from lethargic organs, include: cirrhosis; rashes; allergies etc (830131); A lethargic liver gives you allergies... all kinds of allergies come to people through their lethargic livers (830209)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-840313 Intro talk - 3 channels, Delhi - see 840313 good 35

830131 Nabhi Chakra, Delhi good 80

830209 Problems of Left, Right and Centre - Bombay good 65

840313 Intro Talks - Delhi and Hampstead

Chakras affected: Left Swadisthan

- end -

9 Sep 2002

All Pervading Power

Holy Ghost, in the Bible (830208); Universal Unconscious (811004); Brahmachaitanya (870503.1); The Nirakar, Ruh or Paramchaitanya (980320); Brahma... the All Pervading Power of God (840622)

This All Pervading Power of love... is the complete... totality of Reality... and the Reality is so efficient... it is so efficient, it never fails. It's such a tremendous... we can call... intertwined process... which we cannot even imagine with this human understanding... how it controls... how it works. And... it's at your disposal... wherever you go... the connection is maintained... it's like a governor travelling, you see, and the security travels with him... so they are all around... not only with me, but with you also... they know you are the one they have to look after. They won't look after anybody else... they won't do anything for anybody else... but for you people. Now try to understand the self esteem part. You are Sahaja Yogis... you are such special people... that this Divine Power, wherever you may be... whether you are sleeping... walking... sitting under a tree... or in your house... wherever you are... this connection is maintained. You don't have to say anything... you don't have to command... request... nothing... it is at your disposal (920719)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 870503.1 Sahastrara Puja, Australia - see 870503 good 45
- 811004 Becoming the Truth - Houston [+PP video set 5/3] good 30
- 830208 India and West, Delhi [+ 30 mins Q&A] good 50
- 840622 South Bank Polytechnic, London good 40
- 920719 Guru Puja - Cabella good 65
- 980320 Felicitations, Delhi good 55

Alzheimer's Disease

If a person is extremely aggressive, and torturing people... then when he gets old, his brain deviates... and then only, that bad stuff starts working. Then the person who is suffering is not aware of it, and you cannot cure it, but if you get your Realisation in your lifetime, then you become absolutely peaceful, within yourself, and such diseases cannot touch you (980705)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

980705 Royal Albert Hall 1998 good 50

Ambarnath

A very famous religious place in the Himalayas (980712), where a drop of water falls on a particular area and creates a Linga... plus... another drop falls on another side, and creates Shri Ganesha (840902), and where a guru lived in his ashram - in those ancient times, these gurus never used to leave their 'seat', called as their 'Takya' (980712)

When so many people were going to Ambarnath, and so many people got killed, Pakistan said 'see, they should not have gone to this Ambarnath... it's a false place... what it's proved is that it's not a Holy place'... but when the Haaj thing took place, they had nothing to say... they did not know how to explain... the dying there of so many people. Now what is Mother Earth suggesting... that by going to these places, Holy places... they are really Holy places no doubt... that you are not doing any spiritual ascent... you are not achieving anything, by going to these places - which are really Holy... that cannot be challenged... they are Holy places (970525)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

840902 Ganesha Puja talk, Switzerland [French translation] good 55

970525 Respect the Mother Earth, Cabella good

980712 To be obedient to the Guru, Cabella

- end -

1 Jun 2003

Anger

Krodh, which starts from the liver but is expressed through the Vishuddhi. The face becomes red, the eyes become red, and from the mouth all kinds of horrible things are said. The whole expression is so different, when you are angry. So this anger is to be seen... where it is... the liver; To master it you have to face yourself clearly. Krodh is the worst enemy, according to Shri Krishna (910001); Some people have a habit of showing anger with the eyes... and the angry eyes are another dangerous thing to do with your eyes... because they can become mesmeric (860823)

Anger is the worst thing that we have... some people are proud of their anger - anger is a sign of complete stupidity... there's no need to get angry with anyone. You don't solve the problem... by anger you spoil yourself... you ruin your own nature... you spoil the whole situation. If anything happens that angers you, settle down and see for yourself why is it wrong, why is it disturbing you... your seeing itself will help this problem to be solved (980510)

Not to bear anger within you... it comes from your liver. You may not even show anger... but inside is anger... so just take it out... clear it out... the liver! If you go on accumulating anger, and bearing it up... it also burns your liver... if you show it off... it burns others' livers. So best is to take it out... say take a pillow... and hit it hard... or which ever way... take it out (810904)

The only time when you should really be angry... when you cannot tolerate anything against your Mother... or Sahaja Yoga... and one can get into a tremendous temper... so to say that a Realised Soul should not get into a temper is a wrong thing... then, the anger is spontaneous. But you need not do anything... I can look after myself - but the reaction is correct... the reaction is correct (880921; 770215); Ganesha... if he gets angry... be afraid of him... he is innocent like a child... but he can get into a terrible temper (770215)

Sahajvidya - Anger

What you have to do when you start feeling anything... anger against say some very devilish guru supposing... then you build it up in yourself, and that built up anger within you will neutralise that. You need not say it out loud... you need not talk about it... but that built up anger will little bit trouble you also... because it has a little bit reaction... but when it is released it will have an effect... and such a person cannot stand a Sahaja Yogi (850310)

Hatred

In Hindi language, we can never translate 'I hate you'... we never say like that... because to hate somebody is sinful (971225); Hatred can be only washed away by pure love (970823.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 971225.2 Christmas Puja, G'pule - see 971225.2
- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 970823.1 Primordial Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 850310 Public programme - Masonic Hall, Sydney - see 850310.1 good 25
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 810904.1 Advice given by Shri Mataji, Brahman Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 880921 Speech at Ammonk Ashram, New York good 35
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe
- 971225.2 Christmas Puja, G'pule/New Year Puja, Kalwe - see sub
- 980510 Meditation is the only way, Sahastrara, Cabella good 60

Angina

Because of Vishuddhi there are so many problems... like Angina, Spondylitis... sometimes people lose their voices completely... sometimes they have all the time coughing (860823); Vishuddhi... may catch when we feel guilty, and prevent the Kundalini from rising above it, and which may result in spondylitis or angina (900811.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

900811.2 Canadadesha 1 - Vancouver, Canada good 35

Chakras affected: Vishuddhi

Animals

Are spontaneous (781218), and innocent - they do not know they are committing a sin, or disobeying any laws. A tiger may eat a cow, or an elephant may trample a human being - still they are innocent; They are Pashus, under the bondage... to Lord Shiva, who is Pashupati (860907); They cannot get Realisation, though they can carry the vibrations, whilst not being aware of it (810928)

Animals do not have much idea of the future - only their left side is developed... so much so that the pineal body, which is in the brain, and which controls the left side is more developed in animals than in human beings (800809); They have no ego (820710), but develop certain conditionings, like a dog is told what to do, and thus they develop their superegos (810330); They have 9 valencies, where humans have 10 (840622)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 800809 What are we inside - B'ham good 30
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 820710 Derby PP [PP video set 4/3,4] good 55
- 840622 South Bank Polytechnic, London good 40
- 860907 Establishing Shri Ganesha Principle, San Diego good 55

Anorexia

The failure to eat... and is linked to the patient's father (or husband)... and possibly too attached to, or not treated well by him (811005); Can end up very skinny... for what... to look attractive? It's not attractive really - you just look like a T.B. patient (830131)

We have to eat our food. Nowadays, there is a fashion of becoming thin, or whatever you may call it... and so many diseases have developed... because women want to eat little. It's not the aim of life to only look after your body... body is not the only important thing. What is important is your Spirit (971005)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

811005 Beauty that you are - Houston good 70

830131 Nabhi Chakra, Delhi good 80

971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

Antibodies

Called 'Ganas' in Sanskrit, they are under the control of the sternum bone, by which they are produced, and fight off 'attacks', or diseases. Ultimately under the control of the 'Centre Heart' chakra (MME)... where til the age of twelve years, we develop our antibodies... which later on in life go into the whole body... into the circulation and fight our diseases... and to fight our emotions (790722); The Ganas... those who are controlled by Shri Ganesha... i.e. Sahaja Yogis... and also the antibodies (950910; 910001)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

Meta Modern Era by Shri Mataji Nirmala Devi

790722 Leeds at Jim's House poor 45

950910 Ganesha Puja - Cabella (The value of Innocence) good 65

Chakras affected: Centre Heart

Anti-God

Do not show compassion to the bad people. You must know that those who are good are good, and those who are not, are horrid... because they are basically horrid... they are evil... they are evil geniuses. We should not be sympathetic towards them at all... those who are evil are evil. They are anti-God, anti Christ... they are our enemies... we have nothing to do with them. We must discriminate between good and bad... if you cannot do that, then you will be in trouble (871220)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871220 Attention on Quality, Rahuri see 871220 good 20

871220 Attention on quality - India 87/88

- end -

25 Dec 2002

Any Direction

The mobility of our movement is so great... I would say 360 degrees... because you are stationed in the centre, in your spirit. You can move any way you like, as long as you are centred in your spirit. But this is an important point which we need... that we are centred in our spirit... and whatever movement we do... as long as we are centred in our spirit... is necessary for our growth... for the growth of the collective (850310)

You shouldn't worry about your reputation... just go full speed into any direction, knowing one thing... that you are my child, and that I am Adi Shakti... everything that looks horrible will become better... you have seen it now... don't worry about anything... just know that I am the Adi Shakti... that all the powers of Gods and Goddesses... and all that are within me... and they 'are' within me... and they are all looking after. But if that recognition is not there... they are not going to recognise you either (911013)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 911013 Navaratri Puja - Cabella good 25

Aortic Plexus

There is one centre, called the Swadisthan which manifests the aortic plexus within us (890801); This second subtle centre... the Swadisthan... (810928)... via control of the Aortic plexus (870500)... controls the liver, pancreas, spleen, uterus (810928) and part of the intestines and kidneys (870500), and also the ovaries (840313), and also converts fat cells in the stomach for the use of the brain (811005); Now... when you are thinking, the cells of the brain are replaced every minute... by the fat that is in your stomach... by this centre of Swadisthan... in the gross expressed as this Aortic Plexus (821008)... and so if the control of the Swadisthan is diverted... away from the organs... to the provision of fat cells... for the use of the brain... this can then result in diseases such as blood cancer, and diabetes from unhealthy spleen or pancreas respectively (890801; 870500; 811005); This centre has six sub plexuses (840708)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 870500.1 Untitled talk - see 870503
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 811005 Beauty that you are - Houston good 70
- 840313 Intro Talks - Delhi and Hampstead
- 840708 To Know the Truth - Ilford [with 40mins Q&A] good 40
- 870500.2 Australia PP [PP video set 5/1] good 35
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Appearance

You have to be clean and tidily dressed, because if it's not so, it will attract all the baddhas into you. You must keep yourself clean and neat so these baddhas should not enter (830121)

Hair is a natural thing, as is the beard - Christ had a beard, many Saints had beards. But there are entities or spirits around, and if they see any odd thing, a little bit abnormal, they can be attracted, and will jump into you... the same thing applies to any extremes of dress or any kind of dandiness. We can use this knowledge by combing the hair, or dressing etc., in a different way, and in so doing cheating the spirits. For example if we do not have a beard, then growing one may help, by fooling the spirits (780619); I don't like dishevelled hair... it is a sign of pukka bhoots coming in... the bhoots recognise and get into a person who has dishevelled hair. If you don't have your hair properly combed and done, then definitely you are in for trouble (830121)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-830121 How to proceed, Vaitarna - see 830104.1 - side B good 35

-780619.2 Working out session - see 780619 not good 0

-780619.1 Yoga Kshema, Western problems, Caxton Hall see 780619 good 40

780619 Difference between East and West, Caxton Hall

910728 Guru Puja, Cabella good 60

Arguments

Is a sign of tomfoolery, not leading to knowledge, but to ego. Western Countries are all ego oriented (781218); Don't argue with anyone, or react, but just witness the play (951224); In the West, we have a tendency to argue out everything - always finding arguments, reasons for not doing something, for not accepting solutions to problems: 'yes but this may happen, or that may happen'. In Sahaja Yoga, whatever one says, or thinks, or desires, gets connected, and acts - so be very careful (910728)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70

910728 Guru Puja, Cabella good 60

951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75

- end -

7 Apr 2003

Arrogance

A problem of the right Vishuddhi (850901); We have certain powers... and these powers increase, when we humble down - they do not increase with arrogance... with arrogance one can only become stupid... that's the only end of arrogance. So with humility, one should know that now you belong to Sahaja Culture, and Sahaja Culture is that of humility... if you are not humble, then you have not yet achieved your Sahaja Yoga (880921); Shri Ganesha... gives power to overcome arrogance. Shri Ganesha's is a silent power that acts... is dynamic (860907)

You see... this arrogance and rudeness comes to us because we have no Sankoch. The delicacy of understanding... not to say something in such a way that you touch the wrong side of a person... is Sankoch. That Sankoch, that understanding comes if you love someone and understand (820402)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

820402 Shri Rama's birthday - Chelsham Road good 70

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

860907 Establishing Shri Ganesha Principle, San Diego good 55

880921 Speech at Ammonk Ashram, New York good 35

Arthritis

Gout... or arthritis (791009.1)... is a left side problem (830209); Arthritis or pain in the joints may be development by those people who are in the 'centre', if they do not give vibrations (830209); Is absolutely curable in Sahaja Yoga, and is because of too much vibrations. Is cured by putting one hand on the affected area and the other outside, when all will be going out into the atmosphere (791009.1); Can be cured by taking the help of the Mother Earth - ask the Mother Earth to take away the problem (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good
791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
830209 Problems of Left, Right and Centre - Bombay good 65

Art

Art is such that it should stop your thoughts, yet in the West, art is such that it creates thought, and also in the West it is now starting to show much that is filth. The art that we appreciate should be that art which gives vibrations (811103); All the great paintings, all the great creative works of the world have vibrations... only those that have vibrations have been sustained by time - otherwise all other things, are destroyed by Nature (830113); Italians are known for their art... they make beautiful things (971004)

Criticism... of art for example... by people who themselves do not know how to even draw one pencil line properly, leave alone painting anything... has killed so many artists. Art has something to do with your heart, and not with your brain. An artist produces something for his joy... but if he has to think 'what people will say'... 'that he will be criticised by everyone'... then as a result of that something absolutely absurd grows, without any subtle expression - and which is today appreciated (890423)

Once you start 'thinking', then there's a barrier between the Spirit and you - in any art or in any deftness... that's how the creativity, the spontaneity is finished... by thinking. So do everything in silence... in thoughtless awareness... that's the main point (800907)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
- 800907 How to know where you are - Chelsham Road good 120
- 811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 890423 Archangel Shri Hanumana - Margate good 45
- 971004.1 Nature & Balance, evening before Navaratri, Cabella good
- 971004.2 MUSIC - Evening Program, Cabella

Ascent

Is only possible through Kundalini awakening (830129); Your Kundalini has all the powers to make you the highest of highest. There are no limits... but you must have confidence in yourself, and confidence in Sahaja Yoga... and... sincerity (860706); There is a common belief, that once we get Realisation we should be perfect - it is not so, we have to work it out - to sustain our Sahaja Yoga. We must not take it for granted (790507); Once you ascend, the whole Cosmos can look after your problems... but first you must ascend into the Kingdom of God... that is the main point is (880921)

Some people come, get their Realisation and just enjoy for 5 or 6 weeks, or months or maybe hours, and then go back again to the same. At the very beginning, ego and superego get sucked in, but then they come back again. But when you start giving this Divine Power to others, you start gradually deepening into your own being, and feeling your source of Joy - life becomes full of Joy and happiness (790507) Our level has to come up, we have to go higher. But Sahaja Yoga is such a cosmopolitan thing - there are from the worst to the best, all together. Those on the periphery are a problem. But we have to see that those on the periphery are brought in properly, so that they don't go out of Sahaja Yoga. Everybody has to come up to minimum standards at least, so they are not sieved out (830723.1)

There's no discipline I'm told, of getting up early in the morning and doing meditation - what are you doing... how are you going to grow... you have to meditate - that's the only way you can do it... those who do not meditate will become superficial... they'll not achieve... they'll create problems: if they are right sided, they'll become Supraconscious, they'll become bhoots... if they are left sided, they'll be thrown out. You can see it in the Cistine Chapel... you see Christ throwing them out, one by one. Just listening to me is not sufficient... it must grow... actualisation of the growth of the thing is needed... do you follow that (850629)

Sahajvidya - Ascent

Everybody is ascending individually... whatever is your relationship to someone, you are not responsible for their ascent, you cannot help them for their ascent. Only Mother's Grace, and their own desire, their own efforts to give up all that is 3-dimensional, will help (760330); It is important to realise that we should respect Shri Ganesha within us... the innocence, the chastity... that is the first step towards our ascent (860803)

If you are here... to gain lots of ascending steps... you have to have your eyes upwards and not downwards... you must see what steps there are... you have to climb up those steps... and with those steps where do you enter... I will tell you... in that beautiful garden... fragrant garden of your Self... which is so beautiful. Instead of that... if you are lost in the mire of the world, as so many are lost... then why have you come to Sahaja Yoga. Give up those nonsensical ideas... try to take to Spirituality... pure Spirituality - purity is the word... purity you must have... and that purity within, you can easily establish with Sahaja Yoga (010321)

So one has to be all the time ascending. Ascent has to be achieved... and that ascent is only possible when we start giving up all these ties and tags that we have... these ties and tags keep us down... so get over that (850310)

The first step is to hold on to innocence, to chastity. The second step is to move into dharma, to aesthetics, then on to generosity, and then to 'becoming what we stand for' i.e. no hypocrisy (860305); We move into dharma, by consuming that which is wrong, by meditation and prayer. Then, at the heart, our emotions become compassion, which is benevolent, Hita. Then we rise to the stage where we are in the 'public', and we circulate and talk about the decadence of society. Here we remember that we are part and parcel of Mother's body, and therefore we must keep our body and thoughts 'ok' - pure and sensible, so that we do not trouble our Mother (860305)

Sahajvidya - Ascent

We then move up to 'tapa', where we sacrifice, without feeling the sacrifice... work without feeling it as a sacrifice - it is the most satisfying thing, when we enjoy these sacrifices. At the brain where are the roots, where is the truth, we become humble, respectable, loving, forgiving and joyful (860305)

If you fritter away your attention without chastity, it spreads out with no form, no shape - but if you delimit it, then you become higher and higher, and you can rise higher in your spiritual life (850901); Only those who correct their left Vishuddhi, by being in the centre and not feeling guilty, and by watching themselves, facing themselves, giving themselves shocks and correcting themselves, only those will ascend (850901); Balance is needed for your ascent (830512); If you do not try to ascend, then you will remain at the same stage even when you grow old (850000.1)

The only way one can ascend in Sahaja Yoga is through putting the roots down... allow the roots to grow - unless and until the roots grow, the tree cannot grow. In the subtle system... it's the other way round... the roots are in the head... and you have to nourish by becoming thoughtless... by not making the cells to think, by resting them... by peace within. You have to work it out here in your head... it has to go into your awareness... how?... by meditation (850629)

You'll be surprised... it's like climbing a big... you can say a mountain... but, when you have reached the peak... you can see everything very well... and you feel so satisfied that you are at the peak. So that climbing part... even... some of you have to do it... it is alright... there is no problem... you can do it. You must have respect for yourself... love yourself... and understanding, that you have to reach the peak... peak of the mountain (000507) And once you have reached the peak of the mountain... you will know you are there... and then you start showering all your love and affection - everything... flows down the mountain. If that is the life for you, it's the greatest type of life... forget all other people who are supposed to be great... forget them... you are much higher than them... because

Sahajvidya - Ascent

you are already chiselled like a diamond... with the Sahaj style of life... which is very satisfying... also which is very much absolutely peace giving. It gives you joy... peace... capabilities... so many things that you cannot count... like the thousand petals of your Sahastrara which are enlightened. This is such a tremendous area... once you are in the thousand petals. From there people have gained all the knowledge about science... all the great discoveries are from there (000507)

First see how humble we are... that is your decoration... your beauty. You should have self esteem... and with that you will become humble... you'll become very loving. So you have your love which is pure, without any lust or greed in it. Secondly you are blessed with peace... you are absolutely at peace with yourself... and you will be amazed... with peace, wisdom will come in... you will be regarded as the wisest man, the wisest woman... because you are at peace with yourself. Only in peace you can discover the truth... you can discover every solution that you want to... you become very wise and sensible person... outstandingly great. Then you have joy... you enjoy everything... every company... every incident... every scene. Every happening in your life... you know how to enjoy (000507)

Once you have got your Realisation... and once you have become 'one' with the Divine... then there is no question of your going down... unless and until you yourself want to go down. It's very remarkable how you get this... and after that you don't lose it... of course, first you must grow... and for that you have to meditate... but this meditation, once you do it... the whole being itself gets so enlightened, and so beautiful, that you don't want to change it... you want to be there and enjoy it for ever (000507)

- Jai Shri Mataji -

Sahajvidya - Ascent

Tape References:

Date/Ref - Title - Qual - mins

- 860706 Guru Puja, Gmunden - see 860706 good 55
- 860305 Wimbledon Address - see 860305 good 45
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 850310 Public programme - Masonic Hall, Sydney - see 850310.1 good 25
- 850000.1 Mahaganesha Puja - see 850000.1 good 10
- 830512 Hampstead - see 840802(Video)
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 790507 Sahaja Yoga Introduction good 60
- 830129 Swadisthan Chakra - Delhi (was: "False Gurus, & Conditionings") good 70
- 830512 How to talk to new people - Hampstead [+PP video set 1/2] good 25
- 830723.1 Rutumbhara Pragnya, part 1, Lodge Hill Seminar good 25
- 850000.1 Mahaganesha Puja and other Talks - India
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 850901 Vishnumaya Puja/Brompton Sq. Puja - Wimbledon/Brompton Sq.
- 860305 Wimbledon address/Brompton Square
- 860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria
- 880921 Speech at Ammonk Ashram, New York good 35
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good
- 010321 Mother's Birthday Puja, Delhi good 50

Ashrams

Too much regulation of ashrams is not allowed... you are all independent, free Sahaja Yogis (881221); In ashrams we have to be responsible... like people never put off the lights. There is a switch, which should be for 'off' as well as 'on'... it's not only for putting 'on'; Then we should not waste food... we have no business to waste food... that's why you never have money; You have to eat that food with some prayer... bless that food, thank God that you have got that food... then the satisfaction comes in better (850421); Ashrams you can pay for... but not your Realisation (831001)

The Ashram is under the control of Shri Rama... and to get rid of an Ashram problem... is to remember Shri Rama... because he is the embodiment of all the good qualities in a man... like Sankoch... you see there is a Sankoch. Not... sort of... to go to somebody's house... and then... to start demanding... this and that. You should be... worried... how far to go with a person... how far to talk to a person... how far to go with your wife... with your children... you see... all that is Sankoch. Sankoch means... restraint... in a wise way... enlightened restraint... how far to go is the question (0.0012)

Those people who live in the ashrams are better off always than the people who live alone... always... they will always have better results than the people who live alone. Maybe they live alone because they want to have a little private life... but their privacy is not going to help them at all... the more you live together... reside together... enjoy together... there will be greater chances of your advancement... the more you will try to make yourself private... or try to get out of it... whatever explanation you may give... God understands very well... and there's a big problem for you. You should enjoy more the company of Sahaja Yogis, than your own private company in the dingy room of yours. That is one thing you can judge yourself... the judgement is your own (860823)

- Jai Shri Mataji -

Sahajvidya - Ashrams

Tape References

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 850421 Ganesha Puja, Children, B'ham - see 850408 not good 25
- 0.0012 Weekend seminar in Pune, Tape 2 good 50
- 831001 Santa Cruz interview good 45
- 850421 Mooladhara + Meditation - B'ham [length of talk?] good 35
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir

Aspects

Aspect of the One God, e.g. Witness Aspect, the Mother, Creator, Sustainer, Master etc.; The Deities (831001); Mother: I am Krishna... I am Mataji... I am Christ... so much so 'One'... that you cannot imagine how much oneness is there... such a union exists (801116)

The Aspects that take forms are definite Aspects of God... the Witness Aspect of God doesn't take any incarnation on this Earth... so only incarnations are taken... by those that are certain Aspects of God... like, the Primordial Mother is the Power of God... the Divine Power of God... that's the Aspect. Then, we can say... the Creator has taken twice, a form... then the Sustainer, the one who gives us sustenance, evolution, has taken at least ten forms... these are Incarnations. Then the Primordial Master has taken ten forms basically... but there are many forms the Primordial Master has taken. Then some powers of the Mother of the Universe, have also taken forms... so like that... certain Aspects take forms... which help our evolution - that's what the Deities are (831001)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

801116 New Age - Plaw Hatch Seminar good 70

831001 Santa Cruz interview good 45

Asthma

May result if your right heart is catching (820402), also sometimes centre heart (820402), and is completely curable in Sahaja Yoga (890801); May develop in a right sided person (830209)

It is possible to get asthma if you are a bad husband, or have a wife who is a shrew, or if you are a bad father, or if your father is not kind to you, or even if you haven't forgiven your father (890801); May result when there is a problem in the relationship with the patient's father (811005), or if your fatherhood is wrong... if it is challenged... or if you do not respect your father. Even supposing your father has died very early in his life, and he has left a mark of unhappiness in your heart, or insecurity... then also that will be catching... because that means he is still hovering around you... then you have to tell your father that 'I'm alright... you take your birth... you take your Realisation'... like that we have cured the asthma of people who have been suffering from 25 years (790608.2)

The qualities of the father are at the right Heart chakra (820711)... the subtle centre... controlled by Shri Rama, the ideal King and Father (810829)... where resides the quality of fatherhood... the qualities of husband and father... and where one can develop asthma, if either the person is a bad father or husband... or if that person has a bad husband or father relationship (890801); This centre may catch if the father has died and does not want to leave, or if the father is unkind to the son, or if the son is unkind to the father, or the father is cruel, dejected or lost etc. This may result in asthma. To cure it put the hand on this centre and say mantra to awaken the fatherhood (820711)

Sahajvidya - Asthma

So we have a Sahaja Yoga tradition also in which when we speak to each other we have that Sankoch within us of Shri Rama. If you don't have that Sankoch you get right heart... and that right heart is very dangerous thing in a country like England where the climate is so bad... because it gives you a horrible thing called Asthma. So this Sankoch one has to learn... the Mariadas, means the boundaries of your relationships (820402)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

790608.2 Maria's House Tape 2 poor

811005 Beauty that you are - Houston good 70

820402 Shri Rama's birthday - Chelsham Road good 70

820711 Nabhi to Sahastrara, Derby good 90

830209 Problems of Left, Right and Centre - Bombay good 65

890801 First Know Thy "Self" - Porchester Hall [+25 min Q&A] Good 50

Chakras affected: Right Heart

Asuras

The Satanic (MME), or evil forces, that are here to demolish the Kingdom of God, and that build up... in order to drag down the Seeker, who is about to enter the Kingdom of God. They are very subtle, and come as 'God-men' and 'God-women', in the garb of religion, and enter into the minds of thousands of seekers, into the egos and superegos of the seekers, and are to be fought (800630)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-800630 What happening in other Locas, Caxton Hall - see 800630 good 25

800630 What is happening in other Locas/How...prove existence of God

MME = Meta Modern Era by Shri Mataji Nirmala Devi

Atit

Beyond (980321); The state that is to be achieved if you are to become the Guru, where you go 'beyond', where you do what is to be done, without paying attention to it, where you are indifferent to the body. In this state you can be angry with someone one moment, and the next moment it is forgotten. The state where someone who is not a good man will tremble before you... where a man who is a liar, or has cheated others, will lose his tongue... or a person who has adulterous eyes, with no control over the mind as far as men and women are concerned, will have shaking in the eyes. Some will shake very much. All will be exposed before the light of a Satguru. When you reach this state, you don't have to do anything about it, or fight them - they just start shaking and jumping. Even if you lift your eyes, they get into problems (830725)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50

980321 75th Birthday Puja, Delhi good 55

- end -

7 Jun 2003

Attachments

If you are attached, you just get worries and problems... your life becomes miserable... but if you become detached, then nature takes over... and you feel extremely relaxed... if you are detached, then everything works out very well (950625); Attachments are so many, like attachments to wives, and to children, to possessions, positions, and to jobs. Many have fallen out (of Sahaja Yoga - Ed) because of their 'wives attachments', and so many will fall out if they have attachments to their children. All the children of the world, who are Sahaja Yogis, are your children... you have to look after all the children (890423)

So far we had our physical problems, which are solved - physical needs, comforts cannot dominate us any more... that's a good state we have reached... which is also very difficult for people. Normally people are very fussy... they are worried about worldly things... about possessions... material problems (850310)

Then the second subtler attachment is to our emotional side... like my mother, my brother, sister, wife, children... and we go on bothering Sahaja Yoga for that (850310)

Now how to overcome higher attachments... like there are attachments that I should write a book on Sahaja Yoga... or I should paint something for Sahaja Yoga... or I must earn for Sahaja Yoga... I must do this for Sahaja Yoga... this is also... in a very subtle way... is ego... that I should be the leader of Sahaja Yoga. Then there are jealousies... if Mother says this is not good you feel hurt... if Mother says this is good you feel happy... that means you are still at a very subtler state of ego, where you think that whatever you say should be approved by me. That is something is very subtle we do not understand, that if Mother is not approving of it...

Sahajvidya - Attachments

there must be basic Divine reason... otherwise why should I not approve of it. We must know that it's all the work of God, and we are just channels in the hands of God (850310)

Now we have a very good example of the little cell at the tip of the root of a tree... how it is so wise to avoid whatever is hard and to take to whatever is soft... and to invade the tree into the soil... it has that innate wisdom with which we also are endowed. Now you people don't misunderstand me so much as you used to... but still you do things which should not be done. To understand that whatever I tell you is for your ascent, you need a kind of a state of mind which is a detached mind. The detached mind is visible... very clear-cut in a person that he's neither very emotionally attached... and he's not very physically attached... but he sees that the progress of himself and of the society is the point... like the cell knows it has to progress for the betterment of the tree... but it has innate wisdom to do it in such a way that it never harms itself... and does not harm the tree. So the progress of a mind which one should develop, has to be such that you should move with a balance... with a witness state... and see for yourself how far you should go... and how far you should not go. Going to extremes is not Sahaja Yoga style... ascent is (850310)

What pleases Mother... very simple things. Very simple things please her... like flowers... but how much attention you have put to it... that we have to give a flower to Mother. Now what flowers she likes... she likes fragrant flowers... from where we should get the fragrant flowers... it's very simple... the shop... be on the lookout... there must be some shop with fragrant flowers... the whole direction changes... you see, you become beautifully attached to me... and I have to gain nothing out of it... but by your attaching yourself to

Sahajvidya - Attachments

me... you gain something. You have to think that if we have to attach ourselves to Mother, we must put our attention completely, entirely to it... it's not what you give me is important... it is how much heart you put into it (850310)

So one has to be all the time ascending. Ascent has to be achieved... and that ascent is only possible when we start giving up all these ties and tags that we have... these ties and tags keep us down... so get over that (850310)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

850310.1 2 Public programmes - Sydney

850310.2 Shri Devi Puja, Sydney good 40

890423 Archangel Shri Hanumana - Margate good 45

950625 Richmond Park talk - Richmond Not good 45

- end -

9 Sep 2002

Attention

Chitta; The whole of the canvas of your being (800526); Enlightened attention... has a nature which is very transitory... and when this is happening you have to steady yourself with meditation, with hearing the enlightened talks, with seeing the good things of life without thinking about them, and by seeing the goodness of others and then you start seeing the goodness of yourself also (861221)

Where is your attention is the point. If your attention is on the correction and nourishment of yourself and of others, then you are first of all a Sahaja Yogi, and once you rise above the gravitational force of materialism, then you could be called as the Guru (860706)

Then you should not pay attention to nonsensical things, but try to put your attention while walking or anywhere, on the Mother Earth. If there are thoughts coming just you see that you stop the thoughts; And you can't afford to have wobbly eyes in Sahaja Yoga... that's very wrong. If that happens, try to put down your eyes, because these eyes cannot allow your Kundalini to rise (871224); People have their attention here and there... attracting people... it is one of the ways we allow our attention to fritter away... this attention has to be brought under control. When it happens, just point your eyes down, keep your eyes down (871219)

The liver looks after your attention... and those who have liver problems, their attention is horrid... when they walk... they don't walk straight... but their eyes are going this way... that way... their attention is wobbly... because of a bad liver (820514); Our attention, our awareness, is based in the stomach, in the void, and can be spoiled by drinking alcohol, reading bad books, following wrong or bad Gurus, fanaticism, identification with one religion to the exclusion of others, by materialism... (781005); Attention also works through the eyes (781005)

Sahajvidya - Attention

We should cleanse our attention, so that it is silent, witnessing, not involved, but dynamic (870408); Improve your attention by meditation, by thinking of good things, witnessing, seeing beautiful things all round, and not reacting too much. The deep penetrating attention of concern will solve all problems (870408); We can use vibrated water to improve the attention, by drinking it so that it works on the void area (781005)

Care needs to be taken, because the time may come when the Mother's attention may recede, and then we will just drop out (790422), but if anybody comes into Mother's attention, then you have to accept that person (801116)

Attention should be on our Hearts, on the Self, the Spirit (800613); Ideally to be kept on the Divine at all times, whatever our activity, just like the boy flying his kite, or the lady carrying the pitcher of water on her head (900923); Stabilise your attention on the Feet of God, by Bhakti, by surrendering, by worship, singing songs - settling yourself at the Lotus Feet of God (800613); In Puja, whatever pleases your Spirit, is used... is to be given... when you give honey then your attention gets enlightened (800927)

The attention has to be congenial to the Spirit. The Spirit is a sensitive thing, and if the attention is not congenial to the Spirit, then the Spirit doesn't shine. So steady the attention by balancing the eyes, the thoughts, the desires (801116); If your attention is turned somehow towards your Spirit, then what happens is that you become the Power of the Spirit, and the power of the Spirit is the highest power that you can think of. The Spirit is the one that loves, unconditionally - it just flows. It is also the source of Peace, and of Joy, and is the source also, of Truth (980320); When the attention goes to the Spirit, then you become Gunatit, beyond the gunas, Kalatit, beyond time, and Dharmatit, beyond dharma, and then you become like the 'drop' in the ocean (980321)

Sahajvidya - Attention

There are various states of attention:

1. Cunning attention. The worst attention, when we see from a cunning angle, to see what advantage we can take, what money we can save etc. A calculating mind is a destructive mind - and ego oriented people are extremely calculating. The so-called positive people... those who are self indulgent are mostly miserly - attention should not be on saving worldly things, but it is attention itself that must be saved. Ask the question, 'where is my attention?' The most important thing in Sahaja Yoga is to save your attention - Chitta Nirodh. We save our attention through concentration, watching the Photo of the Mother is the best. When we are concentrating in Sahaja Yoga, absolutely fully in Sahaja Yoga, then we are controlling... then we are saving, our attention (830723.3)

2. Negative attention. That which is always on disasters, misery, and mishaps. Those who read newspapers every morning will have this type of attention. All newspaper people have that kind of attention - in a sinister way, they feel happy that there is a disaster. Attention is in finding disasters. Absurd. Or they feel hurt at the slightest touch... are very frightened people, crying and weeping. There's nothing to be frightened of... anyone. Because someone is going to say some harsh words, that's why you don't want to do something - such compromising people. There is no compromise in Sahaja Yoga (830723.3)

3. Stupid and idiotic attention. In India, they have one word for both - the Moorkhas. The stupid ones derive from the first or the cunning types, whilst the idiotic ones are from the emotional second types. This is the worst type, saying all sorts of stupid things all the time, and can be very boring. Psychologists refer to them by various names and include schizophrenics, idiots, the stupid, donkeys etc. They talk, talk, talk quite irrelevantly, and they are always friends of the cunning. These

Sahajvidya - Attention

two go hand in hand - the cunning wants to befool someone, and the fool wants to be fooled. Best is to keep quiet, listen to others, and preserve attention for cleansing, and don't say things which are stupid (830723.3)

4. Stuck attention. This is a concentrated attention - those who work well, are organised, but have a very immobile attention like rubber, are very parched, cannot be creative of joy, but get stuck onto something. This stuck attention is of no use in Sahaja Yoga (830723.3)

5. Another concentrated type is the one which is intense, deep, penetrative - because they have a living mind, not the dead parched mind - they penetrate (830723.3); This penetration of attention has to be seen... for example... if you look at some tree, then just watch it with love... see what the tree is talking to you... what is she saying... or, if you are looking at a mountain, then just talk to the mountain, and see what the mountain is saying to you - put your attention in... completely on one thing... and see for yourself... that will help you a lot.

But if you have an attention which is all the time watching this... and watching that... this, that... if you go on changing your attention all the time... inside is finished... because you see the attention gets broken. Criticising is another way you miss out on attention... lots of attention goes to this. Thirdly could be the... self importance... is the worst thing... in that you do not think anything is important... you just go on, looking after your self importance. There are so many ways... but the best way is to learn... how to handle your own attention... and how to handle other people... that's very important... how you deal with people is very important for a Sahaja Yogi (000507)

Sahajvidya - Attention

The subject of Sahaja Yoga requires maximum penetration because Sahaja Yoga is learned through experience, and through nothing else. You have to experience, and then believe into it. Those who have penetrating intelligence, penetrating love and emotions, penetrating movement of the understanding, they experience and learn... experience and learn. They don't let the mind play on them... the mind's experiences of the past... no... rather they think 'every day I have to take a new experience... which must be sustained within me' (830723.3)

Sahaja Yoga experiences are the good conditionings. To get these 'best' experiences, the first condition is of Rutumbhara Pragnya, where you should be of that level that you get these experiences - otherwise you will be mundane type of person all of the time. This penetration starts with your meditation, and the 'Samadhi seed' sprouting and manifesting the new dimension. This sort of attention, one has to develop by watching the attention - Chitta Nirodh (830723.3)

As you watch your money... as you watch the road when driving... or your child when growing... or the beauty of your wife... or the care of your husband... all these put together - in this way you watch yourself, your attention. Where is it going, where is it lagging behind, what is happening to my attention. Such people have no problems. When you want to do something, it becomes dynamic, you can work it out, there are no problems (830723.3)

If there is a problem which you are facing all the time, then know that there is a problem with you, that there is something wrong with the instrument, and it has to be corrected. We have had experiences of things working out, of many miracles happening before our eyes - but still the attention has not settled down with these new experiences. Still the old experiences and identifications continue - the filth of that is still on your being. Change everything, become a fresh new person. You are

Sahajvidya - Attention

blooming out as a flower, and then as a tree - assume your position as a Sahaja Yogi (830723.3); So this attention must be brought round - you judge yourself, where is your attention. And what is the 'measure'... is to keep the Mother pleased, because She is the attention. If She is pleased, then we have done the job. She cannot be pleased by mundane things, but only by our ascent (830723.3)

Our attention should not be on material things... is not a very good idea to have attention on material things... because these things spoil the joy of everything - if you have to spend on someone... say some friends are coming or something... then you should be happy to do that. Instead of that... if you start counting your pennies... it is joyless. Generosity is the most enjoyable thing I think. War does one good thing sometimes... that people get out of the materialistic attitude. Lots of bad things are there... but this one thing I have seen... when the war shakes a man... he thinks 'what's the value of all these things I've been fighting for'. But if you get Niraaananda... after that you don't want to have any joy from material gains... from material things... you just do not want (850502)

Attention should be all the time inside. Like when you are walking on the road, people have a habit of seeing this... seeing that... and like that the attention gets frittered away. What you should do is to see about 3 or 4 feet at most from the ground, and not above... because there you can see all the beautiful children, the flowers, everything... there is nothing very beautiful above that... and also, if possible, to fix your attention so the attention becomes concentrated, and you feel very relaxed and relieved of too much of wobbling of your eyes... eyes are very important (880921)

Sahajvidya - Attention

As far as possible, keep your attention straight, or on the Mother Earth... if you can control your attention, you can overcome your material domination. Now best thing is to put your attention to your Spirit... if you start putting your attention to the Spirit, the sweetness of the Spirit itself will make the whole thing very sweet and beautiful. The attention should be on the Spirit... even when you are 'getting ready', keep the attention on the Spirit. If you then develop your witness state... from attention, you become the knowledge... the truth (800927)

Now how do you raise the Kundalini... we can raise it with the attention... but it should not be done, because others should 'know' that something has been done... because people, unless and until they see something being done to them they are not going to believe... so you have to raise the Kundalini with your hands... and you can see... that as far as the hand moves, the Kundalini moves... and you can feel it within your spine (810511)

Chitta Nirodh

The saving of one's attention, which is done through concentration - best is to watch Mother's Photo. When we are concentrating in Sahaja Yoga, absolutely fully in Sahaja Yoga, then we are controlling, we are saving our attention (830723.3)

- Jai Shri Mataji -

Sahajvidya - Attention

Tape References:

Date/Ref - Title - Qual - mins

- 871219 Complete your Realisation, Aurangabad - see 871219 Good 25
- 861221 Chalmala Welcome Address - see 861221 good 5
- 860706 Guru Puja, Gmunden - see 860706 good 55
- 820514 You must become the Spirit - see 820514 good 45
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 800526 Attention, Dollis Hill
- 800613 Essence within Innocence good 40
- 800613.2 Seeking that which lies beyond, Stratford, London
- 800927 Lethargy - Chelsham Road good 75
- 801116 New Age - Plaw Hatch Seminar good 70
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 820514 You must become the Spirit/Puja on Fighting Asuras
- 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
- 850502 Niraananda, Vienna Ashram good 60
- 860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria
- 861221 Six Puja Talks - India 1986/87
- 870408 Talk to Sahaja Yogis - St.Martins Lane, London good 45
- 871219 Complete your Realisation - India
- 880921 Speech at Ammonk Ashram, New York good 35
- 900923 Navaratri Puja - Geneva, Switzerland good 75
- 980320 Felicitations, Delhi good 55
- 980321 75th Birthday Puja, Delhi good 55

Attitude

First of all your attitude has to be alright... in Sahaja Yoga I see that people who don't have good attitudes can never progress... doesn't matter if your vibrations are bad... doesn't matter... they'll be alright... so you should see how much collective you are... how much you help each other... how much you are kind to each other... this is very important to introspect and find out... more than anything else (950625)

The attitude of a Sahaja Yogi towards a non Sahaja Yogi should be... of helping... of supporting... of sharing... but I must warn you, there are some Sahaja Yogis who will try to have their own party... they are very power oriented... they will have an exclusive party... it is a very dangerous sign... it is a cancer - everything should be collective. Anybody who does that kind of thing, you should know is a possessed person... and you will be harmed if you follow such a person. We are all collective... we have to know everything among each other... and we have to live like one family, all over the world. Once you develop that kind of a love for everyone, then you will be surprised, you have become a great personality - that means... the drop becomes the ocean (960716)

In the realm of God, we have to be meaningful to him... not that he should be meaningful to us. We should change our attitude towards him... we should say... what have we done for God... then you will get ideas what is to be done... how to work it out (850310)

To substantiate your purity... to be fragrant with your purity... your attention should be on the other side. Now you are not facing the Mother... you are sitting with the Mother facing the whole world... so the whole attitude will change. The attitude should be... what can I give... how can I give... what is my mistake in giving... I have to be more alert... where is my attention... what am I doing... what is my responsibility. You must desire that you should be pure... pure desire... that you should be the Spirit. Then your responsibility to Sahaja Yoga... what is your responsibility to Sahaja Yoga... which is the work of God that has started... and

Sahajvidya - Attitude

you... are my hands. You have to do the work of God... you have to fight the anti-God elements... the satanic elements. You are not responsible for your families any more. Now the forces are gathering in such a way that the sorting out will start. Your responsibility to yourself is to be the Spirit... is to understand Mother better... to understand this mechanism within you... how this mechanism works out everything... how to become a Guru yourself... to be a dignified and a glorified personality... to be a respectable person... and not a cheap personality. Every one of you is worth the whole Universe... if you want to rise to that height... to that magnitude... it is within you to prosper (821219)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

-821219 Mahakali Puja, Lonavala - see 821219 good 35

821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

950625 Richmond Park talk, Richmond Not good 45

- end -

6 May 2003

Attractions

If you feel attracted for any man... think that 'that' man has a bhoot, and I also have a bhoot... only the bhoots attract bhoots... it's as simple as that... it's only the bhoots attract (810904); Why to make your body that attractive to every man, spoiling his attention, and your attention... what is the need... the whole idea is wrong (780000)

Entities are being exchanged in flirtations, and result in wobbly eyes, and also are the cause of those 'attractions' that we cannot explain or understand (781218); In a very gross way, we see that people are attracted towards others through the body element. Any body attraction can enslave you, and cannot give you freedom. It will give you habits for your body enslavement, and will enslave you to your Guru. The other attractions are for food, greed, and lust - materialism at it's worst. Once you start getting used to it, you become enslaved... and not a Guru (860706)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860706 Guru Puja, Gmunden - see 860706 good 55

780000.01 Talk on Easter 78

780000.02 How to meditate, Seminar Talk

780000.04 God & Creation, Caxton Hall Public Program

780000.05 Public Meeting Talk No 1, Caxton Hall

780000.06 Public Meeting Talk No 2, Caxton Hall

780000.07 Ego, Superego & Subconscious, Finchley Ashram

781218 Agnya, Caxton Hall (1st 15 mins poor, later improves) not good 70

810904.1 Advice given by Shri Mataji, Brahman Court poor

810904.2 Heart of the Universe, Caxton Hall

860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria

- end -

29 Dec 2002

Audiotapes

They are very precious, and should be respected. Should be purchased, and not borrowed (890808); Everyone should have one tape each. Some people take one for the centre, and all listen, and that's it... or one tape for the whole country. No, we must have one tape each - sit down and listen again and again... with pencil and paper, and see what I am saying. Every tape should be with you; Why some Sahaja Yogis don't have tapes... if we can get them free... we would like to have. But, if we try to save money... money tries to save itself - there is a mutual understanding (890611)

You must all individually also work it out that you study Sahaja Yoga in a way. In most of the tapes whatever I have said can be seen... found out... what is said about health... what is said about children... because I spontaneously say things... and if you can sort it out you will know so many things... I mean if you sit down and do a study of these tapes it will help you to find out so many little little things that are so important for life. You can clarify it... can note it down... that this Mother said about these things... it will be very good for us to sort it out this way... what point is to be noted down in different headings... can put different different headings, and jot it down. Mother has said so... Mother has said so... whatever is not on the tape you should not listen to... whatever is on tape is authentic... whatever is recorded already should be accepted (890725)

There are so many things I have said, there are so many lectures that I would like you to hear. These are beautiful precious lectures, which people in other countries use them while travelling long distances, and also otherwise for meditation... so many are working it out that way. So if you really are interested in your Self, in your ascent... to be one with the whole, to be in the Kingdom of God, then please take these tapes, listen to them, meditate on them... meditation will become very much easier (980706); After listening to my lectures, you just go into meditation... actually my lectures are not to be understood by your brains, but by

Sahajvidya - Audiotapes

your Kundalini... and through your heart. So it doesn't matter if you don't remember something... it's alright... but it will come handy whenever you want to use it... some words or sentences... you will not know from where it is coming... it's all recorded (880921)

I think all of you should buy one tape recorder each, because you see... that is one way of growing... because a Sahaja Yogi told me that when he started listening to them his English improved tremendously... and he said... 'the vibrations are coming from them... and I started growing'... so it's a very good idea to have tapes... and in your spare time put them on and listen to them. It's a very good thing and helps a lot - that will really mature you very much I think... a very good idea (801019); Some tapes from Switzerland 1980 and earlier are tremendous (801019)

We record Mother's Vibrations and superimpose Mother's Lecture on that, so that it has double effect (791009.1)

Meditation, and listening to the enlightened talks, are two of the ways that one can use to steady the attention, which has a very transitory nature (861221)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 890725 Arrival speech - Melicharg - see 890723 good 20
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 861221 Chalmala Welcome Address - see 861221 good 5
- 801019 Puja Fighting Asuras, Durga Temple, Hampstead, see 820514 good 15
- 791009.1 Maintaining the purity of Sahaja Yoga/Where... stand in Sahaja Yoga
- 801019.3 Spreading Sahaja Yoga in Europe
- 861221 Six Puja Talks - India 1986/87
- 880921 Speech at Ammonk Ashram, New York good 35
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 890808 Shri Ganesha Puja - Les Diablerets, France good 45
- 980706 Holland Park School, London 1998 good

Auspiciousness

The power of Shri Ganesha, and which is the magnet within Mother Earth, and within you, and which is Pure Love (860907); Try to develop your purity and holiness, and a powerful holiness and a powerful auspiciousness, which does not get contaminated... but fights whatever is anti-God, whatever is anti-Christ (821226); The Chaitanya, which exists in the atoms and molecules as vibrations, which expresses itself in the plant kingdom as 'life force'... and which is expressed in the animals where it binds them, is expressed in human beings as auspiciousness, and ultimately as Holiness (870102)

Now we must understand what is auspicious... what is not auspicious... if we understand this... then we will understand that we can overcome the binding of matter. For example, how we sit in a program... the pose... the way we sit... is not important so much... but the auspiciousness of sitting... is... have you Reverence in your mind... when you are sitting, there should be reverence... are you sitting in a surrendering mood. So again I tell you... auspiciousness is what is within you... what you think about it... what is happening to you... are you feeling reverence within you. Auspiciousness is very important for Sahaja Yogis... because all that they do should be auspicious. When you speak, it should be auspicious - many people have a habit of speaking very inauspicious things... like we invite somebody to our house for a party... and we say something hurtful to them... or tell a dirty joke at a time when there is a wedding going on - Hell is nothing but inauspicious living (781002)

Most of Tantrism has come out of inauspiciousness... Pantheism is nothing but inauspicious mastery. Before the Deity... before the Gods, if you do something extremely inauspicious, you make the attention of the Gods and all it's protection to get out... and then you do all satanic things... this is the basis of all these tantriks (781002)

Sahajvidya - Auspiciousness

When you are using the matter, see the auspiciousness of it... see the auspiciousness of the things that you are using. At random we buy things... we buy clothes. If you could... use your vibratory awareness to buy your things... to see what you should buy, what would look nice... because beauty and auspiciousness go hand in hand... they are not 'two things'. Beauty is a thing that gives joy to your Spirit, and auspiciousness is the same, which gives joy to your Spirit - all other beauty is no beauty. So for a Sahaja Yogi, it is necessary to use all the matters which are auspicious. Now auspicious matters which are important matters must be kept at a higher level always... for example our Mother's photograph is very auspicious... you don't put it on the ground... nor do you trample over it (800927); When you see some sort of a painting which is not auspicious, you should refuse to see such a painting... you should avoid seeing such a painting, because it is not going to give you any joy... any happiness (800927); Sahaja Yogis should not aspire for worldly success, and worldly things... but for auspiciousness... so that they get the Blessings of God (781002)

In simple Indian villages, people try to be nice, congenial, good... how? by understanding auspiciousness... an auspicious presence is soothing, comforting, absorbing, beautiful... and this auspiciousness... how do you develop... you should do little Aarti to my photograph... is a good idea (800927)

Today is an auspicious day because 21st is an auspicious day for us... and today is Monday... and 7th month... all combined together... and it's a very auspicious evening (800721); You find a horseshoe is auspicious... do you know that in modern times the symbol of Sahaja Yoga is a horseshoe shaped... it has many meanings... but why that shape is auspicious people did not know. People do not know why one thing is auspicious... and another thing is not auspicious. Now this has been in England for years... people were using horseshoe as an auspicious thing... and it is... 100%... the shape of a horseshoe emits vibrations... you can see for yourself...

Sahajvidya - Auspiciousness

that the shape... is the shape how the Shakti moves... how the power moves... always like this... elliptical... like if I love this person, the vibrations will go like this... and embrace her and then will come back... but it can be 360 degrees it moves. The whole creation took place by the movement of the Shakti like this. Now when you have a shape... or a form... or a kind of an assemblage of certain factors... in a particular... material could be... could be a particular tree... could be a human being... then you find from that person - only the Realised Souls can feel - vibrations coming. Whatever emits vibrations is auspicious... and auspiciousness is the quality by which we emit vibrations (800721)

Now purity is a very relative word in modern times... people don't understand even what is normal, leave alone purity... everybody seems to be abnormal or subnormal in modern times... nobody seems to be normal... even the psychologists can't define what is 'normal' is. Normal... is that which is auspicious (800721)

Now you all know that there's something about Stonehenge... but what... these are the stones which have come out of Mother Earth... which are emitting vibrations... and the covering of that has been done later on... some people did not understand how these stones came out one after another... so they must have covered it up... but if they were Saints they would have said that... these stones have vibrations (800721)

Auspiciousness can only be felt by people who are Realised Souls... or people who are sensitive to Spirituality... those who are not sensitive cannot feel it... they do not understand... but children... not all... but many children can feel the auspiciousness... dogs can feel it... rats and snakes can feel it... Tigers and Lions can feel it... but human beings are rather difficult. Horses can feel it... they feel it very much... if you take them near say a place where there are spirits... or we can say some sort of a burial ground... they would not like to go down there much... first they would

Sahajvidya - Auspiciousness

resist... but gradually they also get used to it... same with dogs... they can feel... a man who is a Realised Soul... who is not... they can even feel an evil person... they are very sensitive. A dog can always feel a Saint... even a mad dog can be controlled by a Saint. This feeling of auspiciousness can be felt from the heart... not from the brain... not from the ego or superego (800721)

Now Blake... the one who is the poet you have... really I would say... after Shakespeare. I wonder if Shakespeare was one man, or many people put together... but Blake was the poet you had... the greatest of all I would say. There were so many others also... Wordsworth was another... you can see... those who talk of charming things... of pleasant things... and beautiful things are the poets... not these garbage cleaners. What is wrong with us that we cannot make out between the stink and the fragrance. Auspiciousness is the way we emit our fragrance to others (800721)

Take a coconut for example... put it the other way round... you won't get vibrations... if you put it this way, the coconut coming up, you will get more vibrations. There are certain coconuts who give very good vibrations... and some give horrible ones (800721)

Now how the brain is connected with the Spirit. Your heart has the Spirit, the light... and the heart has also got seven auras around it... which get enlightened by the Spirit... it's a very instantaneous or you can say simultaneous happening. But, before that... when the Kundalini rises... there are the seven centres represented on the seven seats in our brain... all the Sahaja Yogis know where they are. So when these centres are enlightened... the auras start shining in the heart. And 'this' centre is actually the seat of the Spirit... the Spirit has moved from there and has gone to the heart... that's why in childhood you'll find there's an opening here... it's a very soft bone called as the Fontanelle Bone, the Talu... because the Spirit comes out from there and is settled on the heart. You know Spirit also comes out in the night sometimes... goes round and sees... it's so (800721)

Sahajvidya - Auspiciousness

So when the Kundalini rises... first these centres get enlightened here... then in the brain... then the auras in the heart start getting enlightened... ultimately, when this centre which is the centre of the heart here, in Sahastrara, this point... when this gets enlightened, then the Spirit also gets enlightened fully... and then these auras become doubly shining... then the auspiciousness in many dimensions starts expressing itself. But to keep that light on... one has to keep the Kundalini over here (800721)

Then what happens... then we are ruled by our hearts... rather than by our brains. And the more you depend on your vibratory awareness, the more you use your heart... your Spirit... not your brain. The more you use your brain... again you go down... because it is taken over now by the Spirit. But if you can... just leave it to your heart to work it out... and don't think... because you are in thoughtless awareness after Realisation. And if you try to maintain that state... pay attention to your heart... let your Spirit emit itself... so that it clears out completely the confusion of the brain and everything... then you'll be amazed that you cannot lose your vibrations... you cannot lose your Realisation (800721)

The simplest way is... I mean we have found this... that after Realisation, if you go for seven days treatment with soaking feet before my photograph, it works out. Then you start establishing your auspiciousness... and once you have established it... then you don't lose it very easily. Afterwards when you become very strong, you don't mind working on anyone whatsoever (800721)

On this auspicious day, I have to request you to be auspicious... not to do anything inauspicious - they call it protocol. There are small small things which show you are auspicious... very very minute subtle things that shows you are auspicious... which you don't have to learn... automatically, spontaneously it comes... and you enjoy your auspiciousness because you are holy... because you are Nirmal... and you enjoy that quality within you (010321)

Holiness

Is an innate quality of a personality, where a person rejects all that is unholy, all that is inauspicious; The first thing that God created on this Earth was Shri Ganesha, because he could emit Holiness; It is said that without Holiness, you cannot work out anything... in every walk of life Holiness was the most important part... that was to be looked after. For Sahaja Yogis, the most important thing is to lead a very holy life... innocence gives you that Holiness (870102)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-870102 Ganapatipule - see 861221 - 10

-821226 Lord Jesus - see 830113.1 - (5 Pujas from India) good 15

781002 Knots in the 3 channels, Caxton Hall poor 90

800721 Auspiciousness - Caxton Hall good

800927 Lethargy - Chelsham Road good 75

860907 Establishing Shri Ganesha Principle, San Diego good 55

010321 Mother's Birthday Puja, Delhi good 50

Authority

You can coin your own mantras, because you have some sort of an authority which you can use, and every mantra that you will say will be awakened... even if you are not yet out of your possessions, still you will work it out... still you can raise the Kundalini of others... and nothing will go wrong with the person whose Kundalini you are raising... to that purity it is (791111); You have no authority to take any mantra... unless and until you are a Realised Soul (771121)

Of course... you have killed many of them... this is the minimum power you have. If you coin a 'Mardini' mantra with anyone... finished. You see it is like this... 'I' am entitled you see... I am the one who has killed all of them... so I am entitled... I've got the title you see... if you take my name... my title... they are finished off there... all their powers are dropping (791202.3)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor

771121 Tantrism, Caxton Hall poor 75

791111 Meaning of Yoga, Dollis Hill good 50

- end -

21 Jun 2003

Autonomic Nervous System

The Autonomic Nervous System... is that 'self governing' nervous system, comprising the left and right Sympathetic, and the central Parasympathetic nervous systems (840731); The Parasympathetic... is that part of the nervous system in the central channel, the Sushumna Nadi (810928) which gives the balance (870500); Which brings things back to normal... relaxes and nourishes... after the Sympathetics have initially responded to an emergency; Is formed by loops from the left and right Sympathetics, and wherever these loops meet, are formed energy centres known as the Chakras (MME)

Autonomic Nervous System, means there is something which is beyond... something 'auto'... if the scientists give this name... we have to accept it is auto... they cannot explain... we have to accept it is auto... that there is something like auto... that controls the three Autonomic Systems (771024.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-870500.1 Untitled talk - see 870503

771024.1 Caxton Hall tape 1 poor

810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80

840731 Middlesborough PP [PP video set 4/1,2] good

870500.2 Australia PP [PP video set 5/1] good 35

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

9 Sep 2002

Avadhuta

A powerful, highly evolved Realised Soul who is a Master, e.g. Shakespeare (840708); They only need to sleep just 4 hours, and then are working - either meditating, or working with their hands. We have to be very busy people, because we are now employed by God (821101); A person who has gone beyond all human destructive habits... Avadhuta is a very high quality Yogi (000423)
- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

821101 Self Mastery, Guru Nanak's Birthday, London (C120) good 105
840708 To Know the Truth, Ilford [with 40 mins Q&A] good 40
000423 Easter Puja, Istanbul, Turkey good 60

Awareness

Human awareness grows downwards, in the opposite direction to the Divine. The 'roots' are in the brain; Descent, known as Adogati, is easy, whilst ascent is called Urdwagati. With descent we move through Nabhi and Swadisthan, to Mooladhara where we develop depraved and perverted ideas, leading to decadence (860303)

Shri Krishna said, thousands of years back that the human awareness, the Chaitana, grows downwards... and the roots of the Chaitana or awareness, is in the brain. In our Sahaja Yoga, we consider three chakras as the lower chakras, or centres... the Nabhi... the Swadisthan... and the Mooladhara. First one is the Nabhi Chakra, where a person starts seeking... food, shelter, all life's necessities... and either he can go upwards or downwards. The essence of this centre is Swaha, meaning the consumption. So all those people who started developing... started consuming. Then they went to the second chakra, the Swadisthan... where they started entering into space... that is Antariksha... and tried to find out what is on the Moon... what is on Jupiter. Now the third awareness has grown... into the Mooladhara... and so the attention went to this horrid thing called sex... and in the west, people have become nothing but sex points. I've seen it everywhere... that just filth exists. With this downward movement... what do we expect people to be - they have to be violent. If you make them worse than animals... what will happen... they have to be cruel, despotic... and after this... the next step is Hell... Nagasaki... or anything (860224)

So, how to go upward - all the great Saints, and Incarnations, and Prophets have said that 'you have to be born again'... Christ has said it... Mohammed Saab has said 'at the time of resurrection, your hands will speak'... Jung has said that 'you

Sahajvidya - Awareness

have to become Collectively Conscious' - and so with Sahaja Yoga... the Kundalini rises... and takes us to our Yoga. Yoga means that the Kundalini, the power that is within us, which is of Pure Desire... should rise... and should meet the Divine... the All Pervading Power... which is doing all the living work (860224)

Becoming

Only with Realisation it starts, and what a jump it is from the first awareness, where it is just a desire (800518)

In the second state you see the desire being fulfilled... but all these subtle things are mixed up within you - you do feel the chakras and their problems, but again you start analysing them... the biggest problem in the West is they start analysing. So what you have to do is to at least believe... yes you are giving Realisation (800518)

This is where you must have faith... this faith that you have got Realisation through Sahaja Yoga... that it's a tremendous power... that there is All Pervading Power which is absolutely dynamic... that you have that power flowing through you... that you are giving Realisation... and that your Mother is something special. The power of faith is the greatest becoming power... it is beyond analysis, beyond thought... so the surrendering starts. Then your awareness rises higher, and these small little things which have become subtler, start departing from you. This is the third state, where your three gunas you can see, but they do not affect you... you see the catching, but now you don't say catching, you say 'recording'... you think you are an instrument, and you are just recording. To rise up to this third state, the only way is complete faith, and one of the things about faith is protocol. Faith is the 'recognition'... it is only going to work out by how much faith you have. This faith

Sahajvidya - Awareness

then starts encompassing also what Shri Mataji says, means absorbing... not criticising... not repelling... but absorbing. And the mouth of absorption is Nirvichara - where you do not think about it (800518)

Sahaja Yoga is a real becoming, ripening, maturing, living process, and how it is going to work out is not through books, by sitting and reading, but by... the photograph. And the photograph, if you think that it is 'representing' Shri Mataji... then you are not expressing it fully... it has 'all' the elements in it - moreover, it is a reproduction no doubt... but a reproduction of reality... 'it is quite me... because my attention is there.' You should keep one photograph with you all the time - respect it. Have that understanding that 'that's Mother with us' - you'll be amazed how things work out. So the third state comes in when you start seeing all this, recording it (800518)

Then the fourth state, called Turya-dasha, comes in, when you dominate the three gunas, you control all the elements. At this stage you just say and it works. The fifth is when in the Turya state, you have matured properly, and you do not have to say or determine anything, but it just works. Then you handle the whole situation sitting down here... sitting down here you know each and everything. Then not only you have mastered it, but you can enter into it. These states are not so clear cut... they mingle with each other... they are mixtures. Finally in the seventh state you just are... your being there is sufficient (800518)

All these seven states you can reach, because Shri Mataji stands beyond them all, and She has come down to the first state and She is trying to pull us up. If we do not drag Her down, She can pull us up very fast... but if we do not desire, She'll not do it... if we do not want it, She'll not do it... so the only request is not to drag Her down. If you have still your

Sahajvidya - Awareness

attention onto something else, then you drag down the effort of the person who is trying to take you out... so try to disentangle yourselves... drop your loads... alright (800518)

Now do not try to fix up yourself at this stage or that stage. When you grow, it will happen to you... allow it to grow. If your Kundalini is weak, try to sustain it... feed you Kundalini with the desire of becoming... neutralise all other desires with one desire... before you say something, think of it... what are you saying... are you saying of one desire (800518)

Adogati

Adogati is the downward movement (860224); Descent; To go down is easy; Human awareness grows downwards, away from the Divine. First we reach Nabhi (from our starting point of Bhavasagara)... where we start consuming, through attacking and overpowering other peoples and other countries, by imperialism etc... like Columbus... and also by digging out and consuming Mother Earth. Then we reach Swadisthan, where we see and go to the stars etc... to no avail - we have to go within. Finally we reach Mooladhara, where we become depraved and perverted, with funny ideas about sex. This is decadence... and with one step we are in Hell. On the other hand if we try to go up, without going by Mahalakshmi... we end up at the heart... and start giving our heart to this person, that person... get into romance... and once again we go down (860303)

Shri Krishna has said that this is a tree which is upside down - the roots are upwards, and the leaves are outwards; When we are dealing with our roots, we have to be in the centre, in the core... our attention not entangled with other things, with outside things (830107)

Sahajvidya - Awareness

The Shuparnaka ideas that come from the decadence that we have gone through, have no relevance to our ascent... and because we have come up (ascended - Ed), we can see the decadence of society. So we have to show our good behaviour, our good dress, and our good conduct... the beauty that has developed within ourselves... and that we belong to a society which has ascended, and that the decadence is over now (850000.2)

Urdwagati

Ascent. The first step upwards, from our starting point in Bhavasagara, takes us to the heart, and here we 'see with innocence and chastity' - then we expand the heart with compassion. Urdwagati is only possible through the Kundalini (860303)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 860305 Wimbledon Address - see 860305 good 45
- 860303 Brompton Square Address - see 860305 good 15
- 860224 Delhi University address - see 860504.2 not good 15
- 850000.2 Nasik talk - see 850000.1 good 25
- 830107 Ganesha Puja - Rahuri - see 830113.1 - (5 Pujas in India) good 20
- 800518 Old Arlesford, Winchester - part 3 (The Real Becoming) good 30
- 860305 Wimbledon address/Brompton Square

Awe

Awe does not have 'understanding' in it (860706); That 'awe' for God that is necessary to keep your Kalki alright; That fear of God that if you do wrong, He is there with His wrath, and that He is a wrathful God... when you have that awe for God, and you know that He is All Pervading, and He is All Powerful; He has powers to raise us to that stage of higher being... He is the most compassionate God, the most compassionate Father that we can think of... but in the same way He has a wrath, and when that wrath falls upon you, be very very careful (790928)

You are... in a way... in awe about God... there is awe... not I would say fear, because fear is all dispelled... there is no more fear for you... but you have awe for God... that's he's God Almighty (920229); There should be awe and respect for the Mother, which is guarded by the left Vishuddhi (850901); As a Mother, Shri Mataji has to warn us, that be careful about the wrath of your Father, because if He comes on you with that wrath, nobody can stop it... nobody can stop it - and the compassion of your Mother will not be listened to. But if you do something 'for' Him, or for your own 'being' in your Self Realisation, you will be placed in the highest position. The most important thing is to know... where are you as far as God is concerned (790928)

Mother's Presence

When I am away... I am not gone - I am much more here when I am not here... you will see (801205)

People who are with Mother go into left Vishuddhi very fast, because they lack in protocol. To be with Mother is a blessing no doubt, but also one has to be very very careful, that you do not cross the protocols (850901)

- Jai Shri Mataji -

Sahajvidya - Awe

Tape References:

Date/Ref - Title - Qual - mins

Awe

- 860706 Guru Puja, Gmunden - see 860706 good 55
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790928 Kundalini/Kalki Shakti/How Realisation should be allowed... develop
- 790928.2 Kalki/Talk on all chakras [duplicate, better quality but incomplete]
- 850901 Vishnumaya Puja/Brompton Sq. Puja - Wimbledon/Brompton Sq.
- 860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria
- 920229 Shivaratri Puja, Glenrock, Australia good 60

Mother's Presence

- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 801205 Marriage & Collectivity, Chelsham Road poor 20
- 850901 Vishnumaya Puja/Brompton Sq. Puja - Wimbledon/Brompton Sq.

Badge

Something with my photo... a badge... if you can wear it... and people ask you... 'who is this person'... you can start talking - you have to talk... that is the only way we can spread Sahaja Yoga. Of course you can have your programs... you can get people... you can give them Realisation, this that... but to talk about it is important... so the atmosphere is created... in the atmosphere it will be... and this is going to help us a lot... if it is in the atmosphere, people will know that there is something like this coming up (880921)

What I have seen... that we are very shy... shy about Sahaja Yoga... we are little shy to talk about Sahaja Yoga - you have to do it... you should start talking openly about it... if I was shy like you, Sahaja Yoga would not have spread. One should not feel shy about Sahaja Yoga... otherwise what happens... that it just melts away with you... don't feel shy... you should talk about it... wear the badge... with the badge people will ask you questions... 'who is this one'... then you talk to them... any way you like, you should expose yourself... and that will work out better (000507)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

880921 Speech at Ammonk Ashram, New York good 35

000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Balance

Balance is needed for our ascent (830512); First put the left hand towards the Mother, or towards the Photo, and the right hand out, then put the left hand up, and the right hand towards the Mother (791118); If you don't have a balance, you'll just get vibrations in one hand (830512); If you feel vibrations equally in both hands, this means that you are in balance, that you are balanced (830202); If there is a disparity, then adjust it by giving a bandhan (811103)

You are not only a physical being... you are also an emotional being. If you pay too much attention to your physical side, you can become a dry personality... absolutely. Such a person gets heart troubles... because the spirit resides in the heart, and if you are too much physical, then the heart goes out - you must pay attention to your spirit. So you are not only a physical being... you are also a mental being... you are an emotional being... and, a spiritual being... all these must be integrated... and there should be a complete balance (821008)

You can find out in a second whether you are on a conditioning side or not... if the left side is catching, then you are conditioned, and may suffer from pains etc. If the right side is catching, then you are on an ego trip, and may have health problems. Or you may be wobbly (800517.1); If you use any one of these powers, superego and ego, too much... then the other one gets frozen (811006)

If we are feeling sleepy, or lazy... then put Right to Left 7 times, with the Right hand, whilst watching Mother, or it can be done also with the Photo (821101); Those who have left hand problems... means who have left side problems... should raise their right... all of you (800721); If the right hand is burning but not the left hand... that is when a person is right sided, being an intellectual or futuristic person (830512), the left side subtle system is raised and taken over to the right side by movement...

Sahajvidya - Balance

of the right hand, to bring the system into balance (830121); If we have ego, we should raise the left side, and put it to the right side... there's no other way out... you have to work it out with your hands (830121)

To get into the centre, to achieve balance, first we move out of the left side to the right side, and from there to the centre. If you are feeling lethargic, are unable to get up, or are feeling sleepy or not alert, plan what you will do and get into action. Even doing Puja is a good idea. Then when you are into action, in order to get into the centre, just watch everything, just witness... say to yourself that you are not doing it (800517.2)

The right side is like an accelerator, whilst the left side is like the brake. So if the Mooladhara is not in control, if the brake is not alright, then the accelerator cannot be controlled. So we should work very hard so that our Mooladhara is brought round and is put right, and our brake is established. Then whatever work you do for Sahaja Yoga, you will not get into ego practices. It is especially important in the West, where the idea of auspiciousness and holiness is being destroyed (890423)

Some people are negative in the sense that they are on the left hand side, and some people are negative because they are on the right hand side. Some times these combinations work very well. When a dominating man tries to dominate a left hand person, they are great friends... because one dominates and the other takes domination. As soon as the left hand person comes on the centre or tries to come to the right, the dominating one starts clashing... then they are the worst of enemies. It happens like that... so be on the alert (800927)

Sahajvidya - Balance

Now a person who is on the left should try to come in the centre... and in the same way a person who is on the right side should come to the centre. Now how do you do it... a person who is on the right side should try to become friendly with the left sided person, and the left hand side person should try to be friendly with the right sided person. So what is the give and take in this. The right sided person will be a better organiser maybe... maybe not... at least will be a better orator, or may be a better sort of a leader... may not be... you can't say... he may be the one who will suggest things and who will bring out things... who will say 'I'll do this sort of thing maybe'. The left hand person will be frightened, but will be humble, loving, more affectionate... he'll be much more at the command of others. This one will be commanding and the other will be receiving the commands (800927)

Now how do we solve the problem of this mixture. The one who is very much on the ego side should try to obey the person who is on the left side, and the left sided should try to command more on the right hand person... and it should be accepted... it should be mutually understood... there should be a contract... alright I am the ego oriented person, and you are the superego oriented, now let us do one thing... you try to dominate me, and I'll try to obey you... it will work out (800927)

But it is rather difficult to get a left sided person here (UK)... there are very few... some were left sided, but when it came to ego... they were worse than anybody else. But, you can have a left sided person... and let him dominate... til he develops his ego he's alright... if he develops, then he should stop it... but with complete understanding, watching yourself... how you develop, how far you go... a play should go on. But if you are identifying with yourself that I am always right, or nobody's right, then nothing can work out. So the best way to do this sort of thing is... 'alright you order, and I'll do'... 'let you organise and we'll do it... you tell us how to do it'. Let us decide to improve ourselves, and not to feel bad about it... we have to improve a lot (800927)

Sahajvidya - Balance

The job of a guru is to give balance to others... if you have the Guru Principle within you, you get into balance automatically (920719); A guru is not ascetic by nature... but he's so detached, that he's ascetic... he may be a king... or a beggar... or maybe a big personality... or just an ordinary person... but if he's a guru, then in every state, he's in complete balance... nothing can disturb him... and he can never go into imbalance (920719)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 830512 Hampstead - see 840802(Video)
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 821008 We don't have to suffer, Bedford/Northampton - see 821007 Good
- 791118 Where stand in SY/How get Med'tn, Dollis Hill see 791009.1 good 45
- 800517.1 Old Arlesford, Winchester - pt 1 (Preparation for Becoming) good 5
- 800721 Auspiciousness - Caxton Hall good
- 800927 Lethargy - Chelsham Road good 75
- 811006 Krishna to Christ, Houston (was: A New Age has started) Not good 80
- 811103 You must grow fast in Sahaja Yoga, Brahman Crt [Fr.] good 75
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830512 How to talk to new people - Hampstead [+PP video set 1/2] good 25
- 890423 Archangel Shri Hanumana - Margate good 45
- 920719 Guru Puja - Cabella good 65

Bandhan

Let us put ourselves into bandhan... after raising our Kundalini... raise it... attention on your Sahastrara... don't close your eyes... push back your head... one!... again!... sit straight... take it up on your head... two!... three!... (Shri Mataji raises the Kundalini three times, and ties three times at the last raising - Ed). Now put the bandhan... (Shri Mataji starts with the right hand level with, and outside the left hip, and moves this hand upwards, outside the outline of the body, over the top of the head and down the right side, to the level of, and outside the right hip, describing a horseshoe shape, and then returns along the same path to the starting point - Ed)... one!... two... do it properly... systematically... three... all of us should do it properly... four... five... try to wait... as I am doing it (Shri Mataji does it steadily and slowly - Ed)... six... seven. Still we have not done it properly... we all should do it in one rhythm... let's do it again... one... slowly... two...with attention on Sahastrara... three... how do I do it... four... five... good... six... attention on Sahastrara... seven... rising? Let's have the last binding (Shri Mataji raises the Kundalini one last time - Ed)... ha... now see... clear... tremendous (850504)

Solve all problems with one bandhan - it works... but, you should be in full connection with the Divine (951224)... a bandhan puts the Chaitanya into action (890808); For left side problems, give a bandhan, or burn your name (870408); In the morning time, you have to give yourself a bandhan... and when you are going out... don't go out without giving yourself a bandhan (880921); When you put on a bandhan, how long it will last... depends on your intensity... after some time you don't need any bandhan (.0011)

Sahajvidya - Bandhan

If you sit down anywhere, say in a music program, and you suddenly start giving a bandhan... it's madness... or you start raising your Kundalini... it's stupid. It should not be done that way. You have to sit with dignity, with understanding... others are watching you (871224)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871224 We are here for our ascent, Poona - see 871213 good 30
- 850504 You have to be in Nirvikalpa - Vienna good 50
- 870408 Talk to Sahaja Yogis - St.Martins Lane, London good 45
- 880921 Speech at Ammonk Ashram, New York good 35
- 890808 Shri Ganesha Puja - Les Diablerets, France good 45
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75

Bangles

Glass bangles that are made in Belgium, and worn by the Goddess, the Mother. Also when worn by the ladies, brings a delicacy of movement, suggesting to the men that there are ladies around (860921.1)

It's for the right hand side chakra here, alright... there's a chakra here... to protect your right Vishuddhi it is kept here... so your language is sweet... when you speak you see... you make that beautiful sound... it makes such a delicate feeling... women around you see... you know that she's there... to look after you... she loves you... and it's a purity about it... she loves her husband in that way... and the rest of them is pure relationship... and so that's why you have to wear it (790609.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

790609.3 Maria's House Tape 3 poor

860921.1 Mahalakshmi/Jaladevata, Mechelen not good 45

- end -

10 Sep 2002

Baptism

Is through Sahastrara, not through Agnya (811005); Is when the cool breeze is felt coming out the top of the head (840702); Is the raising of the Kundalini, and the breaking of the Sahastrara (830129)

The Kundalini, when it reaches the top of the head... you find a cool breeze coming out of your head... and that's called as Chaitanya Lahari... that's called as Cool Breeze of the Holy Ghost. When John the Baptist talked about baptism, he meant this... he didn't mean the way we do baptism, to just call somebody, put some water on the head, and say 'oh you're baptised'... that's just a drama. Baptism is a living process (821007); The Cool Breeze is all around us... and we can start feeling in our hands... when the Kundalini emerges from the top of the head... if our Vishuddhi centre is alright. This is what Christ meant by 'to be born again'... and not to just call some people and say 'alright, now we will have some baptism' (821008)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

-821007 Truth is to be achieved, Bedford - see 821007(Video) Good

811005 Beauty that you are - Houston good 70

830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70

840702 Hampstead Public Programme [sound quality very poor] poor 40

000423 Easter Puja, Istanbul, Turkey good 60

Basics of Sahaja Yoga

The first basic of Sahaja Yoga is that we have to become the Spirit - Sahaja Yoga gives us experiences... so then we believe into it... so we have faith, enlightened faith. We then steady our attention, we balance it... using our 'will'; By keeping our attention integrated with our being (not with our ego), discretion comes in... we develop immunity from all kinds of baddha, from all types of people (801116)

The quality of Spirit is collectivity, and collectivity is the beginning of Sahaja Yoga, and so collectivity has to be with the Sahaja Yogis. Know that you are Realised Souls, and assume your powers. Know that you are different, and others are others... they are not the same as you are (801116)

Realise, and recognise that there has to be something tremendous... that it was necessary to have someone like the Adi Shakti, the Mother, to do this tremendous task, and that it was necessary for us to be with Her, to help. We have to stand by the Mother... we are cells in Her Body (801116)

Meditation and also a little bit of taking bandhan, even now today is necessary I think, when you go out... because still Kali Yuga is working it's own plans, and Satya Yuga is trying to come up (980510)

Those who want to grow, should meditate every day, whatever time you may come home... maybe in the morning, maybe in the evening... any time... but you will know that you are meditating, when you can get into thoughtless awareness (980510)

To cleanse yourself and to put yourself right, is of course a very important duty of every Sahaja Yogi... you should not be identified with those problems that you have, but try to face them and cure them (871213); This is our way of life... is to keep ourselves cleansed... this is bathing ourselves. All those things which are filthy within us... take them out (800907)

Sahajvidya - Basics of Sahaja Yoga

Our behaviour should be very decent and decorous so that all the vibrations that are flowing through us, which are Holy vibrations, auspicious vibrations, should not be spoiled by our ego... or any such nonsense... which has no relevance to our ascent (850000.2)

Now... the main job is to give Realisation... to raise the Kundalini... in a very large scale; God created this Universe to see His image. Now He wants to see His beautiful image in you people (861223)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871213 Announcing the New Age, Ali Bag - see 871213 not good 20

-861223 Nasik - see 861221 good 15

-850000.2 Nasik talk - see 850000.1 good 25

800907 How to know where you are - Chelsham Road good 120

801116 New Age - Plaw Hatch Seminar good 70

871213 Announcing the New Age - India 87/88

980510 Meditation is the only way, Sahastrara, Cabella good 60

Bathing

If you take a bath with cold water, you can never catch cold because the temperature is the same. If you have to take a hot water bath, take it in the night, or at the time when you can go off into your bed. You should never take your bath in the open, or with the window open, with hot water... if you do, sure shot you will get a temperature; In England, if you take a hot bath and go out immediately... you can get cancer of the lungs (881221)... in the UK, bathing is better done at night before retiring, to avoid problems due to the cold climate (820710)

In the River Ganges, the water is absolutely freezing cold... but people get into it slowly... slowly they slip into it, and when you come out your cheeks are red like apples... it's so very cold. But nothing happens, nobody catches cold or anything. So in the running water is the cleanest, and where you can... get into cold water (881221)

Bathroom addiction is too much in English people I have seen... they are very bathroom conscious... though they do not take baths... one should just form such habits that within 10 minutes you should be out from the bathroom; You should take a bath at a time when you will have one hour before going out; So use water as much as you can... wash your hands 10 times... is very essential... to get your vibrations alright you must wash your hands (800927); Before Puja, you must take your bath (800927); Some people go without bathing the body, for months together... then you have no respect for yourself (781002)

Laziness is not a very good thing, and for that I think... early in the morning, 4 o'clock, if you take a bath, you won't feel lazy the whole day... if you can try that... all day you'll feel very energetic... but you must do it early in the morning, because after that you must spend at least 2 hours in the house... then there won't be any problem (891203)

Sahajvidya - Bathing

Water is used to cool and clear the right side subtle system (830121); If we stand in the sea, and ask that all our problems be taken away, then the whole thing will be sucked away (800609); Water can feel the Divinity... it gets excited, and starts pouring out it's love in a bubbly manner (861225)

You must always use water, as much as possible... for washing, when you go for your morning ablutions... water must be used... paper is a very dirty and unhygienic habit... but even if you use paper, you must use water after it... it's very important that all the time, the water should be used as much as possible... for Sahaja Yogis it is a very very important thing (860504)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

-861225 Pawana Dam - see 861221 good 10

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

-830121 How to proceed - Vaitarna - see 830104.1 - side B good 35

-820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)

781002 Knots in the 3 channels, Caxton Hall poor 90

800609 Subtlety Within - Caxton Hall good 50

800927 Lethargy - Chelsham Road good 75

820710 Derby PP [PP video set 4/3,4] good 55

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

Beauty

The exuberance of the heart; The essence of beauty and aesthetics is variety (851128; 890527); Beauty and auspiciousness go hand in hand... they are not two things... because beauty is a thing that gives joy to your Spirit, and auspiciousness is the same, which gives joy to your Spirit - all other beauty is no beauty (800927); These flowers when you give it to me, they give you two things. Flowers are very important... if they are beautiful, then they give to Swadisthan... if they are fragrant, they cure your Mooladhara. Now think of it... you are doing it to improve your chakras (800927)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800927 Lethargy - Chelsham Road good 75

851128 William Blake, Hammersmith (C100) Not good

890527 Essence of Self respect, Devi Puja, Istanbul, Turkey good 30

The Beetle & the Lotus

The beetle... with all kinds of thorns on it's body... comes to the lotus... to collect some honey... but the lotus accepts... it invites. The lotus is very happy to have this beetle... and the beetle sleeps inside the lotus... so the lotus gives the bed for it to sleep... and all the fragrance of the lotus for that beetle. Then in the morning, the beetle gets his honey... and then flies away (960716)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

- end -

14 Sep 2002

Behaviour

Our behaviour should henceforth be such that we do not show any symptoms like that of Shuparnaka, who tried to entice men, and that we should behave in a manner that we are Sahaja Yogis. Our behaviour should be very decent and decorous so that all the vibrations that are flowing through us, which are Holy vibrations, auspicious vibrations, should not be spoiled by our ego or our Shuparnaka ideas, or any such nonsense, which has no relevance to our ascent. All this comes from the decadence that we have gone through. And because we have come up, we can see, the decadence of society (850000.2)

You should live like normal people... like dignified people... nothing of indignity, childishness or joker-like, clownish or outstandingly funny... all these dresses should not be worn. You should be properly dressed, in a way that you have a 'presence' (800927)

Some people shave their heads... and all that nonsense... to become spiritually awakened... to be reborn - if by that you are going to be reborn... then what about the sheep... which is shaved every year... twice... he should be the most spiritual thing. In the same way... we think... we wear some kind of a dress, and say that we are ascetics... and by that we become spiritually awakened - with £1 you can change the colour of a dress. By changing dresses, or by colouring dresses... if by doing these things you can get even one seed sprouted, I would go in for it... but when it comes to sprouting the seed... we don't do all these things. When it comes to our own sprouting... we have to leave it to God. So how do we leave it to God... we should be leading a life of temperance... we should not get to extreme behaviour in life... but to temperate life... and then the time comes when a person who is authorised to do this... to give this light... comes in this world... and it can be done (790722)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850000.2 Nasik talk - see 850000.1 good 25

790722 Leeds at Jim's House poor 45

800927 Lethargy - Chelsham Road good 75

- end -

14 Sep 2002

Belgium

Together with Holland represents the left Nabhi, with Belgium as the speedometer - should not be too fast, nor too slow, but in the centre (860921.2); The responsibility of Belgians is the Peace, while that of Holland is Justice (860921.2); Whilst it is understood that Sahaja Yogis have a universal nature, those of Belgium should be inculcating all the qualities of peace and justice within themselves. There has to be justice, but justice is not to be demanded. As soon as we start asking for justice, there is no peace. So we should not ask for justice - we should do justice, to ourselves and to others, and we should be peaceful to ourselves and to others (860921.2); If the principle of these two countries starts working properly, they can bring peace to the whole world (860921.2)

In Belgium are found great painters, and much creativity (860921.2), and Belgium has one speciality, of creating glass bangles for the Mother, thus providing a beautiful and delicate musical accompaniment to the movements of the Goddess (860921.1); Belgians are simple and good people, neutral by nature (860921.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45

860921.2 Role of Belgium and Holland, Mechelen good 65

Belief

There is a common belief, that once we get Realisation we should be perfect - it is not so, we have to work it out - to sustain our Sahaja Yoga. We must not take it for granted. Some people come, get their Realisation and just enjoy for 5 or 6 weeks, or months or maybe hours, and then go back again to the same. At the very beginning, ego and superego get sucked in, but then they come back again. But when you start giving this Divine Power to others, you start gradually deepening into your own being, and feeling your source of Joy - life becomes full of Joy and happiness (790507); Believing into something is blindness, and has led us into complete exploitation - you cannot organise God (790530)

A person who does not believe in God, could be better than someone who blindly believes in God (790530)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

790507 Sahaja Yoga Introduction good 60

790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55

- end -

17 Jun 2003

Benevolence

It is you who have to gain something out of me (830723.3); It is such a mutual thing between us, I can't live without you, and you can't live without me - it is so mutual. But from one side it is 100% benevolent. Whether I get angry with you, whether I scold you, or pamper you, whether I say 'don't do that' or 'don't come very close to me, keep away', anything that I do like that is benevolent... to you! And the benevolence to me is only one - that you should be emancipated, that you should gain something out of Me, that you should prosper out of Me (830723.3)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65

- end -

25 Dec 2002

Bhairava

The greatest disciple of Shri Mahakali, and who kills all the Rakshasas (900912); Who lived 12000 years ago, and was reborn as William Blake (851128) in London (850806); Who exists on the left or moon channel, and acts to cool us down... who destroys negativity, bhoots, attachments, habits, conditionings, depressiveness... and prevents the doing of wrong things. Who... is Archangel Saint Michael. He is with Shri Ganesha, and guards the gates of Hell (890806; 770215)

Mahabhairava... is the mantra for back Agnya... as is also Mahaganesha (810904); In our brain... at the back here... is actually Mahaganesha... just in the centre point... it is the minutest point... and around him moves Mahabhairava... and is part of the Ekadesha Rudra (810904)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

770215 Talks about Sat Chit Anand, Delhi poor 65

810904 Advice given by Shri Mataji, Brahman Court poor

850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90

850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45

851128 William Blake, Hammersmith (C100) Not good

890806 Shri Bhairavnath Puja - Garlate, Italy good 25

900912 Shri Mahakali Puja, Le Raincy good 50

- end -

9 May 2003

Bhakti

Worship (811005); Devotion (0.0011); The way of seeking, practised by those on the left side, as opposed to those on the right side who tried to master the elements, and those in the centre who took the evolutionary path (790530); Practised by those who were gently dedicated to God, who asked the help of God, through organising dedications and worships, called Pujas (790530)

Bhakti is only possible if you have faith... that's the thing... is the faith... which is challenged nowadays by all kinds of stupid and horrible people... the intellectuals... also by science... and this church, and that church. So your faith has to be absolutely... absolutely untarnishable... so when this faith in God is absolutely established within you... that there is God Almighty... he's Almighty... and that I am the messenger of that God... just this understanding, when it becomes absolutely formed in you... then you are in Guru Pada (920719)

Bhakti also is inbuilt... is born in you... if you were not seeking God, you would not have come to me... so that is also in you... if you were not seekers of knowledge... you would not have come to me. If you were not working it out, Karma Yoga, if you were not... you would not have come to me - that you are coming to me, is itself a Karma (0.0012)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

0.0011 Weekend seminar in Pune, Tape 1 good 180

0.0012 Weekend seminar in Pune, Tape 2 good 50

790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55

811005 Beauty that you are - Houston good 70

920719 Guru Puja - Cabella good 65

Bhavasagara

The ocean of illusion, the Void, the area around the Nabhi, enlightened by the ten principles of mastery, the ten great Primordial Masters, who have been born again and again on this earth; When it is fully enlightened, we become automatically righteous (MME); The area defined by the Swadisthan, around the Nabhi, but not connected to any chakra (890723); In which there is no rationality, only hunger, for firstly food, and for primitive things, then for sex life, for women, for men, then for power, for money, and ultimately for Spiritual satisfaction. When the Spiritual seeking starts, we do not know why we are seeking (781005); The essence of Bhavasagara is Swaha (860303)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-890723 Guru Puja, Lago di Braise, Italy - see 890723 good 30

-860303 Brompton Square Address - see 860305 good 15

781005 Dharma [+ further 30 mins - Qual. not good] good 40

890723 Guru Puja, Lago di Braise, Italy (2 talks) - xxx

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

13 Apr 2003

Bhoots

The dead... people who have died, who hang around and cause problems (810829; 900811.1), and can cause lunacy (890806); Who exist around the churches, because of the dead bodies buried there (820711); The dead Souls who are still attached to something... maybe to children... to the house... to drinking habits... maybe to something nonsensical... that still hang around, and they are the one's who trouble us... who bother us too much. They can be in groups... they can be many... of different types... they could be with a very bad Subconscious activity... or could be with Supraconscious also; Now some difficulties that you face, which cannot be solved, could be coming from these dead Souls. So the best way to get rid of them is to develop a detached attitude towards life (950625)

There is a difference between a Baddha and a Bhoot... a Baddha... is an obstruction... which can prevent us from feeling the vibrations (790616), and if present, can be seen as doubled up loops in the cells, under the microscope (890725); A Baddha is a 'hindrance' and is always on an organ or a centre, and if it moves, does so in response to the Kundalini or to your fingers. Bhoots move arbitrarily, here and there, to left and to right, and are not controlled by the movement of your fingers. One moves arbitrarily... moves on it's own, whilst the other is in your control... you are taking it out yourself (800517.2) Baddhas can be burned off by the fire, by the flame, and are to be seen as the flickering of the flame (781005)... while bhoots are also burned with the candle... and may go pop, pop, pop - and that's why the candle has to be put (920209)

To remove a bhoot without getting it into yourself, firstly of course, put yourself into bandhan. Then there are different ways according to the different bhoots. When dealing with someone who is possessed, you should take an aggressive stance, take a higher position, go with great force on that person. There should be no compromise. Tell him to "Sit Down...!". Then ask questions to ascertain the nature of the problem (800517.2)

Sahajvidya - Bhoots

1. Guru Bhoots - After putting yourself in bandhan, ask if he has gone to any guru... find out which one. Ask if he still 'believes' in that guru. If he does, do not say 'sorry', but say 'we cannot help you, go away'. But if he says 'yes I have a problem, I am in trouble, I am possessed etc.', then you can continue, by asking the name of his guru, what is his mantra, how many years he has been with his guru etc.... then you will know what is the mantra to use. If it is a guru problem, then say the Adi Guru mantra for the Void. Tell him to say the mantra, or to ask the question of the Photo... the Kundalini will respond. Keep the Photo in front of your face like a mask - don't allow yourself to be exposed. If you know the name of the guru... you know the mantra to be used... like Narakasura Mardini, Mahishasura Mardini, or Sarva Asura Mardini. Then best is to give vibrated salt with water to drink. Tell him that it is very difficult, that it is one of the most horrible ones we have ever known, that it is going to take time, that it is necessary to work hard to get rid of it, but that it will be alright - and do not hurry it up... it will take time. These guru bhoots can be very dangerous (800517.2)

2. Another type is the one that makes a person blind, even though their eyes are open and normal to look at. The left Swadisthan will be catching. There are 2 types of blindness here - it could be a bhoot, or it could be diabetes, or it could be a combination of both. Ask if he has diabetes. If he does not have diabetes, then it is definitely a bhoot. To cure this, take a Photo of the Hands, and put a candle in front of that, and ask the person to see if he can see the light - you will be amazed, gradually he will be able to see the light, and then gradually he will see the Hand. The candle alone will not work, but if you can see the Hands with the light, then this is extremely good for the eyes. It is possible that when frightened, as when a house is on fire for example, that at that time a bhoot may jump in, causing the blindness - but eyes burned out by a fire cannot remain open, whereas the eyes in a blindness caused by a bhoot, can (800517.2)

Sahajvidya - Bhoots

Bhoots get up to all sorts of tricks. Even you might find a garland coming out of the Goddess (a statue - Ed), and you think 'Oh what a miracle' - but it is a bhoot (790530); If you feel attracted for any man... think that 'that man' has a bhoot, and I also have a bhoot... only the bhoots attract bhoots... it's as simple as that... it's only the bhoots that attract (810904)

If you start putting your eyes onto something and concentrating on it, your eyes might become mesmeric... means bhoots will start coming out of your eyes. First of all you catch bhoots in your eyes... they settle down there... and then they will be falling on other people as bhoots... it's a very very dangerous thing to go on looking at something continuously with concentration (860823)

It would be a good idea... to start using a little oil for the head... in the night... as Sahaja Yogis, you should... better use some nice coconut oil, and rub on your head nicely, in the night... and in the morning... after all it doesn't show much... and comb your hair in a proper way. If your dresses... and your hair are... like bhoots... then the bhoots will take over, thinking... 'oh, this is a bhoot sitting down here... better take hold of that bhoot'... so dress up in a way... that you shouldn't have hair on your forehead at all... keep it straight... make it nice... and have absolutely clean foreheads (860504)

Those who do not meditate will become superficial... they'll not achieve... they'll create problems... if they are right sided, they'll become Supraconscious, they'll become bhoots... if they are left sided, they'll be thrown out (850629); Sometimes our Mother shouts at us... just once She shouts - immediately all the bhoots run away (830113); We accept correction... because we want our ascent (871016)

- Jai Shri Mataji -

Sahajvidya - Bhoots

Tape References:

Date/Ref - Title - Qual - mins

- 920209 Ganesha Puja, Perth - see 920209 good 35
- 890725 Arrival speech - Melicharg - see 890723 good 20
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790616 Dr Johnson House, Birmingham not good 55
- 800517.2 Old Arlesford, Winchester - pt 2 (What is a Sahaja Yogi) good 90
- 810904.1 Advice given by Shri Mataji, Brahma Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 820711 Nabhi to Sahastrara - Derby good 90
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 860504.1 Sahastrara Puja talk - Alpe Motta, Milan good 85
- 860504.2 Second Sahastrara Talk - Milan/Delhi University address
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita - Lac Noir
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 890806 Shri Bhairavnath Puja - Garlate, Italy good 25
- 900811.1 Shri Saraswati Puja, Vancouver, Canada [3min music Intro] good 40
- 920209 Ganesha Puja, Perth/Red Hill, Canberra
- 950625 Richmond Park talk - Richmond Not good 45

Bhranti

Confusion (MME); The most interesting thing that the Mother has put in you is... Ya Devi Sarva Bhuteshu, 'Bhranti' Rupena Samstitha... she puts you into Delusion, because sometimes the children cannot understand, unless and until they face delusion. So she allows you to go wrong... to a point where you discover you are lost... this is the Mahamaya part. Now, the delusions that we have... we have the delusion of ego... in men... that they are very powerful... that they can do as they like... and are not going to be punished for it - for women, too, they behave in the same manner. This is a delusion that the Mother has given into us, for us to find out that we are in the wrong - Bhranti, the delusion... is beyond the mind (971005)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

971005 The Main Qualities to imbibe, Navaratri, Cabella good 80
MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

17 Jun 2003

Bhrigumuni

An ancient Astrologer, the founder of astrology, who wrote Bhrugu Sangita, and Nadigranth (870513; MME), and who predicted these times, when the Kundalini would rise easily and there would be no need for hospitals (870513, MME); Who wrote the Nadigranth before the Bhrugu Sangita, all about the coming Incarnation (0.0006), some 12-14000 years back (830302), and that it will happen Sahaja... he used the word 'Sahaja'. But the best part of it... he said that these people will not take to Sahaja... this is the best part (0.0006); It was written in Sanskrit, and had to be translated and brought up to date (830302), which was done by Bujandar, who was another guru, and who tried to bring it to modern terminology (830128; 0.0006), and he calculated that it would start in 1970, and Shri Mataji's work did start in 1970 (830302)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

0.0006 Brighton after Public meeting poor

830128 Introduction to Sahaja Yoga - Delhi good 75

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

870513 Melbourne PP [PP video set 4/5,6] good

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

4 Jun 2003

Bija Mantras

The sounds made by the Kundalini, when she rises and passes through the different chakras; The basis of the Devanagari language, used by the Devas (790000.1); The sounds are as follows: At Mooladhara, there are 4 and include: 'Sh' 'Ss' 'Ts' and possibly 'W'; At Swadisthan there are 6 and include: 'M' 'Y' 'L' 'LL'; At Nabhi, there are 10 and include: 'D' 'Dh' 'P'; At the Heart, there are 12 and include: 'Ch' 'Sh' 'J' 'Jh' 'Ng' 'T' 'Th'; At Vishuddhi, there are 16 and include: 'A' 'Aa' 'i' 'ii' 'U' 'Uu' 'R' 'L' 'Lulu' 'E' 'Ai' 'O' 'Au' 'Um' 'Ahah'; At Agnya, there are 2 and are: 'Ha' 'Ksha'; At Sahastrara, no sound is made by the passage of the Kundalini, and one becomes thoughtless. When all are sounded together, and passed through the body, the sound comes out as AUM - just as the 7 'colours' all together make 'white' (790000.1); The few words before each chapter in the Koran, which are not understood, are Bija mantras (830202)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

790000.1 Bija Mantras and Shaktis on Kundalini - Ashley Gdns good 40

830202 Vishuddhi Chakra, Delhi (+ Q&A: 5 mins) good 80

- end -

20 Jun 2003

Bindu - Sindur - Kumkum

In your house when you go... take a part of the Bindu from here... some red mark... and spread there in the room... just sprinkle it all over - you will be alright. Put a candle to the photograph and all that... go on chanting my name... whenever there is a problem, just chant my name (791015); Bindu, means... a dot you can say (981216)

This red mark is very important because then you don't catch any bhoots... it has to be worn... in the Bible it is written, that there will be a mark on their heads... but we are frightened of society... how to wear a mark (880710); Red is the colour of Mooladhara (811005)

Kumkum (840902)... worn by Indian Ladies to indicate their married status, along with the Mangala Sutra (950910); I have to use this red [on the Agnya chakra - Ed]... because red colour frightens the evil (830302); Even if you put Sindur, or something... it will do... it will work out. We have very simple methods... this red powder that you have seen... you have to just sprinkle it around... finished... you see (790608.2)

Red Lead Oxide... which is extremely cold... Lead Oxide is a very cool thing... and can be used to balance the heat... or the effects of heat... so we call it in Sanskrit language is called as Sindhura... and in Marathi as Shindura... Lead Oxide though... people say causes cancer... but it is the Lead Oxide which is very cold... it can cool you down so much that you can go to the left side... and cancer is a psychosomatic disease... and that might be the reason it might cause, in a very far fetched way we can say it can cause cancer... because if it is too cold and all that, then you go to the left side... and there you can catch the viruses by which you can get into troubles... so the same Lead Oxide is alright for people who are very right sided... for them if it is put on their Agnya it cools them down... they are cooled down... their anger goes down... their temper goes down... and it's a very good thing (900831)

- Jai Shri Mataji -

Sahajvidya - Bindu - Sindur - Kumkum

Tape References

Date/Ref - Title - Qual - mins

- 880710.2 Discretion of Hamsa, second talk - see 880710 good 10
- 880710.1 Discretion of Hamsa - see 880710 good 55
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 791015 How Realisation should.. develop, Caxton Hall - see 790928 good 30
- 790608.2 Maria's House Tape 2 poor
- 811005 Beauty that you are - Houston good 70
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 840902 Ganesha Puja talk, Switzerland [French translation] good 55
- 880710 Discretion of Hamsa, Munich
- 900831 Hanumana Puja, Germany good 45
- 950910 Ganesha Puja - Cabella (The value of Innocence) good 65
- 981216 India Tour '98 - tape 1 - 'The Elements' Not good 20
- 981216 The Subtle Elements

Birthday

Today... 60th birthday of Mother was celebrated with great joy... but according to Indian method, it's the 61st because the day I was born... that also was a birthday... that was a 'real' birthday... so they call it 61 (830321)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830321 Overcoming the 6 enemies, Ma's 60th B'day Puja, Sydney good 50

- end -

12 Jun 2003

Black Magic

In the beautiful temple of Mahalakshmi at Kolapur, where there is a Swayambhu of Mahalakshmi, people are using black magic... there are tantrikas there (871230.1); In Mexico and Columbia, as well as in Los Angeles, and all these places on the western coast of America, they are doing all kinds of black magic (860803); It also exists in East Africa (790416)

If anybody says that you have to 'pay'... to become the Spirit... know that it is a falsehood... it's some sort of a black magic... that they put some sort of a spirit into you... and you 'feel' some sort of a feeling - it doesn't give you any powers (890617.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871230.1 Marriage, Kolapur - see 871219 good 45

790416 Living work of God, Easter, Putney good 45

- end -

27 Dec 2002

Blindness

Loss of eyesight could be due to two things only... it could be due to diabetes, or to some possession (811006); A person whose eyes are open, but he cannot see... is affected by the Subconscious and Collective Subconscious, from where the spirits attack (830209)... a left side disease (800517.2); One type of bhoot... is the one that makes a person blind, even though their eyes are open and normal to look at. The left Swadisthan will be catching. There are 2 types of blindness here - it could be a bhoot, or it could be diabetes, or it could be a combination of both. Ask if he has diabetes. If he does not have diabetes, then it is definitely a bhoot. To cure this, take a Photo of the Hands, and put a candle in front of that, and ask the person to see if he can see the light - you will be amazed, gradually he will be able to see the light, and then gradually he will see the Hand. The candle alone will not work, but if you can see the Hands with the light, then this is extremely good for the eyes... and for the blindness caused by bhoots. It is possible that when frightened, as when a house is on fire for example, that at that time a bhoot may jump in, causing the blindness - but eyes burned out by a fire cannot remain open, whereas the eyes in a blindness caused by a bhoot, can (800517.2)

Loss of eyesight could be due to... diabetes (811006); Diabetes is a common disease of modern times, and doctors cannot cure it, but we can cure it no doubt. Diabetes is caused because there is one centre, called the Swadisthan which manifests the aortic plexus within us, and which looks after the pancreas, spleen, kidneys and liver, (790720) but also looks after the production of fat cells for the... use of the brain (890801); Now... when you are thinking, the cells of the brain are replaced every minute... by the fat that is in your stomach... by this centre of Swadisthan (821008)... and so if the control of the Swadisthan is diverted... away from the organs... to the provision of fat cells... for the brain... this can result in

Sahajvidya - Blindness

diseases such as... diabetes from an unhealthy... pancreas (890801; 870500; 811005); You see... why you develop diabetes... and then as a result of diabetes, you develop bad eyes... the reason is that in diabetes, the fats are not consumed properly... and they are not supplied sufficiently to the brain... to the optic lobes. The brain is made of fat cells... and that is why you get these troubles... if the fat cells can be used for the eyes... then there is no problem (840214); Butter is important for the Swadisthan, which converts it for the use of the brain cells (811005); Without carbohydrates, fats and butter cannot be retained by the body (830202)

If you have to give Realisation to people who are blind... who are deaf and dumb... you should use the photograph, and put a light before that. Tell them there is a photo... and to put right hand or left hand towards the photo... depending on... and at the back, if they cannot speak, then you should have one light and make a bandhan with that light, on the back of the thing... if they are blind... if they cannot hear with the ears... (0.0012)

Some people have a habit of keeping the eyes in an angle all the time... they never see you straight... they think sometimes it's fashionable... and some of them have such eyes that they'll go on looking and pouring their greedy eyes onto others, or their lusty eyes onto others... this is the worst thing you can do to your eyes... because such people easily can become blind. Such people may have trouble of the eyes... specially reddening of the eyes can come to such people very much (860823); Hair Colouring can lead to blindness (870500)

- Jai Shri Mataji -

Sahajvidya - Blindness

Tape References:

Date/Ref - Title - Qual - mins

- 870500.1 Untitled talk - see 870503
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790720 Cardiff Public Program good 30
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 811005 Beauty that you are - Houston good 70
- 811006 From Krishna to Christ, Houston (A New Age has started) Not good 80
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 840214 Shri Mataji talks to the English - Bordi poor 75
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 870500.2 Australia PP [PP video set 5/1] good 35
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Chakras affected: Swadisthan

Blood Cancer - Leukaemia

The condition that can result when we start living at a fast pace, and become hectic, and are all the time thinking. The spleen, which is the speedometer of the body, and which gives us the rhythm of life, gets into problem, because the Swadisthan is unable to cope, along with all the other things that it has to do, and so the spleen starts producing too many blood cells, and this then results in blood cancer (890801)

Which happens because of spleen. Spleen is very important... that it is the centre of peace... the one who doesn't have a proper spleen cannot be a peaceful person. The simple thing is... when we eat our food... if at the time we are eating... we are also reading the newspaper... or, if we get onto a bicycle with a sandwich in our hand... is even worse... and we are rushing to work... and, we get so frantic - and so if we are eating our food in such a hurry, and in such franticness... then we are out to get trouble with the spleen... and we can get blood cancer... and among young people is very common. Now if the mother... or the father... is of that temperament... the children might be born with blood cancer (820514); Best not to read newspapers in the morning time, because we can get upset, and the spleen then works overtime to produce red corpuscles... we get in a rush to get to work... and so we may end up with leukaemia, or heart attacks; Leukaemia may also result if the Gruhalakshmi is ruined (830131)

A person who thinks too much, plans too much, and thinks he is responsible for the whole world affairs... in this myth... develops his ego to a great extent, by which his left side suffers too much... and then he develops all the problems of the left side in the organs (811006); When the left Nabhi combines with either the left Agnya or the left Swadisthan, then you can become vulnerable to blood cancer (860921.2); A disease which can result from a malfunctioning spleen, caused by a right side imbalance of the Swadisthan Chakra (840313); Can also result from a left side imbalance of this chakra (840313), if we follow wrong gurus (830129)

Sahajvidya - Blood Cancer/Leukaemia

One has to know also, when you are pregnant, how to treat your children, how to be looking after your foetus. One has to know all these things... these are very important basic things which we do not know; Now the children get it, because the mother is like that... the mother must be a speedy lady. You see, the mother has an influence on the child isn't it... the blood of the mother goes with the child... and that blood carries the message... that's how the child gets it... and that's very difficult to cure also. I imagine... you pay no respect to your pregnancy... what will happen... if the mother is so speedy, the child gets it (821008); Mothers who are hectic by nature, very anxious to do this, to do that, and are also very hectic with their children, can give blood cancer to their unborn children, whilst they are still pregnant (860921.2); Many cases of blood cancer have been cured... but that is not our job - it happens spontaneously as a by-product of Kundalini awakening (820514)

Leukaemia is caused more by speedy people... not so much by people who are futuristic, but more by people who are speedy... because the spleen acts for our emergencies. When you are thinking... the cells of the brain are replaced every minute... by the fat that is in your stomach, by this centre of Swadisthan (821008)... so the control of the Swadisthan is diverted away from the organs, to the provision of fat cells... thus resulting in diseases such as blood cancer, and diabetes (890801; 870500)... so then this spleen loses it's control completely... and it starts producing additional blood cells... more and more blood cells... and when they become too much, they start growing on their own. But... it can easily be cured... because when you put your hand on the spleen, if you are a Realised Soul, the energy flows... and the spleen settles down, because it gets new vitality... it gets the wisdom from these vibrations... because this is the energy which thinks, cooperates, organises, sorts out... and when given to this spleen, it becomes wiser... it rests... it becomes silent. Also if you give the person the balance with your hands... you can make the person much more relaxed, much more silent... that is how you can cure (821008)

- Jai Shri Mataji -

Sahajvidya - Blood Cancer/Leukaemia

Tape References:

Date/Ref - Title - Qual - mins

- 870500.1 Untitled talk - see 870503
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 820514 You must become the Spirit - see 820514 good 45
- 811006 From Krishna to Christ, Houston (A New Age has started) Not good 80
- 820514 You must become the Spirit/Puja on Fighting Asuras
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830131 Nabhi Chakra, Delhi good 80
- 840313 Intro Talks - Delhi and Hampstead
- 860921.2 Role of Belgium and Holland, Mechelen good 65
- 870500.2 Australia PP [PP video set 5/1] good 35
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Chakras affected: Swadisthan; Nabhi

Boasting

One of the sins against the Father (941009); If you start 'telling' others, and talking about it too much, then the power that you have got, will all be disappearing gradually (830113)

There may be some... in Sahaja Yoga today... who think they are great Sahaja Yogis, big people... but maybe they are not... and those who do not think that they are anything great... that they want to increase and improve their shakti... they may be the people who are occupying very high places. So, under these circumstances... one should never boast... and should not have wrong, false estimation about oneself... that is the way you can preserve your powers much better, of your Vishuddhi (800127.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
- 800127.2 Deep Meditation - see 800127.1
- 800127.2 Powers bestowed on S Yogis and how maintain them, Bordi good 30
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 941009 Navaratri Puja, Cabella [video says 941008] good 55

- end -

22 Apr 2003

Body

The showing off of the body is a subtle type of prostitution (790422); This body is the temple... you should look after this body (980705)

The body of a human being is a temple of God... but this temple has to be enlightened, and has to be auspicious - you have to clear and clean your being completely, so it is a beautiful temple for God to reside in (800927); You must respect your body... if God has to enter into your being... your temple has to be corrected... you must respect your body. Then also, your mental being is going to be corrected... if you have any mental problems, any psychosomatic problems, they will be corrected... naturally, because the mind that is going to receive the knowledge of God has to be alright. And you are going to be emotionally absolutely stabilised, cooled down... in pure love (790200.1)

You have to train your body... supposing your body cannot sleep on the ground... make your body sleep... lets see what happens... this is the tapasya... this is the penance... through which the Sahaja Yogis have to go, that they make their body their slave... if your body tries to be funny... better tell the body 'you behave yourself... what do you mean... why can't you do this' (850310)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 800927 Lethargy, Chelsham Road good 75
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 980705 Royal Albert Hall 1998 good 50

Born Again

We have been born again, and again, from amoeba til this stage, where we have reached the stage called as human beings. Now we are told that we have to be 'born again' - only at this stage, it has to come into our consciousness. In all the other stages, it was never felt how you are to be born again - this feeling that you have to seek something comes from the Unconscious - because you are to be born again (791203)

This is what Christ meant by 'to be born again'... when the Kundalini emerges from the top of the head... and we start feeling in our hands... the Cool Breeze that is all around us - if our Vishuddhi centre is alright - and not to just call some people and say... 'alright, now we will have some baptism' (821008)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

791203 When You meet Me - Caxton Hall good 35

- end -

6 Apr 2003

Born Realised

Those who are born realised people, still have to become Sahaja Yogis if they want to know how to raise the Kundalini. Without coming into Sahaja Yoga they cannot be effective (791202.2)

Born Realised are the people who were 'Realised' long time back... before they were born in this lifetime... so they clear out much faster than you do... because they have done the clearing before also. They normally do not take to all the perversions, and all the temptations that you take to... and they are very different type of people... they are unique and cynical... because when they are born, they find the rest of them are going the other way... and because they don't know how to deal with the others, and deal with the situation, they become cynical... and they have their own ideas... and maybe these Born Realised may develop their ego also quite a lot. Normally they do not take to temptations... normally... but if they go to it, they will see to it that they have it fully... while you people have a very great capacity for one thing... that because you know your Realisation, it happened when you were aware of it... so you understand the value of it... and so the value of Realisation is much greater for a Sahaja Yogi than for a Born Realised Soul.

Some Born Realised also may understand, but they are more individualistic... they are not so much collective as you people are. Secondly, because you have gone through that in this lifetime and in your own memory, all the wrong things you have done, you are more compassionate and understanding for other people who have got these things... while those who are Realised people do not have much of that patience for others, and they have their own way of doing things. But if they come to Sahaja Yoga, they could be very dynamic, and very great no doubt... but, they will not take to Sahaja Yoga easily, because they think 'we are alright - why should we accept anything else now'... because they are satisfied people. But they cannot help the humanity... unless and until they learn the thing.

Sahajvidya - Born Realised

And they lack that companionship... with me. Because I have given you Realisation, you feel me much more than they do. Supposing... a child has not seen the mother... then the child cannot have that feeling for a mother, as you people can have... so this is the greatest thing that you have got... but if the Born Realised also try to stick onto Sahaja Yoga, they will also develop the same feeling... and then the joy starts pouring in... because you start seeing how your Mother looks after you, at every moment... how she creates play... and how she creates magic (791202.3)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0

-791202.2 Guru Puja/2, Dollis Hill - see 791202.1 [incomplete] good 30

791202.2 Guru Puja Pts 3 & 4, Dollis Hill

- end -

17 Jun 2003

Bowing

[After the 108 Names had been said by Sahaja Yogis]... 'All of you bend down... let me see everybody's Kundalini... put your hands little away from each other... bend fully... put your head down... on the knees... move your knees downward... backwards a little... yes that's a better idea... to raise your back' (800518)

Seen in a dream as yourself bowing to your son, for example, symbolically means that you should respect your son who is a great soul (811004)

There are only two things which do not want to bend before God... one is a bhoot... or another is the ego. Surrender means your ego... your superego... your bhoots (860707.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800518 Old Arlesford, Winchester - part 3 (The Real Becoming) good 30

811004 Becoming the Truth - Houston [+PP video set 5/3] good 30

- end -

15 Jul 2014

Brahmachaitanya

The Paramchaitanya, the Divine Love of God, which runs this whole Universe (980705); The All Pervading Power of Brahmachaitanya is beyond our senses - so how is it that we are now feeling it on our senses? Previously, when all the Incarnations came on this Earth, they were part of this Brahmachaitanya, and they gave Realisation to some very good people - who then got dissolved into that ocean of love... and got lost into that. For us something special has happened. The whole ocean of Brahmachaitanya has taken the form of a 'cloud', that is the Adi Shakti, and that has come on this Earth to shower the Chaitanya on us, to enrich, to nurture and develop us, by manifesting the love... in such a manner that we have entered into the body of the Adi Shakti. We are like a cell in the body of the Adi Shakti - like a pitcher that is in the River Ganges. Our personality is dissolved - yet despite that we feel the Brahmachaitanya through our senses, and we can give Realisation to others... but we are in the body of the Adi Shakti. As long as we are in the body of the Adi Shakti we can do all that (870503.1)

This is the greatest thing that has happened - the whole of the Sahastrara has opened out, with all the 7 Peetas of all the Deities, who are just part and parcel of it. The whole of it has come in the form of your Mother, who is humble, who is deceptive, illusive, who is Mahamaya - it is the greatest thing that could happen to human beings, and to the whole Universe (870503.1)

First we have to understand that there are certain limitations which we have to observe. Mother has taken us into Her Body. A foreign thing has gone into Her Body, to be nurtured - but if we become troublesome, then we will be thrown out. She cannot bear it. Some people are extremely troublesome - they do not meditate, they have their own ideas about meditation, they do not develop themselves, they do not mature, they live in the past or the future - such people are extremely troublesome (870503.1)

Sahajvidya - Brahmachaitanya

Sahaja Yoga is not meant for stupid or idiotic people, or for those who indulge in things that are not Sahaj - such people will slowly lose their vibrations, will disappear, will fall sick and have problems. This is not a warning, but a request, because we are in the body of the Adi Shakti, and She has to bear it, and suffer a lot. It's a funny type of a crucifixion, where every moment you are hanged onto a cross by anyone who wants to do it. Sahaja Yogis have all the laws in their hands to torture Her Life, to trouble Her if they want to. But they have also such a capacity, such a calibre, such a potential that they can reside in Her Heart for ever (870503.1)

Paramchaitanya

The All Pervading Divine Power (MME, 891203); Nothing but Vibrations, but with everything within it (890808); Cool Breeze of the Holy Ghost, the All Pervading Power of God's Love; The Ruh; Rutumbhara (MME); Is absolute Love... that knows, understands, co-ordinates and works out everything (970600); This is the time when Paramchaitanya has gone into action. Everything is being done just to convince you about Sahaja Yoga - things which are absolutely impossible (951224); The Paramchaitanya itself is your Guru (850629); The Nirakar (980320); Which runs this whole Universe (980705)

If sometimes you are in trouble... then know that you are not leaving things into the hands of Paramchaitanya... if you leave things into the hands of Paramchaitanya, then they will work out... very well (970823.1); It's very interesting... how everything in this world moves according to the desire of the Paramchaitanya... it's very surprising (970823.2)

- Jai Shri Mataji -

Sahajvidya - Brahmachaitanya

Tape References:

Date/Ref - Title - Qual - mins

- 970823.1 Primordial Taboos, S.Dharma, Krishna Puja, Cabella see 970823 good 65
- 891203 Farewell talk - Shudy camps - see 891008 good 35
- 870503.1 Sahastrara Puja - Australia - see 870503 good 45
- 850629 Guru Puja - Paris (Strong correcting tape) good -
- 890808 Shri Ganesha Puja - Les Diablerets, France good 45
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
- 980320 Felicitations, Delhi good 55
- 980705 Royal Albert Hall 1998 good 50
- MME Meta Modern Era by Shri Mataji

Brahma Nadi

The innermost, central part of the Sushumna Nadi or Central Channel (801027); The Sukshma Nadi (781005); The Soul within us (890725)

When you get your Realisation... the Kundalini rises, and passes through the Brahma Nadi... and pierces the Fontanelle Bone Area, which is called as Brahmarandra... and you become one, with the All Pervading Power. And what is the sign... is Saleelum Saleelum... the Cool Breeze which starts flowing... the Vibrations start flowing (800102)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-890725 Arrival speech - Melicharg - see 890723 good 20

-800102 God's Love, Patkar Hall - see 800102 Poor 50

781005 Dharma [+ further 30 mins - Qual. not good] good 40

800102 God's Love, Patkar Hall/Deities on various Chakras, Delhi

801027 What happens after Realisation, Caxton hall good 60

- end -

11 May 2003

Brahma

All Pervading Power of God's Love (910505); The Cosmic Consciousness (860706); The Aspect of God that creates (910002); The 3 Powers of Brahma are of Creation, Existence and Sustainance. Brahma is Absolute, and cannot be compared. The 'Brahma Principle' is the pulsating power of Brahma, is represented as Ohm, the Amen, is the foetus of Divine Power, which divides into the three channels, and which permeates, pulsates, and nourishes, but is detached. Brahma can be in seed form, with no movement, no manifestation (780911); Brahma is the vibrating force you see... Brahma... Ohm... the Vibrating force (781002); There is no temple of Brahma, except in Pushka (790608.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-910505 Sahastrara Puja, I schina, I taly - see 910915 good 40

-860706 Guru Puja, Gmunden - see 860706 good 55

-780911 Brahma Principle - see 780911 good 45

780911 Brahma Principle/Evolution

781002 Knots in the 3 channels, Caxton Hall poor 90

790608.2 Maria's House Tape 2 poor

860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria

910505 Sahastrara Puja, I schia, I taly

- end -

27 Mar 2003

Brahmarandra

The area of the soft bone at the crown of an infant's head (910505)... the Fontanelle bone area, through which passes the Kundalini, linking the human awareness to the All Pervading Power of Divine Love (MME)... is at the point where the Heart chakra is, so there is a direct connection with the Heart chakra (830204); This is the hole through which the Kundalini pierces (840622); You are so built that the Brahmarandra is also your heart (821219)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-910505 Sahastrara Puja, I schina, I taly - see 910915 good 40

-821219 Mahakali Puja, Lonavala - see 821219 good 35

821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

840622 South Bank Polytechnic, London good 40

910505 Sahastrara Puja, I schia, I taly

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

12 Jun 2003

Brahma Shakti

Now, you are Sahaja Yogis... and you have to remember that God's 'all powers' are with you... but only thing... you have to be 'with Him' - the powers are with you... but they are not going to run after you... I mean, if you want to wriggle out of it, what can the powers do (860707.2)

Now I'll tell you the secret... you are 'in' the Brahma Shakti... and this Brahma Shakti is the Vibrations that you feel... it has all the creative powers... it has all the destructive powers... it has all the evolutionary powers... it has 'all' the powers, we can say. These Vibrations are the Brahma Shakti... and they exist in every matter... whether dead or alive. They are different types of vibrations, equal and unequal... and these vibrations in the molecules act (860707.2)

So this Brahma Shakti is everywhere... it penetrates into everything... and, if you believe in God, it acts in everything... but it's not blind belief... first you have to be perfect Sahaja Yogis... then you are 'one' with the Brahma Shakti... and then you can control everything... and you do not waste your energy in controlling nonsensical things. But, whenever necessary, it works... it acts (860707.2)

So you'll have experiences in life... one by one... and you will be amazed, how things work out... and then you will realise that you are not an ordinary Sahaja Yogi. Whatever you have committed wrong in the past... or whatever you used to think of the future... the present becomes Divine... and that Divine present is the ocean of joy... of which you are the part and parcel... just enjoy that. Then you don't think about who is the enjoyer... and who is the creator... you just become the existence... existence is the present. That is how it works out... then you lose all words... all thoughts... all feelings which are emotional type... and absolutely silent confidence, you drink... like nectar of life (860707.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good

Brain

The roots of our awareness are in the brain (860305); Truth is perceived in the brain. When the Kundalini enlightens the brain, we start seeing the truth (830204); The brain when it is not nourished by the heart is very dangerous, is ruthless. Conversely, if there is heart only and no rationality, we can become dangerous to ourselves, lethargic and indulgent into wrong things (890611); All our brain activity goes against pure intelligence; Our thinking can make us so bumptious, so ego oriented, so impure (830113)

If there's a tradition of dharma... then what happens... that the fat cells in our stomach get the experience... get charmed with the sense of virtue, of righteousness, of goodness, of innocence... and so you use that power to enlighten your brain, which surrounds actually as auras your heart. But if that is not so... it's like a dead... another cell going in the head... and then experiences in dirty things... in doing something that is destructive (850310)

In the brain, we have got all those seats of the Gods... and they are the seats because they are the causal of these... so first the causal is created... and then the Deities... so the causal of Brahmadeva is Hirenyagarbha. The causal one's are here... in our brain. At the back here... is actually Mahaganেশha... just in the centre point... it is the minutest point... and around him moves Mahabhairava... and around this... is Hirenyagarbha... this is Swadisthana. Swadisthan is divided into two parts... left... and right... both are Hirenyagarbha... at the back here. Now in front... in the centre here is Kartikeya - Christ is in the centre itself, where the optic chiasma is - but here outside is Kartikeya, who is the protector of Christ... and around Kartikeya moves... Mahahanumana... and around that moves the Ekadesha Rudra. Now what is Ekadesha Rudra... let us see... one by one... Buddha... Mahavira... Christ... Mahabhairava... Mahaganेशha... Kartikeya... Mahahanumana... Hirenyagarbha... Lakshmi Vishnu/Narayana... Shiva Parvati... Shiva Shakti. Why Shiva and Parvati... two are to be taken... because Shiva is the Guru... and Parvati is the Shakti (810904)

Sahajvidya - Brain

When the Kundalini rises... there are the seven centres represented on the seven seats in our brain... all the Sahaja Yogis know where they are. So when these centres are enlightened... the auras start shining in the heart. And 'this' centre is actually the seat of the Spirit - the Spirit has moved from there and has gone to the heart. Ultimately, when this centre which is the centre of the heart here, in Sahastrara, this point... when this gets enlightened, then the Spirit also gets enlightened fully... and then these auras become doubly shining. Then what happens... then we are ruled by our hearts... rather than by our brains. And the more you depend on your vibratory awareness... the more you use your heart, your Spirit, not your brain. The more you use your brain... again you go down... because it is taken over now by the Spirit. But if you can... just leave it to your heart to work it out... and don't think... because you are in thoughtless awareness after Realisation. And if you try to maintain that state... pay attention to your heart... let your Spirit emit itself... so that it clears out completely the confusion of the brain and everything... then you'll be amazed that you cannot lose your vibrations... you cannot lose your Realisation (800721)

Krishna is the brain... Shiva is the heart... and Brahmadeva is the liver. Now what is the faculty of this brain... is... that the tree of life, of evolution, grows downwards as they say... and this tree is growing downwards, of awareness, from the brain... but if you have to go to the roots, you have to ascend... and that ascent you have achieved... now you have gone to the roots of your brain... where all your roots... all your nerves are enlightened... where your brain is enlightened... you are an enlightened person (860823)

We should cover the head in winter time, so that there is no freezing of the brain... covering is to be occasional, not all the time... if it is too tight, you can get bad circulation; Also to avoid sitting in the Sun, so the brain does not get melted (830204); Butter is important... for the Swadisthan which converts it for the use of the brain cells (811005); Those who use their right side too much... use their brain too much... their heart fails - a lunatic's heart never fails... those who use their heart too much... the brain fails (821008)

- Jai Shri Mataji -

Sahajvidya - Brain

Tape References

Date/Ref - Title - Qual - mins

- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 860305 Wimbledon Address - see 860305 good 45
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 800721 Auspiciousness - Caxton Hall good
- 810904 Advice given by Shri Mataji, Brahman Court poor
- 811005 Beauty that you are - Houston good 70
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 860305 Wimbledon address/Brompton Square
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 890611 Dynamism, Virata Puja, Connecticut, USA

Breast Cancer

Breast Cancer... is caused by insecurity in women... which results when the husband is unfaithful (810829), or has roving eyes (820711); If motherhood in a woman is challenged, by her husband flirting with other women, she can develop breast cancer (890801; 820711); The centre of security... if it is blocked you get problems... like breast problems and things like that... and also breathing sometimes... is the sense of security. There is a Deity there... the Deity which is the Mother of the Universe... you have to awaken her... if she is awakened, you don't have these problems... it's very simple (810511)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

810511 Lord Jesus, Forgiveness, Caxton Hall not good

820711 Nabhi to Sahastrara, Derby good 90

890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Chakras affected: Heart

Breathing

Best way to balance the nadis at Hamsa, is by breathing exercise: breath in through one nostril, hold the breath for a while, then let it go out through the other. Now breath in through that nostril, hold for a while, then let it go through the first one again. Do this three times only, and very slowly (800517.2)

In meditation... you pay attention to your heart or emotions... try thinking of your Mother... watch your breathing, slowing it, reducing by pausing at the end of each in and out breath, as if stopping it, but no exertion about it... and then raise your Kundalini. Finally say Sahastrara Mantra 3 times, and go into meditation. Once this has been done, you go into meditation (791118; 0.0001); Quieten yourselves within - you can stop your thoughts through controlling the breathing (811103)

If the centre of security... if it is blocked you get problems... like breast problems and things like that... and also breathing sometimes - is the sense of security. There is a Deity there... the Deity which is the Mother of the Universe... you have to awaken her... if she is awakened, you don't have these problems... it's very simple (810511)

A problem that people who are in the 'centre' may develop, is low breathing, and low blood pressure, because of parasympathetic activity... and when they are fighting the anti-God activities, they might feel tired... but again they improve, and they feel alright (830209)

A new idea has come, that you should not eat any salt and sugar... just imagine... salt is so important for our breathing, and sugar is so important for our combustion (871213)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871213 Announcing the New Age, Ali Bag - see 871213 not good 20
- 791118 Where... stand in SY/How get in Med'n, Dollis Hill see 791009.1 good 45
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 871213 Announcing the New Age - India 87/88

Chakras affected: Hamsa; Centre Channel

Brother/Sister Relationship

When a lady says she has a male friend, it's not a Mariada; You cannot have friendship between men and women... you cannot... it's absolutely absurd; A brother and a sister are never friends... they don't talk much (850901); Vishnumaya will see to it that husband and wife sit together (850901)

A pure relationship must exist between brother and sister... supposing a brother and sister are walking, they won't look at each other will they... will they be watching each other... no! When your brother and sister relationship goes off... you get into troubles... very much into troubles. To get rid of all the lust from our eyes, we are celebrating this beautiful auspicious day... of Raksha Bandhan (860818)

When you are very good brothers and sisters, first of all your left Vishuddhi improves - we get this left Vishuddhi, because we don't have proper brother and sister relationship... it's not that we should have our 'own' sister... but 'any' woman who is a Sahaja Yogini is your sister... except for your own wife. Unless and until we develop that pure feeling within ourselves, we cannot work out Sahaja Yoga... I know it's rather difficult to digest... but it's a fact (860818); Your 'kith and kin' are Sahaja Yogis... they are your brothers... and they are your sisters (860818); Your 'relations' are Sahaja Yogis... no other. You are born on this tree of life, whilst they (your earthly relatives - Ed) are not... so we cannot identify with them (871220)

No Sahaja Yogi is going to marry another Sahaja Yogi... you are all brothers and sisters... nobody should come to me, and tell me 'I want to marry this or that'... if I say you marry, that's different... but you don't come to me, and tell me... 'I've fallen in love with another Sahaja Yogi' (810904); If you feel attracted for any man... think that that man has a bhoot, and I also have a bhoot... only the bhoots attract bhoots... it's as simple as that... it's only the bhoots attract (810904)

Sahajvidya - Brother/Sister Relationship

Any man who is older than you... any girl should not talk to him much... but if they are younger than you... then they are your brothers. Any man that is older than your husband, you need not talk to him... but with younger people you can... you must have innocence about it. You are all brothers and sisters... no more romanticism now... you are not going to marry each other... dedicate yourself to your Sahaja Yoga (810904); No unmarried girl has to go with an unmarried man... it's not done in Sahaja Yoga (810904)

Suppose there is a man coming in a taxi alone, or say, in a lift alone... I would not enter into that thing... I would not... why should you be so friendly with anyone... they're very common like this, I've seen. Suddenly a woman will come up and speak to someone... some man will come up and talk to me... it's so rude... I don't know him... what is there to talk (810904)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871220 Attention on Quality, Rahuri - see 871220 good 20
- 860818 Raksha Bandhan - Hampstead - see 860823.1 good 20
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 810904.1 Advice given by Shri Mataji, Brahman Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 850901 Vishnumaya Puja/Brompton Sq. Puja, Wimbledon/Brompton Sq
- 871220 Attention on quality - India 87/88

Buddha

The Enlightened One; Buddha comes from "Bodha" which means "to know" (MME); Who never talked about God, because he knew that people would immediately start claiming to be God (890801); Who talked of Atma Sakshatkar, and not about God (830202); Who was born at the same time as Christ, and Mahavira, and all 3 are at the same level in the Virata's forehead (951224); Who is part of the Ekadesha Rudra (810904)

Who was a human being, but who achieved Godliness, as did also Mahavira (800609); Who was not married... and who died very early - he had to take a Sanyasa because of his work (821008); Who died because he ate raw pork (820711); Who together with Mahavira, were the Disciple Principles, born also... to Sita, as Luv and Kush, and later as Adi Shankaracharya and Kabira, and also... to Fatimabi... as Hassan and Hussein - they are both based here... in your head... in your brain (790530; 770215)

Buddha became very tired... and lay down under a Banyan tree... we call it the Ashwata... and spontaneous awakening of the Kundalini took place, and he got his Realisation... he felt the Cool Breeze and started talking about it. He thought that because he had given up everything that is why he had got it... it was a mistake I would say... or a misunderstanding (800721)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 821008 We don't have to suffer, Bedford - see 821007(Video) Good -
 - 770215 Talks about Sat Chit Anand, Delhi poor 65
 - 800609 Subtlety Within - Caxton Hall good 50
 - 800721 Auspiciousness - Caxton Hall good -
 - 810904 Advice given by Shri Mataji, Brahman Court poor -
 - 820711 Nabhi to Sahastrara, Derby good 90
 - 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
 - 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
 - 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
 - 000902 Press Conference, Genova poor 0
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Bujandar

Acharya Kakar Bujandar (820130), who translated and brought to modern language the predictions made by Bhrigumuni, in his Nadigranth, written in Sanskrit 12-14000 years back (830128; 830302); Who lived in Karnataka in India, and who foretold much about Sahaja Yoga, and about the coming and the Powers of Shri Mataji Nirmala Devi. Who also made predictions about a 3rd World War, and how it will be averted, and how science will ultimately prove the existence of God (820130), and who also made prediction about Sahaja Yoga starting around 1970 - which it did (830128)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

820130 Predictions on Sahaja Yoga, Durga Puja, Sholapur good 25

830128 Introduction to Sahaja Yoga - Delhi good 75

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

- end -

4 Jun 2003

Bumps

The whole forehead, if it is covered by bumps, then you must know that the Kalki chakra is out of order, and if the Kalki chakra is out of order, then all the fingers start burning, on the hands and on the palms... and sometimes even in the body, you get terrible burning. Kalki stays on our forehead, and when the chakra of Kalki is caught up, the whole of Moordha, on top goes out of order, the whole head becomes a blocket. Such people do not allow Kundalini to rise above Hamsa. If you put your forehead before wrong gurus, or also, if there is too much thinking, both can create a problem. A person's Kalki chakra catching means he might be down with a horrible disease like cancer or leprosy etc. or he may be about to collapse into some sort of a calamity (790928)

You see, how Kundalini clears your head... you can see the difference now... just now... so later on you will know... you see... how many bumps... here and there... the head is not even... but as you will grow, you will be amazed, how your head will be very even... and you won't feel any bumps or anything. You all had (791009.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45

790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop

790928.2 Kalki/Talk on all chakras [duplicate better quality, not complete]

791009.2 Maintaining the purity of S Yoga + working on new people good

- end -

20 May 2003

Burn Name

For left side problems, give a bandhan, or burn your name (870408); Write down the name... and burn it (790608.2); Yesterday... one of the girls was feeling... the left Nabhi was very much... all over... and she said... 'now I will... remove it'... and she brought pieces of paper. She said... 'now they are all passing into this paper'... actually while doing that, she was giving bandhan to it... she was using her own vibrations around it... she was binding... and then she took them... and she said... now put them in the fire... and they burnt it... and everybody felt better... it's so fantastic (781002)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

781002 Knots in the 3 channels, Caxton Hall poor 90

790608.2 Maria's House Tape 2 poor

870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45

- end -

9 May 2003

Business

If we try to overpower the matter, getting overactive with it or being over efficient, then our ego develops, and we go into violence... because if you produce more, then you have to be violent about it... otherwise you do not know how to sell it... you become sort of an aggressive businessman (800927)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800927 Lethargy, Chelsham Road good 75

- end -

12 Jun 2003

Buttermilk

It's like... butter is made out of... we call it 'curd' - so, they churn it... when they churn it... what happens... some butter comes out... and the rest remains as buttermilk. To separate it, they put a big lump of butter in that curd, and then they churn it... now all the butter gets around that big lump, and it gathers into a bigger lump you see. But, there are some particles of butter... which are left behind - if they do not stick to this big lump of butter, they are thrown away with the buttermilk (810524); The buttermilk... is much better than Dahi, it's much more soothing (for diarrhoea - Ed) (881221)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

810524 Subconscious, Supraconscious, Chelsham Road not good 70

- end -

10 Sep 2002

Butter

Butter is needed for the Vishuddhi and can be taken on a hot drink or with soup... or you can take a little ghee or butter on top of a cup of hot water... when it lines the epithelial cells of the throat and trachea - it soothes down all your sites... Krishna is soothed by that. Is also good for sinus problems, and can be administered warm with a dropper, to the inside of the nose for 3 to 4 days, where it lines the inner dry and cracked membranes... butter is softening in it's effect (810330; 830202; 850502); Shri Krishna is very fond of butter (810330)

Now, in 'collectivity', the Krishna Principle plus the principle of Guru are mixed. So, when he becomes the Guru, then collectivity starts... when the principles of these two get integrated, then the collectivity starts... and as a result of that you get discretion. So to improve the discretion part... we take vibrated ghee or butter, which is heated up... and put it in the nose. But before that we gargle... with salt... which represents the Guru principle (850502)

Is also important for the Swadisthan, which converts it for the use of the brain cells (811005); Without carbohydrates, fats and butter cannot be retained by the body (830202); Butter contains Vits A and D, and is good for the Vishuddhi (850806; 830202)... Vit. D is especially important for producing strong bones (830202)

Ghee and butter can be eaten by those people who are in the 'centre', who are suffering from a drying up of their body liquids, or of their peritoneum, from fighting the anti-God elements too much. Also it can be rubbed onto the fingers and hands, to soothe them down, because the heat from the other people also can make them dried up (830209)

- Jai Shri Mataji -

Sahajvidya - Butter

Tape References:

Date/Ref - Title - Qual - mins

810330 Vishuddhi & Agnya, Sydney Poor 170

811005 Beauty that you are - Houston good 70

830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80

830209 Problems of Left, Right and Centre - Bombay good 65

850502 Niraaananda, Vienna Ashram good 60

850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90

850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45

Chakras affected: Vishuddhi; Swadisthan

By the Way

If you see, the rate at which we are moving is not proper... we have to be much faster... we have to go much ahead, and we have to create much more Sahaja Yogis through our consistent very intensive effort...but it is a side issue... a 'by the way'... Sahaja Yoga is 'by the way'... and this is why we are failing in our responsibilities (970525); You have to become very sensitive to the needs of the world... if you fail, the whole thing will fail for ever. So the need for you is to spread Sahaja Yoga, because this love is not only for you... but is to be enjoyed by as many as possible in the whole world... so we have to go all out... every where... every corner... we have to shout... to tell loudly, what is the time in which we are living. Nobody but 'you' can do it... you can 'do' it... because you are children of the Adi Shakti (970525)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

970525 Respect the Mother Earth, Cabella good

- end -

25 Nov 2002

Calibre

You have to be of a 'calibre' to be a Sahaja Yogi... I do not want beggars to be my children (830209); For Puja, we should not have people who are not at least in Nirvichara... means if they still think that Sahaja Yoga... will not suit me, and all that... we don't want such mediocres... they should not come... nothing will work out with them... absolutely. If they have to come to the Puja... they must know that... you have to be of a calibre... otherwise please don't come (850504)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830209 Problems of Left, Right and Centre, Bombay good 65

850504 You have to be in Nirvikalpa, Vienna good 50

- end -

12 Jun 2003

Cancer

Cancer is nothing but an imbalance... the overactivity of the Sympathetic Nervous System. If you can control the Parasympathetic... you can neutralise, and completely you can cure cancer... but we are not here to cure people... we are here for our ascent (771024.1); The disease of cancer cannot be cured except by Sahaja Yoga. The reason is that the power that we have got stored within us is very limited, and this power is used through our sympathetic system. When this power gets exhausted, the cells in that system start going on their own - like as in a broken home, the child starts running amok, so these cells start going amok, they overgrow and malignancy sets in. Now this cancer can be corrected if you can pour that energy, the energy of the All Pervading Power into the patient... and then this power is all the time flowing in you, and you do not have any problem of that power exhausting (790720)

Cancer is caused, mostly which I have seen, in people who are left sided (821008)... by the left side extreme behaviour of people (820514)... not so much in people who are right sided, who are aggressive... but those who are emotionally disturbed get this trouble (821008)... and can be cured if you can bring such an extreme thing into the centre (820514); So far I haven't seen one patient of cancer who has not been emotionally very much inclined... so it's more a case of emotional disturbance. Now when you find that a person has a cancer... on the hands you find that all these fingers (all fingers of left hand - Ed) are burning... sometimes even these fingers (fingers on both the hands - Ed) start burning. If you put your hands toward a person who is suffering from cancer, all your fingers start burning (left and right hands - Ed)... and you start burning here and here (indicating the area on the outer part of the palms, at the base of all fingers, on both left and right hands - Ed). Also you may start feeling a throbbing here (indicating the solar plexus area - Ed)... of course throbbing doesn't mean that a person has cancer, but it's one of the symptoms (821008)

Sahajvidya - Cancer

Now, how cancer is caused. Anything we do to extremes... any emergency, is taken over by these two sides... because they manifest the sympathetic nervous system... they act for our sympathetic nervous system, whenever there is an emergency. Now... a 'centre' is formed... by the coming together from the left and the right, (indicating the left and right channels coming together, to form a single central channel - Ed)... and this (indicating the resulting central channel - Ed) is the one through which the Medulla Oblongata passes... the Spinal Cord... this is the Spinal Cord. So... what happens... that the cells that are supported by a 'centre', here, for example... when there is a pull on the right side or the left side too much, on the sympathetic nervous system, then this connection breaks out like that (indicating the separation of the single channel into it's left and right component channels - Ed)... when it breaks out, the connection of the 'centre', which is supplying the energy, with the 'whole', is broken. When the connection with the 'whole' is broken, there's no coordination left... there's no control left... so the cells become on their own... what we call malignant... they start going on their own. The cells start pressing all other organs... and sometimes may pass into the blood... and go to other areas also. So these are aggressive cells... malignant cells... are on their own... we cannot control them. By some chance if you could bring them back in connection with the whole... cancer can be cured... it is as simple as that. When the Kundalini rises, she awakens this centre... and when this centre is awakened, it just comes back to normal... the person becomes normal... that's how cancer can be cured... it's very simple (821008)

A left side disease, caused by among other things, bowing to wrong people (840731), and which can lead to Ekadesha Rudra problems (830129); Attacks come from an area built within us since our creation, the far left side (840313); Protein 58 and 52 which triggers this happening of cancer within us, and which enters into us... comes from some 'unknown area' which they call

Sahajvidya - Cancer

it... 'which exists within us since our creation'... I call it as Collective Subconscious. Whatever is dead is on the left hand side... so they are actually talking of possession... a possession of a dead spirit or something... that means that such a thing enters our being and triggers cancer (821007); The cells lose connection with the whole, start acting on their own, and become malignant... but can be cured by the Chaitanya, flowing through Sahaja Yogis, and which is containing the emotional, physical, mental and evolutionary elements, which when applied to a faulty chakra, causes it to return to normal (840313)

Breast cancer can result from insecurity caused by the husband's flirting, or if he has roving eyes (820711); Also cruelty, and hurting others can result in cancers (820711); Can be cured by Sahaja Yoga, and those who do Sahaja Yoga will never get Cancer (790507); Cancer can only be cured through your Realisation... no other way out... if you are Realised, you should not get cancer, if you know how to keep yourself in the centre (800102); The biggest sin of modern times, the sin against the Mother, produces cancer, which is also heat producing (830113.2); All cancer patients give heat (810524)

The way you expose your body to the Sun... is also very wrong... you'll develop skin cancer. You shouldn't burn your skin so much... it's not a good thing you know (790200.1)

Collectively I can cure cancer, if you are more... if you are clear people... but your channels are so full of problems that nothing flows through you. If you get yourselves cleared out, collectively I can stop cancer spreading... because if you spread more vibrations, what happens is that the left and right side in the Virat becomes clearer, and the attacks from the left and right side which creates cancer and all these horrible diseases will be cancelled, because they will be less (800927); I can stop the happening of cancer completely, if I have 21000 Sahaja Yogis... Leprosy I can control... cancer already I am controlling (800927)

Sahajvidya - Cancer

Tape References:

Date/Ref - Title - Qual - mins

- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 820514 You must become the Spirit - see 820514 good 45
- 800102 God's Love, Patkar Hall - see 800102 Poor 50
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 771024.1 Caxton Hall tape 1 poor
- 790507 Sahaja Yoga Introduction good 60
- 790720 Cardiff Public Program good 30
- 800102 God's Love, Patkar Hall/Deities on various Chakras, Delhi
- 800927 Lethargy, Chelsham Road good 75
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 820514 You must become the Spirit/Puja on Fighting Asuras
- 820711 Nabhi to Sahastrara, Derby good 90
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 840313 Intro Talks - Delhi and Hampstead
- 840731 Middlesborough PP [PP video set 4/1,2] good

Chakras affected: Sympathetics; Left Side

- Jai Shri Mataji -

Carbohydrates

Without carbohydrates, fats and butter cannot be retained by the body (830202) - butter is important for the Swadisthan, which converts it for the use of the brain cells (811005); Carbohydrates are foods that are left sided, and are used to correct a right sided person (830121)... but are eaten by left sided Tamasic people too much... because left side is hydrogen... and... carbon comes from Ganesha, also on the left hand side (830209)

Food can be used to assist in correcting an imbalance in the subtle system, by using more carbohydrates, or vegetarian type foods, and avoiding too much proteins, for a person who is too much on the right side, or the converse for a person who is too much on the left side (830121); A right side person, is one who eats proteins and meats (830131), who is the thinner type of person, and for whom it is prescribed, in India, to eat more carbohydrates (840906)... whilst a left side person... is one who eats carbohydrates (830131), and is a fatter type of person (840906)... they are the people who eat too much of carbohydrates (830209)

We should eat food according to our needs. In general, in the West one should take more to vegetarian foods (830131); Those who are right sided should take to foods which are left sided i.e. carbohydrates, and should become partly vegetarian, and should eat things at the most like chickens, but not fishes or sea food, because they are all hot (830121)

All extreme behaviour from left and right creates problems of Hamsa - like if you eat some fruit... then after that you should not take water. You should take water... after... some carbohydrates... you can take a biscuit... or bread... something like that to dry up your... throat, and then take water (.0011)

Sahajvidya - Carbohydrates

Now, heat and cold... for example... to take coffee, and then take water is absolutely wrong. Water if you take, then gradually heat it up... and take coffee last... and then don't take water til you have taken some carbohydrates. I mean this is what it is... is the heat and the cold... the combination of the heat and the cold should be understood (.0011)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-830121 How to proceed - Vaitarna - see 830104.1 - side B good 35

811005 Beauty that you are - Houston good 70

830131 Nabhi Chakra, Delhi good 80

830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80

830209 Problems of Left, Right and Centre - Bombay good 65

840906 Talk at Gregoire's House - Vienna [German translation] good 65

- end -

1 Jan 2003

Carbon

Carbon is tetravalent (810829), and represents the centre of the periodic table. Is associated with the Mooladhara chakra, which represents the stage when life itself started (790616); From carbon, amino acids were produced (860907); Carbon ignited the living process in matter, which was followed by the different Incarnations of the Nabhi centre (790530); Evolution is from the carbon stage, and amoeba stage through the fish and reptile stages, to the present day, at Sahastrara (830129; 790616); It is still going on - this is not the end. So far, it is spontaneous (781115); Carbon gives you life - without carbon, you cannot get life (830302); Mother Earth created the Carbon. Through the effect of electricity, carbon got attached to Hydrogen and Oxygen, and so produced amino acids, and so Prana started, which ultimately produced the mind and the brain, and when we become Realised, becomes the Pranava (850528) Carbon comes from Ganesha on the left side (830209)

If you see the carbon... from the left, you see on the right side, Omkara, Aum written... if you see from the right to the left, you see it as Swastika... if you see from down below, upwards, you see it as a Cross - and now they have verified it, have experimented, and the scientists have found out and have declared that it is so. So that aspect, of 'Omkara', which is within us is the right side... but the left side is the 'Swastika', which is a very sensitive instrument. If you use the right way, clockwise, it works for construction... but if you use it in the anticlockwise manner, then it is destructive (890617.1); The carbon atom... when you take a picture with a spectrograph... from the left side, looks like an Ohm... and from the other side looks like a Swastika (860707.2)

- Jai Shri Mataji -

Sahajvidya - Carbon

Tape References:

Date/Ref - Title - Qual - mins

- 860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 781115 Evolution - see 780911 good 45
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790616 Dr Johnson House, Birmingham not good 55
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 890617.1 Mahakali Puja, Vancouver / Vancouver Public Program good 15

Cardiac Plexus

The Centre Heart... the centre of security and confidence (MME)... the fourth Chakra, controlled by Jagadamba (810829)... manifests in the gross as the cardiac plexus (830302); The Mother of the Universe... who gives security, and controls the sternum and antibody production (811005)... controls our immune system (MME)... where til the age of twelve years, we develop our antibodies... which later on in life go into the whole body... into the circulation and fight our diseases... and to fight our emotions (790722)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

790722 Leeds at Jim's House poor 45

811005 Beauty that you are - Houston good 70

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

10 Sep 2002

Caste System

A system in India, originally based according to achievements, and not on birth as it is nowadays, and which later came into being following the incorrect editing of the Gita. It is not consistent to say that Vyasa, the illegitimate son of a fisherwoman, who wrote the Gita, would say that caste was according to birth (900818); Originally it was according to the nature, or aptitude of a person (MME); Is the greatest cancer you could think of for such a Divine country as India... is the greatest curse (880106)

Now we have become Universal Beings... and as that we don't have any of these dividing factors, which divide human beings, such as race, or any higher or lower caste... this is no more there (880921)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880106 Swimming in the sky of joy - G'pule - see 871220 good 25

880921 Speech at Ammonk Ashram, New York good 35

900818 Evening before Shri Krishna Puja, Hallow Tree, Ipswich good 55

- end -

30 May 2003

Catching

We can feel catches on the fingers, as heat on the fingers, instead of cool all over... the fingers denote the chakras. After Realisation it is also possible to feel like 'pins and needles' on the hands. If there is a problem on the centres it can be cured (791203); When there is an obstructed chakra, for example the 2nd or 3rd chakra, then you can see the pulsation of the Kundalini with your naked eyes... you can see (790720); People who are caught up in your groups... please don't call them for Pujas. They should be kept back... they will be helped much more if they don't come to the Puja (880105); We may become caught up sometimes when we go on 'holidays' or if we take to 'sunning' too much (800609)

Now when you are facing the photograph, just to check up yourself, humble down yourself first of all, like a person who wants to perfect himself... and try to find out what is wrong with you. Humble down means to bring down your attention to your heart... don't think. Now see what chakras are catching... you need not judge 'why' you are catching... that's not important for us. It is catching... alright... so you don't go on a trip of thinking (800907); In the third state of becoming, we see these things, these catches, but they do not affect us - we do not call it catching... we say we are just recording... like we are an instrument (800518)

Now say Agnya is catching... one doesn't feel bad about it... you are not attached to your chakras... but to your Atma... so, as the Atma, you say... 'oh, my... this chakra is caught... that chakra is caught'... a concern... these chakras are out of gear. So one need not go to the doctor... you can diagnose yourself... but you will not diagnose the way the doctors do... but you will say... 'these chakras are caught up... the left or the right' (770215)

If you give vibrations in thoughtless awareness, you will not catch anything, because all these entities and all these material problems that come into you, come when you are involved in those

Sahajvidya - Catching

3-Dimensions - of your emotional, physical and mental being (760330); If you are having compassion for others... then you don't catch - you catch because you don't have compassion - a mother never gets a disease from her child... she'll never get a disease from her child... it's a fact. In the same way... when you really 'love'... you'll never catch anything (0.0011)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880105 Bondages we have - G'pule - see 871220 good 20

-760330.2 Deities on various Chakras, Delhi - see 800102

-760330.1 Gudi Padwa, Delhi - see 760330 good 30

0.0011 Weekend seminar in Pune, Tape 1 good 180

760330 Gudi Padwa, Delhi/Transformation, Bordi

770215 Talks about Sat Chit Anand, Delhi poor 65

790720 Cardiff Public Program good 30

791203 When You meet Me - Caxton Hall good 35

800518 Old Arlesford, Winchester - part 3 (The Real Becoming) good 30

800609 Subtlety Within - Caxton Hall good 50

800907 How to know where you are - Chelsham Road good 120

- end -

7 Jun 2003

Causal

The 'causal' which is the 5 Koshas or auras of the 5 elements, i.e. the essence of the 5 elements, and the way they are placed in you, and which gives you your own identity, your own particularity... that is the causal. The causal of the 5 elements, plus the Spirit... put together makes the Soul, the Jivatma. This causal acts on the chakras... and through the chakras, on the other, the grosser side. So from the subtlest, the Spirit... to the subtler, the Soul... to the subtle, the chakras... to the gross, the body (860725)

In the brain, we have got all those seats of the Gods... and they are the seats because they are the causal of these... so first the causal is created... and then the Deities (810904)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860725 Soul & Spirit, Volterra (+ Mahalakshmi Med'n) see 860725 poor 25

810904 Advice given by Shri Mataji, Brahman Court poor

860725 Informal Talks - 1986/85 (various)

- end -

1 Jun 2003

Cemetery

Why do you go to any cemetery, I don't understand... as it is, you just get caught up when you are going to any cemetery. It's very wrong to go to any cemetery whatsoever... and to go to somebody who is an evil influence, anywhere... or to a concentration camp... or to the S.S. is very dangerous (850502)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

850502 Niraaanda, Vienna Ashram good 60

Central Nervous System

The Central Nervous System... one of three types of nervous systems in the human body... (the others being the Sympathetic Nervous System... which is for emergencies... and which has a left and a right side, which act in opposite directions, being complimentary... and the Parasympathetic) (MME)

The Truth, the Absolute Reality, which has to be felt on your Central Nervous System (840708)... and which if it is felt the same for everyone, then it is the Absolute (840702); What Patanjali has written... which is a very ancient book... is that you have to achieve the truth on your central nervous system through your Atma Sakshatkar... meaning the experience of your Spirit (840622); 'In any evolutionary process... everything manifests on the central nervous system... and so this... also manifests... and you really become collectively conscious' (860707.2)

When the Kundalini has awakened, and the whole central nervous system is enlightened... that new awareness that arises... Collective Consciousness... allows us to feel what is happening to the chakras of ourselves and of others (840702); When you become collectively conscious... in your central nervous system, you start feeling others in yourself... it's a becoming (821007); After Realisation the Unconscious becomes conscious... because it has started flowing through you... and you start feeling it through your central nervous system... you actually feel it... and to make it stable... you have to correct your being... your body, your mind... and your emotions (790722)

Sahaja Yoga is a spontaneous system built within us... naturally... through nature... by which Kundalini Shakti rises... and you become the Spirit. As a result, the Spirit starts manifesting through your central nervous system... and because the Spirit is the knowledge of the Joy... and the Truth... and the Attention... you become that... means your central nervous system becomes that... capable of knowing that (.0012)

Sahajvidya - Central Nervous System

When the Kundalini... touches the Spirit... the light of the Spirit spreads in the central nervous system... but only the chitta part... the outer part is the chitta part... means the attention part. At that stage, when the Kundalini opens the Brahmrandhra... at that time you feel the vibrations... from your own hands... and from the another person also... because you become collectively conscious... collectively conscious only... because... out of Sat Chit Ananda, you just touch the Chit point... so you start feeling your Chitta becoming the Chitta of the collective consciousness... and then you can feel another person's Kundalini... you can feel it on the fingers, what is happening... which chakras are catching... you can diagnose yourself... so you just feel the Chitta part, not the Ananda part (770215)

In modern times many seekers of truth are born... it's a special category of people born in these modern times... which sees beyond... tries to find something beyond what they can perceive through their sense organs. The truth as we see... is through our sense organs... whatever we perceive through our sense organs, whatever is communicated to us through our central nervous system we accept as truth... and we should accept that only as truth... and not something that is told to us... or which we have read in books... or which we can project our mind to and can think about (840622)... that doesn't mean that I deny any one of the Scriptures... or anything that you have known so far. All the scriptures which are true scriptures have said one thing... that to know the truth, you are to be born again (840622); To know something means to experience it... to be there. It has to be 'felt' on your central nervous system (820710)

- Jai Shri Mataji -

Sahajvidya - Central Nervous System

Tape References

Date/Ref - Title - Qual - mins

- 860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good
 - 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
 - 820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)
 - 770215 Talks about Sat Chit Anand, Delhi poor 65
 - 790722 Leeds at Jim's House poor 45
 - 820710 Derby PP [PP video set 4/3,4] good 55
 - 840622 South Bank Polytechnic, London good 40
 - 840702 Hampstead Public Programme [sound quality very poor] poor 40
 - 840708 To Know the Truth - Ilford [with 40mins Q&A] good 40
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Central Path

The central path of our ascent... along which the Kundalini ascends (840622); Our Kundalini has risen without effort, and without thinking, and has changed us so much - try to support her and keep the central path clean (871016)

The central path... the evolutionary path of our ascent, of our evolution, in which there are... the seekers, those who were searching, under the guidance of some Gurus who were Realised Souls of a very high level... and also... the Incarnations, the aspects of God that descended on this Earth to protect, to save the devotees of God. This movement was kept at first extremely secretive, so that the negative forces would not be able to organise their attacks, but much later, after Shri Krishna, and even after Christ, it came into the light. Before that, the knowledge of 'the Incarnations that were to come' was kept a closely guarded secret - until the coming of Christ, which was in fact declared by the prophets, long before his advent (790530)

All over the world, the three types of movement were going on... the right side movement that led to the discoveries of the scientists... the left side movement of the devotees... and the central movement with the people like Moses and Abraham. This middle movement of evolution today has reached it's peak, because all the Incarnations have arrived now, and have done their job within you, and have occupied their position within you in your awareness, on the different centres. Now the blossom time has come, where evolution has to be en-masse - you are to be born again - 'I am talking of Eternal Life' (790530)

The central path of Sushumna, is for people who are in the 'centre'... who have their proper understanding... and have got their wisdom. These people are extremely generous... generosity is the only way you can express your love for others... all your material wealth has no meaning, unless and until you show generosity for the people... but it should be quiet and silent (830209); These people cannot retain their food... if they eat at a place where the food is not good, or properly vibrated... either they'll vomit or they'll have

Sahajvidya - Central Path

diarrhoea. They are extremely wise and tactful... they know how to deal with people... are extremely diplomatic. Their whole attitude is to clean themselves... to keep clean... to keep alright... to get more and more people to this great work of Realisation. They never show off... they are not in front... they don't want to show their face... they are quiet... I know who they are... but they are dynamic... they work it out... only when they have to construct something important, they'll come and see me. I know the way they work it out... extremely silent, and beautiful gracious people they are (830209)

They can sometimes get into temper, which is necessary, if they are to protect the protocol of their Mother, or could be of Sahaja Yoga, or of God. Normally they are very quiet and silent people... their presence is blissful... they are auspicious. They never think of making money out of God... never... they are so truthful. They are more on the fatter side... because they have gas in their body... lots of gas... the Prana Shakti enters the Sushumna, and creates the gaseous body. The gaseous body is not heavy... it's very light... they walk fast... they are active... but to look at they look plump (830209)

The Kundalini itself rises through the Sushumna Nadi... she is the Principle, she is the Tattwa of Shiva... and she rises through the channel that is made by Vishnu, out of the evolutionary process. So how can you do away with one of them... one is the road... another is the destination. So I hope you understand how important it is that your centres should be corrected... your road should be alright... that your Sushumna should be cleared... because we are Madyamargis... we have to go by the centre... by the central path... til you reach your Talubhag... where sits Sadashiva. So keep your road, the Madyamarga clean... and let the Kundalini pass through it. When the Kundalini will pass through it... you will be amazed that... the same Kundalini is going through the Vishnu path and reaching at the Lotus Feet... of Shiva (000206)

- Jai Shri Mataji -

Sahajvidya - Central Path

Tape References

Date/Ref - Title - Qual - mins

- 871016 Mahakali Puja, Germany - see 871016 good 25
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 830209 Problems of Left, Right and Centre, Bombay good 65
- 840622 South Bank Polytechnic, London good 40
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 000206 Shri Shivaratri Puja, Pune, India good 15

Centred

People who are in the centre... not the two extremes of the left side or the right side... are easily absorbed into Sahaja Yoga. Also those who are less complicated, or are simple hearted... as in the villages... are very easily absorbed by Sahaja Yoga... and they take to it without difficulty (790928); One should never go to extremes in anything - only in the middle or centre can Sahaja Yoga be worked out (830131)

The central path of Sushumna, is for people who are in the 'centre'... who have their proper understanding... and have got their wisdom. These people are extremely generous... generosity is the only way you can express your love for others... all your material wealth has no meaning, unless and until you show generosity for the people... but it should be quiet and silent (830209); These people cannot retain their food... if they eat at a place where the food is not good, or properly vibrated... either they'll vomit or they'll have diarrhoea. They are extremely wise and tactful... they know how to deal with people... are extremely diplomatic. Their whole attitude is to clean themselves... to keep clean... to keep alright... to get more and more people to this great work of Realisation. They never show off... they are not in front... they don't want to show their face... they are quiet... I know who they are... but they are dynamic... they work it out... only when they have to construct something important, they'll come and see me. I know the way they work it out... extremely silent, and beautiful gracious people they are (830209)

They can sometimes get into temper, which is necessary, if they are to protect the protocol of their Mother, or could be of Sahaja Yoga, or of God. Normally they are very quiet and silent people... their presence is blissful... they are auspicious. They never think of making money out of God... never... they are so truthful. They are more on the fatter side... because they have gas in their body... lots of gas... the Prana Shakti enters the Sushumna, and creates the gaseous body. The gaseous body is not heavy... it's very light... they walk fast... they are active... but to look at they look plump (830209)

Sahajvidya - Centred

Tape References

Date/Ref - Title - Qual - mins

- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 830131 Nabhi Chakra, Delhi good 80
- 830209 Problems of Left, Right and Centre, Bombay good 65

- Jai Shri Mataji -

Centres

The chakras, which are placed either in the spinal cord or in the brain, and cannot be seen with the naked eye. They give rise to the gross centres outside. The Mooladhara chakra is below the Kundalini and alone is not pierced by the Kundalini when she rises (791203)

The centres are shown on the hand... the seven centres on the right hand... the five fingers, and six and seven... they deal with your physical, and your intelligence, your mental side and also with your future. On the left side we also have the seven centres (890617.2)

Now... a 'centre' is formed... by the coming together from the left and the right, (indicating the left and right channels coming together, to form a single central channel - Ed)... and this (indicating the resulting central channel - Ed) is the one through which the Medulla Oblongata passes... the Spinal Cord... this is the Spinal Cord (821008)

The 'centres' are like 'silent tongues of flames'... especially the centre at the top - I'll appear before you like tongues of flames' (821008)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

791203 When You meet Me - Caxton Hall good 35

- end -

11 May 2003

Centrifugal Force

That force acting in Sahaja Yoga Collectivity, which once you try to go to anything extraordinary, or try to do something better, or something exceptional and try to show off, or in any way you try to come out from the whole, then you just go off like a tangent, and in such a big way, that you are amazed how you are left out... and such people go out of circulation (800907)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800907 How to know where you are - Chelsham Road good 120

- end -

12 Jun 2003

Centripetal Force

Try to keep to the centripetal force, where you are in the centre... moving along in the centre, where all this 'relativity' will go away... that you have to be unique, that you are some higher soul or something - all that is nonsense. Tell your mind 'be humble'... and keep to this centripetal force (800907)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800907 How to know where you are - Chelsham Road good 120

Cervical Plexus

The fifth Chakra (810829), which exists behind the base of the neck, having 16 petals... manifests outwardly as the Cervical Plexus... and is associated with the thyroid gland. This chakra is of the greatest importance, and in terms of evolution, developed to the maximum, when we raised our heads from the animal to the human stage, and was the balance between our ego and superego (810330); Controls the lymphatic system, ears, outside of the eyes, nose, neck (811004; 810330), throat, face (820711) and teeth (880710)... and all the mastoid muscles, the tongue, the cheeks and also the balls of the eyes (790722)

Shri Krishna, the complete incarnation of the Virata, the Primordial Being, with the witness quality controls this centre (811005); Controlled by the Vishuddhi (811004)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-880710.2 Discretion of Hamsa, second talk - see 880710 good 10

-880710.1 Discretion of Hamsa - see 880710 good 55

790722 Leeds at Jim's House poor 45

810330 Vishuddhi & Agnya, Sydney Poor 170

811004 Becoming the Truth - Houston [+PP video set 5/3] good 30

811005 Beauty that you are - Houston good 70

820711 Nabhi to Sahastrara, Derby good 90

880710 Discretion of Hamsa, Munich

Chaitanya

Chaitanya Lahari... Cool Breeze of the Holy Ghost (830128); Vibrations (790616); The term used by Adi Shankaracharya (791203); The cool breeze coming out of your head... that's called as Chaitanya Lahari... that's called as Cool Breeze of the Holy Ghost. When John the Baptist talked about baptism, he meant this... he didn't mean the way we do baptism, to just call somebody, put some water on the head, and say... 'oh you're baptised'... that's just a drama. Baptism is a living process (821007); The Cool Breeze is all around us... and we can start feeling in our hands... when the Kundalini emerges from the top of the head... if our Vishuddhi centre is alright. This is what Christ meant by 'to be born again'... and not to just call some people and say 'alright, now we will have some baptism' (821008)

Appears like small commas, and which change into either small Swastikas (symbols of Innocence, nourishing our left side), or Omkara (symbol of our doing, or awareness, and nourishing our right side) (910505; 840718)... which knows everything (900807); The Chaitanya, contains emotional, physical, mental and evolutionary elements, and when it flows through Sahaja Yogis, and is applied to a faulty chakra, it causes it to return to normal (840313)

Solve all problems with one bandhan - it works... but, you should be in full connection with the Divine (951224)... a bandhan puts the Chaitanya into action (890808); For left side problems, give a bandhan, or burn your name (870408); In the morning time, you have to give yourself a bandhan... and when you are going out... don't go out without giving yourself a bandhan (880921); When you put on a bandhan, how long it will last... depends on your intensity... after some time you don't need any bandhan (.0011)

Sahajvidya - Chaitanya

The very first thing God created on this Earth was Shri Ganesha, because he could emit Holiness. He exists as Chaitanya... in the atoms and molecules, as vibrations, symmetric and asymmetric. These vibrations later on start expressing themselves in the plant kingdom as 'life force', and you see how they are kept under a bondage... it's all under control. And then it is expressed in the animals, where it binds them... that's why they are called as 'Pashus', meaning 'under bondage'. But in human beings, it is expressed as auspiciousness, and ultimately as Holiness (870114)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 910505 Sahastrara Puja, I schina, I taly - see 910915 good 40
- 870114.2 Dhumal's House, Rahuri - see 870111 good 20
- 870114.1 Sankranti, Farewell - see 861221 (6 Puja Talks) Not good 15
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 790616 Dr Johnson House, Birmingham not good 55
- 791203 When You meet Me - Caxton Hall good 35
- 830128 Introduction to Sahaja Yoga - Delhi good 75
- 840313 Intro Talks - Delhi and Hampstead
- 840718 Chiswick Town Hall [+33mins Q&A + incomp Experience] good 55
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 880921 Speech at Ammonk Ashram, New York good 35
- 890808 Shri Ganesha Puja - Les Diablerets, France good 45
- 900807 Raksha Bandhan Puja - Los Angeles good 50
- 910505 Sahastrara Puja, I schia, I taly
- 951224 Christmas Puja, G'pule ("The 7 Awarenesses") good 75

The Chakras

The chakras, are placed either in the spinal cord or in the brain, and cannot be seen with the naked eye. They give rise to the gross centres outside. The Mooladhara chakra is below the Kundalini and alone is not pierced by the Kundalini when she rises (791203)

The Kundalini is... settled down in the Triangular Bone down below there... in the end of the spinal cord... that is a sacred place... and is waiting there to arise (800102); This Kundalini... this residual force... which rises, passes through all the chakras... and enters into the subtle being that we are... by which we get connected to each other (790618); When the Kundalini has awakened, and the whole central nervous system is enlightened... that new awareness that arises... Collective Consciousness... allows us to feel what is happening to the chakras of ourselves and of others (840702)

The mechanism that is placed within you... is placed inside your spinal cord, except for the last chakra, which is red in colour, and which is outside... and which controls the pelvic plexus within you... is the most important chakra... which emits innocence. The Deity sitting on it is Shri Ganesha... who represents the stage between animals and man. At every point, at every chakra... he bestows on you the blessings of his innocence (771121); The hidden power of Shri Ganesha is left Vishuddhi, and is acting like chastity, through the left Vishuddhi; Chastity is the basis of all the chakras... if left Vishuddhi catches, all the left chakras become weak (850901)

The Adi Shakti... who is reflected in totality as Mahakali, who then when She desires, divides and produces the 2 other powers of Mahasaraswati and Mahalakshmi (890619), and with these arise the three: Brahma, Vishnu and Mahesha - these three types of powers always play on the chakras. The female is the power, and the male is the kinetic power (850901)

The centres are shown on the hand... the seven centres on the right hand... the five fingers, and six and seven... they deal with your physical, and your intelligence, your mental side and also with your future. On the left side we also have the seven centres (890617.2)

Sahajvidya - The Chakras

Now... a 'centre' is formed... by the coming together from the left and the right, (indicating the left and right channels coming together, to form a single central channel)... and this (indicating the resulting central channel) is the one through which the Medulla Oblongata passes... the Spinal Cord... this is the Spinal Cord (821008); The Parasympathetic... is that part of the nervous system in the central channel, the Sushumna Nadi (810928) which gives the balance (870500)... which brings things back to normal... relaxes and nourishes... after the sympathetics have initially responded to an emergency; Is formed by loops from the left and right sympathetics, and wherever these loops meet, are formed energy centres known as the Chakras (MME); Is part of... the Autonomic Nervous System... that 'self governing' nervous system, comprising the left and right sympathetic, and the central parasympathetic nervous systems (840731)

The subtle energy centres, found in the main behind the nerve plexuses, along the length of the three channels, the Ida, Pingala and Sushumna Nadis, and which are made from the different 'elements', and connected to each of which is a different aspect of the Divine (840702) - the chakras... where these Deities are residing (790609.3); Which are like the milestones, placed within us (790616), representing our growth in the evolutionary process (800809); There are 7 basic centres... but 11 otherwise... that we deal with... not more than that... because it's too much of a headache... though there are more (790608.1)

The first 6 chakras are represented in the Sahastrara, at their respective peetas or seats, along the mid line, starting at the back with the Mooladhara, surrounded by the Swadisthan, and then followed by the Nabhi, Heart, Vishuddhi, and finally the Agnya. All 6 combine to make the 7th, the Sahastrara, which is a hollow space. On the sides are 1000 nadis, which when enlightened look like gentle flames burning, in all the 7 colours, and which finally integrate to become a crystal clear flame. In transverse section, the appearance is like that of petals (830204); The 'centres' are like 'silent tongues of flames'... especially the centre at the top - I'll appear before you like tongues of flames' (821008)

Sahajvidya - The Chakras

The five elements create the 6 chakras within you... the chakras are created out of these 5 elements, and they give us a support to have the Deities... an Asana, a seat for the Deities to come in (800927); But the basic point is that all the great Incarnations who came on this Earth, exist within us on all these centres (790618)

If you have too much of one element in you, you have to reduce it. For example, if you have too much of light in your head, means you are egoistical... or if there is too much air in your body... then you have to use this air that is outside, to take away the surplus. All the five elements that have created these centres, can be corrected, manoeuvred, adjusted, balanced, put into complete coordination and integration... by the techniques of Sahaja Yoga (790722)

In our Sahaja Yoga, we consider three chakras as the lower chakras, or centres... the Nabhi... the Swadisthan... and the Mooladhara. Now Shri Krishna said, thousands of years back that the human awareness, the Chaitana, grows downwards... and the roots of the Chaitana or awareness, are in the brain. So now... the first one... of these three is the Nabhi Chakra, where a person starts seeking... food, shelter, all life's necessities... and either he can go upwards or downwards. The essence of this centre is Swaha, meaning the consumption. So all those people who started developing... started consuming. Then they went to the second chakra, the Swadisthan... where they started entering into space... that is Antariksha... and tried to find out what is on the Moon... what is on Jupiter. Now the third awareness has grown... into the Mooladhara... and so the attention went to this horrid thing called sex... and in the west, people have become nothing but sex points. I've seen it everywhere... that just filth exists. With this downward movement... what do we expect people to be - they have to be violent. If you make them worse than animals... what will happen... they have to be cruel, despotic... and after this... the next step is Hell... Nagasaki... or anything (860224)

Sahajvidya -The Chakras

I have known of people who were caught up with Left Vishuddhi and have become devilish by nature... devilish... they have gone out of Sahaja Yoga... they have criticised Sahaja Yoga... they have tried to trouble me a lot... so don't think that if Vishuddhi is spoiled there's nothing so special about it - it can be a very dangerous centre. Of course Heart, Agnya and Vishuddhi... these three centres one has to guard against... so at the Vishuddhi chakra one has to be extremely careful (860823)

Disease... is the exhaustion on all the centres - because they are the underlying forces of all the plexuses that we have - when they get exhausted, the plexuses get exhausted... then we develop diseases... physical, mental and emotional (790608.1); If there is sickness, it means that there is something wrong - if one is working for God, then one must be healthy (790416); There will be no problems with health, if the centres are cleared (790507)

We have limited energies, and can get into maladies, if we go to right or to left too much. All problems are due to bad centres. Problems, whether physical, mental, emotional, social, or material are due to bad centres, but which are cured by Kundalini (871023)

Now... you are not to use your thinking for correcting your chakras - you cannot think about it and sort it out. What you can do is put bandhans, or you can give yourself a balance... with your hands... you have to move your hands and not your brains... alright. In your hand it is flowing... whether you are catching or not catching, it is flowing from your hand... it is there... the flow from your hand is there... little bit is always there (800907); Sahaja Yoga does not work on mental level... it works on the Spiritual level, which is much higher than the mental level. Some people still live on the mental level, and try to solve problems on that level, and that's why all these problems start coming up. So what we have to do is to understand how to correct our chakras. If you have certain chakras catching, try to improve your chakras with the photograph... with all due respect to the photograph... it is only the photograph that is going to work it out (830121)

Sahajvidya - The Chakras

We have got different mantras for different chakras... if one chakra is catching, then you work on that chakra only, and develop your mantras on that. For example, if you want to say something for your heart, first of all you must ask forgiveness from God, because your attention has not been so much as it should have been, on the Spirit. Or if you have done any mistakes, ask for forgiveness. Now you have to ask from your heart... whatever you have to say, say it from your heart (800907)

Worry and frustration with yourself... when you start identifying with your instrument not being in proper condition... then there is going to be a problem. You have to laugh at yourself, at your mechanism that is out of order. If your chakras are spoilt, you can solve it - there are so many methods. You are not the chakras, or the different channels... you are the awareness... the power... the Kundalini (760330)

Some of the things are sucked by the Mother Earth... some are sucked by the flame... can be the flame... can be the fire... the Sun also sucks in... the sky also... depends on what centres you have in problem... on what problems you have... alright. But on the whole, the Mother Earth is the most gracious thing... she helps the maximum I think (821008)

The Kundalini is... settled down in the Triangular Bone down below there... in the end of the spinal cord... that is a sacred place... and is waiting there to arise (800102); This Kundalini... this residual force... which rises, passes through all the chakras... and enters into the subtle being that we are... by which we get connected to each other. You all are like, say, pearls... and there is a string going through you... but you cannot feel the string - you are on the pearl... your attention is on the pearl. So supposing by any chance it happens... it's a happening... your attention goes on the string, then you can pass into everybody (790618); When the Kundalini has awakened, and the whole central nervous system is enlightened... that new awareness that arises... Collective Consciousness... allows us to feel what is happening to the chakras of ourselves and of others (840702)

Sahajvidya - The Chakras

In Puja, all your Chakras will be awakened... it's a very deep experience... so come with an open mind... keep yourself open... with a receptive mind... and don't talk in the morning too much... just take your breakfast... and come with a calm mind (831001); Puja works very well, because it satisfies lots of demands of past habits - that you feel that you are doing something about it; The Rishis and Munis have found out how to please the Deities, how to please the Mother. When you praise someone from the heart, that means that you are accepting it, and that is the time that the chakras start creating a force, by which you are thrown into the Realm of God. These methods of Puja, Prayer and Mantras have been found out by great Masters of Sahaja Yoga... and these methods make my Body to vibrate, they extract the essence from my Body. It makes the Infinite release itself through this Finite Being... and it works... works very well (760330)

You know that after Puja, I get a little tired, because if you cannot receive it, that force... I want to sleep and get rid of that additional vibrations... into Sushupti... by entering into the Infinite state. That means that when you are doing Puja, receive it also - be in thoughtless awareness when you are doing Puja, completely concentrated and receiving. But people are talking, are moving about - that is the time the nectar is oozing out... you just receive it at that time, with full devotion. If you feel the vibrations of my chakras at that time... you will realise that even the minute small little wheels in my body are moving at different speeds... and different dimensions... and I don't know how to explain... but it creates a melody... and you have to receive it... and it is a melody individually suitable for every individual... and when you receive it... it triggers in you that state of infinity. So at that time of Puja you must know that... all your attention should be in reception (760330)

Sahajvidya - The Chakras

Whatever pleases your Spirit is used in the Puja... is to be given... when you do for God, the blessings come to you... you are blessed; It's a very subtle thing to understand... to move from gross to Spirit... this is the thing by which you move... because first you enlighten your chakras... then by enlightening your chakras your Deities get happy, Prasanna... by making the Deities happy, you get a passage for the Kundalini to pass through... and by making the passage for the Kundalini, the Kundalini goes up... and then your attention starts becoming one with the Spirit. It is step by step you move, from matter to subtler matter, from subtler matter to your chakras, from chakras to Deities, from Deities to... the Spirit. Then Spirit enjoys itself... so there, you do not have to do anything. That's why these things were prescribed... people could not see this linkage... they thought why should we give anything to God... after all it is all His own. You have reached a stage where you have to detach yourself from matter (800927)

Before you stands someone who has control over all the centres, over all the powers, who is All Powerful. How much advantage you have taken of that is the important thing; We have come here at a very important time. Historically this is a very important time, and when we are with our Mother is the most important time, of that important time - we should take full advantage of that... in the real sense of the word. Those who are wise take the best advantage, which is the growth within; In Mother's Presence, in India, people become more protocolish, whilst in England people start taking advantage, making fun, joking - you cannot. You cannot be frivolous, or shallow with somebody so intense (830723.3)

We should listen to the Mother, in the form of whom, the whole of the Brahmachaitanya has come, to shower us with the Chaitanya, to enrich us, to nurture us, to develop us. She is the Master of the Sahastrara, the Master of all the chakras. But She is beyond the Sahastrara - much beyond. Such is the situation that we must listen to whatever She says, and we should obey Her (870503.1); There are certain problems that arise sometimes when we don't listen to the Mother (880101)

- Jai Shri Mataji -

Sahajvidya - The Chakras

Tape References:

Date/Ref - Title - Qual - mins

- 880101 A sinless life - G'pule - see 871213 good 5
 - 871023 Press Interview, Piacenza, Milan - see 871024 good 25
 - 870503.1 Sahastrara Puja, Australia - see 870503 good 45
 - 870500.1 Untitled talk - see 870503
 - 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
 - 860823.2 Gita, Lac Noir - see 860823.2 good 30
 - 860823.1 Govinda, Lac Noir - see 860823.2 good 25
 - 860224 Delhi University address - see 860504.2 not good 15
 - 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
 - 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
 - 821008 We don't have to suffer, Bedford - see 821007(Video) Good
 - 800102 God's Love, Patkar Hall - see 800102 Poor 50
 - 760330.2 Deities on various Chakras, Delhi - see 800102
 - 760330.1 Gudi Padwa, Delhi - see 760330 good 30
 - 760330 Gudi Padwa, Delhi/Transformation, Bordi
 - 771121 Tantrism, Caxton Hall poor 75
 - 790416 Living work of God, Easter, Putney good 45
 - 790507 Sahaja Yoga Introduction good 60
 - 790608.1 Maria's House Tape 1 not good 50
 - 790609.3 Maria's House Tape 3 poor
 - 790616 Dr Johnson House, Birmingham not good 55
 - 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
 - 790722 Leeds at Jim's House poor 45
 - 791203 When You meet Me - Caxton Hall good 35
 - 800102 God's Love, Patkar Hall/Deities on various Chakras, Delhi
 - 800809 What are we inside - B'ham good 30
 - 800907 How to know where you are - Chelsham Road good 120
 - 800927 Lethargy, Chelsham Road good 75
 - 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
 - 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
 - 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
 - 831001 Santa Cruz interview good 45
 - 840702 Hampstead Public Programme [sound quality very poor] poor 40
 - 840731 Middlesborough PP [PP video set 4/1,2] good
 - 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
 - 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
 - 860823.2 Govinda/Gita, Lac Noir
 - 870500.2 Australia PP [PP video set 5/1] good 35
 - 871023.1 Press Conference, Xavier's Flat
 - 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Change

We have to change very much... we have to transform ourselves into a new style of thinking. It is very very important... are we depending on Him... or on our own old ways (791015); 'Changing' is the sign of life. Like a little root has got a very little, small, tiny cell at the end of it, which is very discrete, and it changes it's course according to the way it can penetrate into the Mother Earth. If there is a big boulder, it goes round and round and round to create a bondage for it later on, for the tree to stand up. Then it goes into all various areas in a proper manner, which ever way is the best... and 'Sahaj', in the same way... is a living process, and whatever works out, has to be worked out in that manner. We have to be prepared for everything in a very sweet and enjoyable manner (880103); So we must change. If you don't want to change... you'd better leave... that's the main point (810904)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

Tape References:

Date/Ref - Title - Qual - mins

-880103 Patience and sweetness - G'pule - see 871213 good 15

-791015 How Realisation... develop, Caxton Hall - see 790928 good 30

810904.1 Advice given by Shri Mataji, Brahman Court poor

810904.2 Heart of the Universe, Caxton Hall

- end -

10 Sep 2002

Channels

Sahaja Yogis are channels for the working of the Paramchaitanya, in giving Self Realisation to people, who are seeking the truth (970316), and have to be strong (800630); You are transmitters. Everywhere that you are sitting in meditation, you are transmitting vibrations - do you know that. Think of love, think of the whole country, think of the whole world at that time. You are transmitters of these waves of love, and love will flow from you (791015)

These vibrations have to flow through you... you are the channels. If you do not keep yourselves clean and humble and meek about it, it doesn't work out (800927); You do not think that you are ordinary, otherwise I would never have chosen you... but you have no recognition of yourself also... as you have no recognition of me... you have to recognise yourselves and respect yourselves. Do not respect material things - respect yourself first of all... and the matter within you (800927)

Then there are jealousies... if Mother says this is not good you feel hurt... if Mother says this is good you feel happy... that means you are still at a very subtler state of ego, where you think that whatever you say should be approved by me. That is something is very subtle we do not understand, that if Mother is not approving of it, there must be basic Divine reason... otherwise why should I not approve of it. We must know that it's all the work of God, and we are just channels in the hands of God (850310)

What is most joy giving to me... was creating Sahaja Yogis... and listening and talking to them... the way they were so sweet, and so kind and so respectful. All this helped me so much... and I must thank you for that. With your support... your help... and your understanding, I could achieve it. If I could achieve it on my own, I would never have asked for this help of yours... but you are just like my hands... just like my eyes... and I need you very much. Without you I cannot do it... it's like channelising... unless and until

Sahajvidya - Channels

you are channels, what's the use of being Adi Shakti... or anything else. If there's electrical movement, you need channels... otherwise it's a static thing. In the same way, I felt always that I needed more and more channels. So I thank you very much again (000507)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850310 Public programme - Masonic Hall, Sydney - see 850310.1 good 25
- 800630 What happening other Locas, Caxton Hall - see 800630 good 25
- 791015 How Realisation... develop, Caxton Hall - see 790928 good 30
- 800630 What is happening in other Locas/How...prove existence of God
- 800927 Lethargy - Chelsham Road good 75
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 970316 Power of Rudras and desirelessness, Delhi good 15
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

- end -

16 Sep 2002

Chastity

The practice of innocence is chastity. It is the foundation of all dharmas, and works in you as Gauri, as Kundalini, and gives you the Mariadas. The sense of chastity is completely lacking in the West. You must respect your chastity, which is the Vishnumaya power, the Gauri power, the pure virgin, and it is protected by Shri Vishnumaya. The essence of religious life, of righteous life, of Sahaja Yoga life is chastity - without a sense of chastity, you cannot have dharma; Moral chastity comes before material chastity. But whether you do money cheating in Sahaja Yoga, or you cheat morally, the result is the same - the left Vishuddhi catches... the whole problem will start from there (850901)

Chastity is the basis of all the chakras... if left Vishuddhi catches, all the left chakras become weak (850901); The hidden power of Shri Ganesha is left Vishuddhi, and is acting like chastity, through the left Vishuddhi; Is to be established not by giving bandhans, or taking vibrations from the Mother and then getting lost, but by correcting yourself morning til evening, and facing yourself, and not feeling guilty; Interest in another sex all the time is not a sign of chastity (850901); Vishnumaya will see that husband and wife... sit together (850901); In some countries, they think that chastity is only for the women, and not for men... it's very wrong... it is meant for both of them (930721)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

Chakras affected: Left Vishuddhi

Cheating

One of the sins against the Father (MME); Some people think... by their talks they can cheat you... but actually they are cheating themselves. All such people who cheat others by sweet talks, by artificial talks or by some manoeuvring... go to such a horrible state... in this Kali Yuga especially... they are cursed, and they get exposed... and people know about them that these are the greatest liars ever known. Now the times are coming when all such people will be exposed very much more than they have ever been exposed... so be careful not to think that you can cheat... in Sahaja Yoga especially you cannot cheat. Those who try to cheat, sometimes think that we can befool Mother... we can somehow or other carry on... if you sit in front of Mother, she won't know what we are up to... it's not so... I may not say... I may use my discretion not to say... I may allow you to have a long way... but be careful... do not come into my illusions... I am very elusive. When I play my illusions, you will suddenly find yourself in a very difficult situation... and then you will say 'Mother why am I in this situation' (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

MME = Meta Modern Era by Shri Mataji Nirmala Devi

Cheese

The way that cheese was discovered... there was a big snowfall and some milk had been left in a cave, and it was forgotten about. The summer came and the milk became rotten... and then more and more rotten. Then, somebody went there and found it... and so they took it and they called it cheese; In India, 'cheese' is an Urdu word which means some 'very special thing', and in music they use it for some special composition... 'cheese'. Such rotten things we are eating... and the smell... I tell you... if you take that cheese you cannot smell anything rotten... because it's all that dirty smell that you are used to (920621)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

920621 Kundalini Puja, Cabella good 55

- end -

27 Dec 2002

Child Deaths

There are so many children who die... in the bed... just like that... they don't know how they die... and people can also die like that... just in the bed. What happens... these Astral people... and the Mediums... and the Clairvoyant women... start calling the spirits... and she might get the spirit of that child who is sleeping... and then the child is dead... because the Spirit cannot find it's way... so many children die like that. All these Supraconscious activities can be very dangerous... because they are heartless... they have no feeling... the spirits on the right side have no feeling (831001)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

831001 Santa Cruz interview good 45

Childlike

Sahaja Yoga should be in the centre. There is a difference between childish and childlike... you can be innocent like a child, but you're matured... and both the things make a special dignified personality of such a person. All these things come from this Right side power, when you use it properly. Unless and until you have this established, you cannot impress other people by your behaviour. Other people, new people who come to you should see this majesty... this royalty within you... which you are enjoying as a blessing from God Almighty (810511)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

810511 Lord Jesus, Forgiveness, Caxton Hall not good

- end -

2 Apr 2003

Children

The children are produced and cared for by the wife, the shakti or power of the family, who has all the qualities of motherhood; It is important not to quarrel before the children, nor to say "I hate you", nor to chastise the children, but to give them dignity, by providing them with a 'nest' in which to grow. They depend on the mother for love and guidance. If the wife starts competing with the husband, then the children and family suffer (810328); When dealing with your children you should sit down together and discuss with each other, how we are going to improve the children, and never have 'two views'. Never support your child if he is doing wrong, and if any Sahaja Yogi says that 'this is wrong', then you should take notice of that (871230.1)

We should not hold on to our children in the presence of others, but should let them be with others; In India, parents give their children to sleep with their relatives, not with themselves. The psychology is that the child gets used to another man, or another woman... while they are innocent. So the relationship of innocence is developed, and nobody feels anything funny if somebody touches you, later on; Let the children be with other people... don't have fears... they will love you much more; Overprotected children are very dangerously placed, because they have no immunity for anything (850421); Ladies in the ashram, should not sit in one's own room with the child, but should do work (of the ashram - Ed), and let their children play with the others (850421)

It is natural to be collective... for a child to mix up with others, to talk to others... if you don't allow the child to do, then he becomes perverted... he has problems. So give them a better life, a better situation, a better education and a better discipline, because you are equipped... don't give them what 'you' had. The amount of discipline they have is coming from you... how far you are disciplined. They know that you are

Sahajvidya - Children

depending on them, that you can't exist without them... they have this idea, so they don't listen to you. But if they know that they will lose your love if they don't behave, they will be alright... they are very intelligent (850421); So, dealing with children... always make yourself an example... and part and parcel of that advice; There is one thing I tell you... they can give up everything... but not your love. If they know you love them... they will not accept anything that will make you not love... not love 'them'... this is for definite (970823.1)

The same dharma is for your children... that you bring up your children, not troubling them too much... but into a free life... let them use their wisdom. Sometimes I know, children go astray, and try to follow wrong things... then you must correct... you must tell them... it's your duty... and that correction should be in a Sahaj way (970823.1); Don't be harsh with them... you see, children should not be 'made' to do something... they themselves will start doing... after some time... when they see you doing... but don't spoil them... that's the point is - we must see the discretion about it. Encourage them to be generous... to be sharing... to be compassionate... to be kind to others. But, if they are rude, or if they are harsh, or you find they are quarrelling... then you can slap them... it's alright... yes you have to... for 5 yrs you have to do that... in case, I mean... it's not a religious duty! (880921); Children must be disciplined, and made to feel the vibrations (850421); Children must also meditate... otherwise they'll become difficult children... force them to meditate... they must meditate... if the children don't meditate they'll have troubles... they'll be very troublesome children... so try to make them meditate...alright (891203)

They should be made collective and very strong on their Mooladharas. You should be alert to the children's vibrations... try to find out what's wrong with them. For example, if you find a child that's misbehaving, don't 'go on' all the time with him -

Sahajvidya - Children

call the child once... make the child sit down, and talk to the child... that you should do like this... (850421); Cruelty to children may result in the children getting weak hearts (820711); Little children should respect their elders, calling them Auntie or Uncle... and not only by their first name (850421); The relationship must be established in childhood... like Aunty or Uncle... or even Mr - little children should never call older people by their first names... that's not done (850421)

It is Shri Ganesha who creates the child within the mother's womb... he selects the face... the colour... everything. With his magnetic power he manages to attract the right type of genes... he does all such important things for you... all the time busy... never rests... so full of joy and hard work (840902); They are special children given to you as a trust... they are not 'your' children... they are the Adi Shakti's children; So too much hugging etc. is not necessary - try this more on others' children, and less on your own (850421); All the children of the world are your children - you are the parents of all the children... you have to look after all the children (890423)

Some children have beautiful attention, and some don't have... it is not always the blame of the parents, but of course partly they are responsible. At this age if their attention is not good, at what age are they going to improve. Parents pamper them, spoil them... then the children can't have good attention (880106); Children in the West never sit quietly... they must go out and make a big noise - yet in India, the children sit so quietly (830107); In India, you find children absolutely keeping quiet... because the mother takes up responsibility to train her child. Yesterday also they were running about here... the reason is the mother doesn't take responsibility, as a mother, to see the children are properly brought up (971005); During the Mother's speech, children who make noise should not be there, or should be near the door, so they can go out (830725)

Sahajvidya - Children

Children, if they are not massaged fully, they become very restless (840902); So it is important to understand how to give all the comfort to the child, and look after the child... but don't spoil the child (840902)

There are so many very great Saints who want to be born, and the Divine Mother wants only such people to be married by Her, who will bear such good children. But we spoil our children, we ruin them... to us they become 'our' children and not the children of the Adi Shakti. Then such children stand out because they're absolutely spoiled, they are aggressive, very naughty, troublesome and possessed. You should think 'we are just here to create these children for Sahaja Yoga', and 'these are Mother's children... we are just looking after them'. Then the detachment will come. Sometimes you have to scold them, you have to put them right, you have to talk to them and tell them... 'you are Sahaja Yogis and you are great people!' (871230.1); You have to load them with dignity... load them with praises... so that they settle down (850502)

I am so very happy to see so many children here... all are beautiful Born Realised, and very sweet things... and we should really know that between ten and fifteen years, you will see the force that is coming up... and they will correct you... they'll remove all your complications. So allow them to grow... allow them to be grown up Sahaja Yogis... and you will see the difference... how sensible they are... how beautiful they are. Support them... help them... understand them (950625)

For all the parents who have children... Sahaja Yoga children have to be extremely well disciplined... your children must know how to behave themselves... they must know how to answer... how much they must talk. Do not spoil them with presents... give them presents at the right time... and tell them how they should behave... you have to discipline your children... this is your duty. No child should be allowed to answer the parents back... if they

Sahajvidya - Children

answer back, give them 2 slaps... that's allowed... teach them to be respectful... if you do not teach them, they will be disrespectful to other people... and other people will smack them, and then you won't like... but they have every right to smack if a child misbehaves (801205)

You have to tell them how to behave... sit down with them for one hour and talk to them... not in the presence of others... tell them they are like Queens and Kings... put self esteem in them, so they behave themselves. It's no use spoiling your children - here they will see something on the TV... and you get it for them - no... you must tell 'no'... what you want is not what the TV tells you... but what you need is this... and keep it. If they break the toys, and all that, tell them... 'if you are breaking toys you are not going to get it... keep it properly... arrange them'... let them organise... this is how you train. Respect is the thing - we do not respect our possessions... we just indulge into them... we throw our clothes here and there... and that's why the children, when they grow up, they have no discipline... and they throw all 'their' clothes (801205)

Another habit children must form is to get up early in the morning. The parents must get up in the morning... give them baths... get them ready... give them tea. If the children do not do that, it is because of the parents... parents must be ideal about it. So the whole responsibility of spoiling the children is with the parents... and nobody else - even the Sahaja Yogis should not spoil the children. You have to tell your children til they are 16 years of age... everything that is good, righteous, how to behave and how to live... you have to... otherwise they become vagabonds... and they think 'oh we can do whatever we like'. Of course you should never pay for children's work... if they work, they are working for themselves... it is a very bad habit to pay them for doing some work... all this training must be given to them (801205)

Sahajvidya - Children

Too much of interest in children is also not allowed... that all the time to run after the children... because once they know they are dominating you, they'll sit on your head. Gradually they will learn. You see, children are still not human beings... either you make them human beings... or you make them devils... is in your hands. You should not be unkind by any chance... but you should not be in any way dominated by them... it's not the parents who should take instructions from their children (801205)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 970823.1 Primord'I Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65
- 891203 Farewell talk - Shudy camps - see 891008 good 35
- 880106 Swimming in the sky of joy - G'pule - see 871220 good 25
- 871230.1 Marriage, Kolapur - see 871219 good 45
- 850421 Ganesha Puja, Children, B'ham - see 850408 not good 25
- 830107 Ganesha Puja - Rahuri - see 830113.1 - (5 Pujas in India) good 20
- 801205 Marriage & Collectivity, Chelsham Road poor 20
- 810328 Nabhi talk - Australia [some noises, + 15 mins Q&A] good 55
- 820711 Nabhi to Sahastrara, Derby good 90
- 830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50
- 840902 Ganesha Puja talk, Switzerland [French translation] good 55
- 850421 Mooladhara + Meditation, B'ham good 35
- 850502 Niraananda, Vienna Ashram good 60
- 880921 Speech at Ammonk Ashram, New York good 35
- 890423 Archangel Shri Hanumana - Margate good 45
- 950625 Richmond Park talk - Richmond Not good 45
- 971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

Chillies

Normally people get constipation if you don't take chillies... Indians never suffer from this disease, because they have always a little chillies in their food. A little chillies is alright... you can develop a little taste for chillies... it's alright. It cleanses you, and it has vitamin C also in it, so it's quite good for colds and things (881207); A bull if it sits anywhere, it's impossible to raise it. In India they have some very drastic measures for that... they burn some chillies, red chillies and put that smoke into the nose of the bull... otherwise you try anything, it won't rise... it will just settle itself nicely on the ground (791111)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881207 Mooladhara - Aurangabad - see 881207 good 30

791111 Meaning of Yoga, Dollis Hill good 50

881207 Why do we come to India-Dec 88/1 - India

- end -

10 Sep 2002

Choices

The so-called intellect of human beings... it cheats... it gives you escapes... all the time the intellect is working by saying.. 'oh this may be good... that may be good' ... but the real good it never sees... it's a trick of the ego you see... choices... ego likes choices you see... 'this is good... this is bad... this I don't like... this... this' - all 'I' business should be given up... 'we' should come in... not 'I'... that's how intellect will go away. The most intelligent person is the one who knows that our intellect is just an ego trip... this is the sign of Pure Intelligence... of Pure Understanding... that the heart is the ruler... there resides the Spirit which is the most intelligent thing within us... and the inspiration of the Spirit is the manifestation of the Pure Intellect of God... and what I told you today is the Intellect of the Heart... but of the brain... zero (820402); We have to enter into God's Kingdom in complete freedom - the choice is between ego and wisdom (790416)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

790416 Living work of God, Easter, Putney good 45

820402 Shri Rama's birthday - Chelsham Road good 70

- end -

19 Oct 2003

Christians

Whose Avatar is Christ, who was born into very poor circumstances, in a manger, showing that there is no need to have money or property in order to be impressive on people. Yet the Christians are those who are the most self indulgent people, slaves of 'money' and 'watches' (951224), and who will seek the best bed for themselves, or the best house, and will not tolerate any small thing, but will start shouting... so low minded (821226); Who, although Christ includes in His Lord's Prayer: 'Forgive us our trespasses, as we forgive those who trespass against us', none-the-less are full of hatred and of ego, and cannot ask for forgiveness (951224)

Who misunderstand the message of Christ, thinking that the message is of the crucifixion, while it in fact is of the resurrection (951224); Who don't want to talk about the Counsellor but about the last Kalki... just to frighten the people so they will stick on (0.0005)

Those born into the Christian Religion, think that Christ is their own, that He resides in their pockets, but on the contrary it is the other way round... He has nothing to do with them, and is against them, who have not 'lived' like Christians, and are not in the real sense people who follow Christ - "You will be calling me 'Christ, Christ' and I will not know you" (821226)

It is the Christians who have all the dead bodies in the churches. They also are interested in dead things, like clairvoyants, mediums. It is very dangerous to go near these things and may lead to cancers, epilepsy, heart attacks, accidents, financial ruin etc. (810330); In Christ's life there is nothing that could be pointed out as a sin, nothing of an ambiguous nature, but Christianity is just the opposite (871225); In Christianity... they had no place for Mary (830821)... and on top of that, in Christianity... ordination is not given to the women (830821)

Sahajvidya - Christians

It is important for Sahaja Yogis from the West to stand up... and to make your lives pure... to make yourselves pure... it is for Sahaja Yogis to bring back the glory of Christ, to bring back the dharma of Christ, to reflect the great image of Christ - who could be a better ideal than Jesus Christ (871225); We have to 'be' like Christ, and rise higher and higher into that realm which Christ has created for us, the limbic area, which is the Kingdom of God (821226)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871225 Tapasyas - Poona - see 871219 good 25

-821226 Lord Jesus - see 830113.1 - (5 Pujas from India) good 15

0.0005 Airport Talk poor

810330 Vishuddhi & Agnya, Sydney Poor 170

830821 Mother Earth, Surbiton good 50

951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75

- end -

1 Jun 2003

Christ

Who came 2000 years back, the greatest Incarnation, the Son of God, the Innocence, who came to this Earth to give the knowledge of the Eternal Life, so we might ascend. Who sits at the 'Gate' to the Limbic area... the 1000 petalled Sahastrara (790530); Who is the Spirit (810330); Who came to show that Spirit is eternal (810330); Whose name is derived from Krishna (811006); The Son of God, who was crucified (890801), the Immaculate Conception (870513); Who cannot be killed or destroyed, who never dies, who passes through death (820711); Who is nothing but Chaitanya (920419), just made of vibrations, and that is why He was resurrected, and also how He walked on the water (821226)

Christ was nothing but Pranava, this integrating power, this great power which has all the powers in it... the I ccha Shakti... the Prana Shakti... and the Dharma Shakti... all these put together... he was nothing but energy (811006); He was the only one that had no earth element in him (811006)

He was the All Pervading Power (810829); He is the 'Gate' (871225); He was Omkara (810829), the incarnation of Innocence (781115), who led such a pure, Holy and auspicious life (821226); Who was the incarnation of Tapasya, whose essence was Tapasya, and who was a sinless personality. Whose power was Omkar, was Pranava (871225); The 'Principle' and 'Support', the 'Essence' of Creation, the 'Omkara', the 'First Sound'. Who is the support of all the Universe (781218); Who resides in the Sun (820125)

Also known as Mahavishnu, and who is the incarnation of Shri Ganesha (830129); Who talked of Ascent and Resurrection (830202); The Avatara for the Christians (830202); The Son of the Trinity, God Almighty being the Father, and the Holy Ghost being the Primordial Mother (871023); Who resides at the Optic Thalamus (781218), on the Agnya, and sucks in the ego and superego - the mantra for the Agnya, the sixth chakra, is the Lord's Prayer (810926; 811006), but the Bija mantra is Hum Kshum (811006); Who was named after Shri Krishna who was the Father... and was thus called Christ, because in Indian language he is called Krista... Krishna means the one who has sown the seed (811006)

Sahajvidya - Christ

Who as the very powerful personality of the Ekadesha Rudra, allowed himself to be crucified (850408); In the brain... in front... in the centre here, is Kartikeya - Christ is in the centre itself, where the optic chiasma is - but here outside is Kartikeya, who is the protector of Christ... and around Kartikeya moves... Mahahanumana... and each is part of... the Ekadesha Rudra (810904); Who in his destroying incarnation known as Mahavishnu, or Kalki, is situated on our foreheads, and is coming for the Last Judgement, when every human being is going to be sorted out (790928)... but those who have got Realisation will enter into the Kingdom of God (811006); He has 11 destructive powers, with which He is going to come back (810926)

Who has taken the sins of human beings upon himself. He was the 'lamb' of the sacrifice. He drove the 'spirits' into the pigs, and showed that we should have nothing to do with the dead... with the 'spirits' (810330); Who controls all the 3 powers. By one power he controls the superego, the devils, the spirits... if the cross is shown, the spirits run away. He controls the ego, and he controls the dharma, by which he makes us rise (810330)

Who said "You must be born again", and... "What is flesh is born of the flesh, what is Spirit is born of the Spirit" (850510); Who said "I am the door" (820711), 'I am the Path... I am the Light' (791111); Who said "You will be calling me 'Christ, Christ' and I will not recognise you" (821226), and "Those who are not against me are with me" (820711), and who also said , 'Know Thyself' (951224), and 'Thou shalt not have adulterous eyes' (860907); Who washed the feet of His disciples (800927); Who converted the water into wine (871225) - at the time of Christ, wine was never fermented, or alcoholic, but was simply, as it still is today in some places, unfermented grape juice (810328)... alcohol is the rotten wine (871225)

Of whom Markendeya said 12-14000 years back, that he would be so humble... and that he would be the 9th among 10 Incarnations (811006); His Mother was the Mahalakshmi, the central power of sustainance, pure sustainance, pure holiness, pure innocence... such a powerful woman she was... very powerful (811006)

Sahajvidya - Christ

Who was born in Jerusalem (810330)... at 12 o'clock in the night... while... I am born 12 o'clock in the day time (971230)... into very poor circumstances, in a manger, to show that there is no need to have money or property to be impressive on people (951224); Who, when he was born, a star came up... and that's how the King Herod came to know about him... and you know the story, what happened. If you are born with any striking signs, the negativity immediately finds you out (800505); Who was not attached to material things... who never bothered with the small things of life. He lived as a carpenter's son, in a very uncomfortable place, where there were all kinds of nails, and instruments, and filled with wood, on which He slept (821226); Who, it is said went to Kashmir in India, and met King Shalivahana, and was advised by him to return and tell the people about Nirmala Tattwa, the pure principle of Life. This He did, and 3½ years later was crucified (951224); Whose public life was limited to 3½ years only (850000.1)

Christ forgave those who attacked him, but he would not have forgiven anyone who attacked the Mother (871023), the Holy Ghost, the Adi Shakti (790928); Who includes in His Lord's Prayer: 'Forgive us our trespasses, as we forgive those who trespass against us' (951224); Who was the first incarnation to declare himself, which he did as a small child in the temple after reading from the scriptures on a Sunday, saying to the multitude that he was the Advent, the Incarnation who was the Saviour (791202.1)

If you read the story of the birth of Shri Ganesha... and then you proceed on, you'll be surprised it's written that it was called as Brahmanda... means the egg of the Brahma, that came into existence... and half of it became Mahavishnu, means the Christ... and half of it remained as Shri Ganesha; If you see Christ, he always used these 2 fingers... no other Incarnation has used these 2 fingers... this is Vishuddhi, and this is Nabhi... that means he is talking of his father, who was the Nabhi King, Shri Vishnu... and his Incarnation as Shri Krishna. So he is indicating that they are my father. How clearly he does that... why not have some other Mudras, other style of holding the fingers... always... these 2 fingers... meaning my father, the one who was Vishnu, and who was Shri Krishna (000423)

Sahajvidya - Christ

Then in the life of Shri Krishna, they say Mahavishnu will be your son. All these things are not put together as I am telling you... but separately... but if you have proper understanding, you can understand the connection... that Christ was the son of Shri Vishnu and Shri Krishna... and was blessed that... 'you will be the support of the whole Universe' ... the support, the Adhara of the whole Universe. Now the one half is Shri Ganesha, who is the support in a way... it supports the Kundalini... it looks after the Kundalini... it looks after the chastity of the Mother... and the another one which is expressed is Jesus Christ, who is the support of the whole Universe... so naturally it has to be the moral basis... as he is a part and parcel of Shri Ganesha... it's the moral basis of human beings... the moral basis... will be supported... and which is missing in the lives of Christianity (000423)

Christ stood for morality... and about him also in these modern times they are saying all kinds of filthy things... they cannot understand a character which is moral... to this extent we have gone... you do whatever you like as long as you go to church and confess, then you are alright... these are the absurdities of modern religions... every religion has problems... and the worst I feel, is... when you have the support of the world as your leader... then how can you tolerate such an immoral life... such immorality... when you follow the example of Christ - he is Shri Ganesha (000423)

Now at the Agnya where Christ resides... if your eyes are impure, full of lust and greed, then you are against Christ. If your eyes are clean and pure, then only you can enjoy the love of God... otherwise you cannot... and also the love of another Sahaja Yogi or Yogini you can only enjoy in completeness if your eyes are clean... just imagine... but if you have roving eyes, and all sorts of things I don't see how you can call yourself Christians... you cannot. Those who are following Christ have to have absolutely a moral life... that's a compulsion of the inner being on you... that you enjoy your morality... and above all your clean eyes. First of all see that you have pure love in your eyes. Now pure love... cannot have lust and greed in it... these 2 things have to drop out from your mind completely (000423)

- Jai Shri Mataji -

Sahajvidya - Christ

Tape References

Date/Ref - Title - Qual - mins

- 971230 Evening before Shakti Puja, Kale good 5
- 871225 Tapasyas - Poona - see 871219 good 25
- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 850510 Becoming the Light Within, Hampstead - see 840313 good 35
- 850408 Easter Puja, Hounslow - see 850408 poor 40
- 850000.1 Mahaganেশa Puja - see 850000.1 good 10
- 821226 Lord Jesus - see 830113.1 - (5 Pujas from India) good 15
- 791202.1 Guru Puja/1, Dollis Hill [Mother's Declaration] see 791202.1 good 20
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 781115 Evolution - see 780911 good 45
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras
- 791111 Meaning of Yoga, Dollis Hill good 50
- 791202.1 Guru Puja/1&2, Dollis Hill
- 800505 Sahastrara Day, Dollis Hill Good
- 800927 Lethargy, Chelsham Road good 75
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 810904 Advice given by Shri Mataji, Brahman Court poor
- 810926 Shri Mataji in America, NY, day 3 [+PP video set 2/1,2]
- 811006 From Krishna to Christ, Houston (A New Age has started) Not good 80
- 820711 Nabhi to Sahastrara, Derby good 90
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 850000.1 Mahaganেশa Puja and other Talks - India
- 850408 Easter Puja/Ganेशa Puja, Children - Hounslow/B'ham
- 860907 Establishing Shri Ganेशa Principle, San Diego good 55
- 870513 Melbourne PP [PP video set 4/5,6] good
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 920419 Easter Puja, Magliano, Rome good 65
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
- 000423 Easter Puja, Istanbul, Turkey good 60

Circulation

The antibodies... called 'Ganas' in Sanskrit... are under the control of the sternum bone, by which they are produced, and fight off 'attacks', or diseases... are ultimately under the control of the 'Centre Heart' chakra (MME)... where til the age of twelve years, we develop our antibodies... which later on in life go into the whole body... into the 'Circulation' and fight our diseases... and... fight our emotions (790722)

It's so absurd... I just can't understand... the women... the way they dress up... I'm surprised... this is the best way to get sick. They wear such big heels... this modern generation in the West... they are going to develop such terrible diseases... their legs will become swollen up... not only varicose veins... such big heels they wear. God has created you with such care... what are you doing to yourself - little heels are alright... but to have heels of this height... this is the best way to spoil all your nerves... and circulation (.0011)

We should cover the head in winter time, so that there is no freezing of the brain... covering is to be occasional, not all the time... if it is too tight, you can get bad circulation; Also to avoid sitting in the Sun, so the brain does not get melted (830204)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

.0011 Weekend seminar in Pune, Tape 1 good 180

790722 Leeds at Jim's House poor 45

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

10 Sep 2002

Cirrhosis

Cirrhosis of the liver... a disease of the right side system (830209)... which can result from a right side imbalance of the Swadisthan chakra (840313); Diseases that may result from lethargic organs, include: cirrhosis; rashes; allergies etc (830131)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 840313 Intro Talks - Delhi and Hampstead

Chakras affected: Right Side

Cleansing

To cleanse yourself and to put yourself right is of course a very important duty of every Sahaja Yogi. You should not be identified with those problems that you have, but try to face them and cure them. It is creditable for all of you very much, that despite all the complications, and all the kinds of brain washing, all the book reading, all the so called seeking and all that nonsense that one has gone through, that you have come out of it (871213)

But you do not understand your responsibility... what you are doing... by not paying attention to your cleaning... by not paying attention to your spiritual growth, you are not helping me at all... because these vibrations do not flow out... they have to flow through you... you are the channels. If you do not keep yourselves clean and humble and meek about it, it doesn't work out (800927); How much it is necessary for you to rise above your lower self... one should understand that and not to indulge into nonsense that you are doing... you have to work hard for that... even if you have to get up in the morning, you have to get up and do it. You should understand your responsibility... that's the main point is (800927)

This is our way of life... is to keep ourselves cleansed... this is bathing ourselves. All those things which are filthy within us... take them out. All those who have to be Sahaja Yogis, and have to live in ashrams, have to soak their feet every night, and have to meditate - because your egos pass from each other... it's contamination... complete contamination... try to humble down (800907)

Some people don't do anything... and they're supposed to be Sahaja Yogis. Some people do not even soak their feet in water... do not even meditate... I do not know how they are Sahaja Yogis... I just cannot understand. Everyday you must soak your feet in water... every morning you must beat yourself with shoes... if you have the chance, you should do it... that's how you cleanse... that's a part (800907); Use water as much as you can... wash your hands 10 times... is very essential... to get your vibrations alright you must wash your hands (800927)

Sahajvidya - Cleansing

Some think that whatever we do, we are Sahaja Yogis - you do not become Sahaja Yogis at all... those who do not meditate. You see, Sahaja Yogis are to be decided by the Divine... not by you. If you are genuine, if you are simple, God knows you are alright... you will be there - if you are not, He will throw you out (800907)

Now for Sahaja Yogis as I say there should be no ritual... ritualistic things always make you absolutely dead... there should not be... like early in the morning you start with a mantra... and go on repeating mantra like a mechanical thing... it's absolutely paying no respect to the Deity. But in a proper way... whichever Deity you want to awaken... think of that Deity, try to cleanse it, with all the understanding and deliberations... with respect... with a protocol... and not just to take somebody's name and just go on chanting any mantra you feel... it's not a mechanical thing. Sahaja Yoga is a thing which has to come from the heart... it is heart felt... if you do not do it from your heart it has no meaning (810511)

You may carry on like that, but you'll find after some time you have lost your vibrations... you have lost the cool breeze... because heart doesn't like mechanical things... every day it does new things... it never sticks onto habits... it never sticks on the same routine of things... it's bubbling every day with new appearances... and so the mechanical things that you do deaden this power of Saraswati... one has to do it with complete love towards yourself and toward others... with complete esteem of your being and others (810511)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871213 Announcing the New Age, Ali Bag - see 871213 not good 20

800907 How to know where you are - Chelsham Road good 120

800927 Lethargy - Chelsham Road good 75

810511 Lord Jesus, Forgiveness, Caxton Hall not good

871213 Announcing the New Age - India 87/88

Clearing Left Side

The left side is to be cleared... through the light. Light is put before the photograph... left hand towards the photograph... right hand on the Mother Earth... so the left hand gets the light, and the light passes through, and the negativity of the left side passes through the right hand... which is on the Mother Earth... so the Mother Earth is the one who sucks in all these negative forces of the left side (880921)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

880921 Speech at Ammonk Ashram, New York good 35

- end -

24 Jun 2003

Clearing Out

You are not to use your thinking for correcting your chakras - you cannot think about it and sort it out. What you can do is put bandhans, or you can give yourself a balance... with your hands... you have to move your hands and not your brains... alright. In your hand it is flowing... whether you are catching or not catching, it is flowing from your hand... it is there... the flow from your hand is there... little bit is always there (800907)

Sahaja Yoga does not work on mental level... it works on the Spiritual level, which is much higher than the mental level. Some people still live on the mental level, and try to solve problems on that level, and that's why all these problems start coming up. If you have certain chakras catching, try to improve your chakras with the photograph... with all due respect to the photograph... it is only the photograph that is going to work it out (830121)

You can coin your own mantras, because you have some sort of an authority which you can use, and every mantra that you will say will be awakened... even if you are not yet out of your possessions, still you will work it out... still you can raise the Kundalini of others... and nothing will go wrong with the person whose Kundalini you are raising... to that purity it is (791111)

One chakra overwhelmingly not working alright in most western people is the heart... you have to purify your heart by looking at the photograph and putting all loving feelings about your Mother... understanding Her work... and putting Her into your heart... the heart has to be clean... absolutely surrendered... and we must try to put the Mother before everything else. You have to work it through your heart, and not your brain (830121)

Now we have got different mantras for different chakras... if one chakra is catching, then you work on that chakra only, and develop your mantras on that. For example, if you want to say something for your heart, first of all you must ask forgiveness from God, because your attention has not been so much as it should have been, on the Spirit. Or if you have done any mistakes, ask for forgiveness. Now you have to ask from your heart... whatever you have to say, say it from your heart (800907)

Sahajvidya - Clearing Out

When you are saying the mantra, put your attention without thought to that particular chakra... but if you are thinking, then you are again catching the heart much more. By thinking, the right side gets overactive, the ego develops... and engulfs the heart. So by 'thinking' how to correct the ego, the worse you become - then you are fighting it. So we have to give a balance... bring down your ego... with your hands. Not mentally you resolve it, but through your vibrations and mantras... mantras are very important for Sahaja Yogis; For ego you say 'Mother you are our ego... we don't do anything... you do everything' - if you say like that, it will work out... otherwise it will not; Be humble... be humble in your heart. What you have to surrender is your ego... means your thinking; If you are thinking, open your eyes, and say 'I forgive, I forgive'... even if you take my name, it's sufficient (800907)

Now when you are facing the photograph, just to check up yourself, humble down yourself first of all, like a person who wants to perfect himself... and try to find out what is wrong with you. Humble down means to bring down your attention to your heart... don't think. Now see what chakras are catching... you need not judge 'why' you are catching... that's not important for us. It is catching... alright... so you don't go on a trip of thinking; Once you start 'thinking', then there's a barrier between the Spirit and you - in any art or in any deftness, that's how the creativity, the spontaneity is finished... by thinking. So do everything in silence... in thoughtless awareness... that's the main point. Try at least to see my face without thinking... my face itself makes you thoughtless... on the photograph you can watch my face without thinking... and it will work out. Silence your mind (800907)

Then in meditation, you should say 'Mother, make me the Spirit'... 'I am the Spirit... Mother I am the Spirit'... you start seeing through the eyes of the Spirit everything... then you do not feel bad... you laugh at yourself... make fun of yourself... you enjoy yourself... joke with yourself... and the whole thing becomes a joke. In the privacy of your rooms you can do all these things, you can work it out. If you have to rub or to massage, you can use oil, or even powder... to reduce the friction. You can use lemons, water, light, ether (Akasha), the sea... all these things you can use to cleanse yourself (800907)

Sahajvidya - Clearing Out

Once you start facing yourself through the Spirit, you won't be so frightened... and you will be amazed that really you are beautiful and all these things will drop out. The best way to be with your Spirit is to forgive, because then your thoughts will go away. The less you think, the faster you move with your Realisation... do not argue it out... just try to become... you have to become; Don't think... then the inspiration will come to you from within, and when the inspiration will be coming, then you'll find that it will be very different, it will be very beautiful (800907)

Diarrhoea and also vomiting... it's clearing out... that's good for you. It's the drugs and bad Gurus that spoil the void, and when you come to Sahaja Yoga, it comes out in this way... let it be. After Puja if it is happening, it is very good... it should happen after Puja (881221); Ajwain dhuni is a very good thing... it just clears you out completely (881221); If you see the bhoots sitting there, just get rid of them. It is very simple... just tell them 'in the name of Shri Mataji get out'(Sic)... alright. But when you say that 'in the name', what is the strength of your faith in that name (800518)

Some of the things are sucked by the Mother Earth... some are sucked by the flame... can be the flame... can be the fire... the Sun also sucks in... the sky also... depends on what centres you have in problem... on what problems you have... alright. But on the whole, the Mother Earth is the most gracious thing... she helps the maximum I think (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

-830121 How to proceed - Vaitarna - see 830104.1 - side B good 35

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

791111 Meaning of Yoga - Dollis Hill good 50

800518 Old Arlesford, Winchester - part 3 (The Real Becoming) good 30

800907 How to know where you are - Chelsham Road good 120

Clearing Right Side

If you find that your right side is hot, what you do is put your right side towards the photograph, and your left side up towards the ether... the ether takes away the heat. But what actually happens is that your right side gets the vibrations, and the heat is pushed towards your left and passes out into the ether. Now this heat comes from too much futuristic living... and this heat has to go away. For that, there are various things we have to use, but mainly for right sided people, they should not use any light at all... they should not sit in the Sun... but should sit in the moonlight. They should read some poetry... and should tie up their watches, and not look at time... and they should allow time to pass. And should just become very sort of emotional people... and should sing songs of bhakti. They should not do Hatha Yoga - there are many things they should not do (880921)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

880921 Speech at Ammonk Ashram, New York good 35

- end -

24 Apr 2003

Coconut

Is like the head in structure, consisting of hair on the outside, with, as we progress inwards, a hard nut layer, a black covering, then the white shell of coconut, and then the space containing the water or liquid. Also called Shriphala, meaning the fruit of the power that is 'Shri', i.e. of the right side power (830204); The Coconut trees around the sea all bend towards the sea, because the sea has given them that speciality. All have that respect, that humility towards the sea (850901)

Take a coconut... put it the other way round... you won't get vibrations... if you put it this way, the coconut coming up, you will get more vibrations. There are certain coconuts who give very good vibrations... and some give horrible ones (800721)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

800721 Auspiciousness - Caxton Hall good

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

- end -

17 Jun 2003

Coffee

Coffee just stops diarrhoea, but it's not very sensible to give a shock to your system... coffee is not a curative, it just stops diarrhoea... (881221); Dahi... used in the night, won't be good... in the morning is alright... But buttermilk is better than Dahi... it's much more soothing... there's nothing like it (for diarrhoea - Ed); There is also something called 'Electrol' that you can get (in India - Ed) (881221)

Now, heat and cold... for example - to take coffee, and then take water is absolutely wrong. Water if you take, then gradually heat it up... and take coffee last... and then don't take water til you have taken some carbohydrates. I mean this is what it is... is the heat and the cold... the combination of the heat and the cold should be understood (.0011); Supposing you have taken coffee... then after that you cannot take anything cold; So if you're taking ice cream... first take the ice cream, then take a biscuit, then take some water, then take a biscuit, and then... you can take something hot. Now supposing you are taking something hot, and you have to take water also, then take 3 biscuits (881221; 0.0011)

In England they eat so much of cold foods that I am amazed... the amount of ice western people eat, we can't understand. Indiscriminately they'll take ice cream... and after that they'll take coffee... or after coffee they'll take ice cream... before eating ice they'll have hot... that's the worst of all. Food also we should not eat immediately from the oven, sizzling... sizzling food you should not eat. I don't know why such devilish ideas are coming - let your juices flow out to digest it... and then eat it... otherwise you'll burn your tongue... your palate... burn everything. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot (0.0011)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

.0011 Weekend seminar in Pune, Tape 1 good 180

980706 Holland Park School, London 1998 good

Colds

The cold is a disease (also hay fever)... of London and England, due to less resistance... no immunity, because of lack of calcium within us. If proper care is taken in childhood, with adequate vitamins A and D, with massaging with cod liver oil or olive oil, and with proper sunning, then we would get colds less. It is a Vishuddhi problem (800517.2); A little chillies is alright... you can develop a little taste for chillies... it's alright. It cleanses you, and it has vitamin C also in it, so it's quite good for colds and things (881207)

The Hamsa chakra is a very material thing... and has to be worked on, on a material level only... and is where you get troubles like sinus, colds and coughs, and all that... and can result from the drying up of the nose... because of the use of central heating. Now... what you are doing actually... is to neglect certain laws of nature... like...in London, or anywhere... it's all heated up inside the rooms... too much it is... it's very dry... we all know that in England we have to have a humidifier isn't it. Just leave some water or something, or fill a tub in the bath and keep it open... so there is humidity in the room (.0011)

Coughing... may be due to drying epithelial cells of the throat - ghee may be used to correct this, by putting a few drops onto hot water or milk, and taking it - it will spread over the epithelial cells. The ghee can be kept in a small bottle, which may be heated in hot water prior to use (870408); May also be due to negativity which can move arbitrarily, and can be cured by... gargling... or by the Mantra "Allah ho Akbar" said 16 times... by dhuni... and by care with some foods (830113.2); Also...you are not used to the dust, and that's another reason you get coughing. When you come out of the processions (in India - Ed) you just gargle with a little warm water, or even ordinary water, so the dust will come out (881221)

Sahajvidya - Colds

Coughs and colds are a left side problem and indicate emotional problems... in girls, crying, whilst in men coughing or sneezing for no reason at all - coughing and sneezing to show our pitiable condition. To cure the cold, look into your emotional life. If there is too much attachment to mother or father, and if they misbehave, or do something so that the child feels hurt, then he may get colds. Any attachment that makes you foolish, or hankering after someone, creates similar troubles, especially with the 'Romeos'. It can be corrected by getting proper understanding, that we are just trustees of our children, that we should be detached, and not get these romantic feelings. On the other side, if we move to the right side more, we get dry feelings, a dry throat - we cannot speak (800517.2)

Flowing colds, characterised by sneezing, running nose, and hay fever are due to the liver producing heat (870408); The liver gives heat, whilst the cooling is done by Vishuddhi (830202); Sneezing is nothing but the right Vishuddhi opening out (790609.3); Those who have got flowing colds must know that they are liver patients... they should put some ice on their livers. Also they should put their left hand on their liver, and their right hand toward the photograph, and in the water, salt... it's a right side... those who are sneezing, or feeling hay fever, or flowing of cold... just try to treat your liver and you'll be alright (871224)

Because of Vishuddhi there are so many problems... like Angina, Spondylitis... sometimes people lose their voices completely... sometimes they have all the time coughing. Above all is the centre of discrimination, which only comes when you are free people. Til you are biased... til you have your own concepts, you cannot be discrete... and that's the one point where one must understand that to achieve your complete freedom, you have to get your Vishuddhi chakra cleared out. First and foremost is you must speak in a sweet manner, not artificially, but sweetly... speak in a manner that another person likes it... Satyam Vade... Priyam Vade... speak the truth... don't tell the lies (860823)

Sahajvidya - Colds

It is important to wear a vest under the shirt, especially in warm weather, to prevent catching colds, particularly after perspiring (780619); Radha Krishna... is the mantra for the Vishuddhi... and is for where there are... problems of ears, nose and throat... or where you get bad colds... or where you get your attention diverted (850502)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 871224 We are here for our ascent - Poona - see 871213 good 30
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 780619.2 Working out session - see 780619 not good 0
- 780619.1 Yoga Kshema, Western problems, Caxton Hall - see 780619 good 40
- 780619 Difference between East and West - Caxton Hall
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a Sahaja Yogi) good 90
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 850502 Niraananda, Vienna Ashram good 60
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 881207 Why do we come to India-Dec 88/1 - India

Chakras affected: Vishuddhi; Hamsa; Emotions; Liver

- end -

10 Sep 2002

Collective Consciousness

That new awareness that arises once the Kundalini has awakened, and the whole central nervous system is enlightened, and which allows us to feel what is happening to the chakras of ourselves and of others (840702); Collectively enlightened awareness (830129); When we can cure others... are connected to others (790616); You become collectively conscious... that means, in your central nervous system, you start feeling others in yourself... it's a becoming (821007)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-821007 Truth is to be achieved, Bedford - see 821007(Video) Good

790616 Dr Johnson House, Birmingham not good 55

830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70

840702 Hampstead Public Programme [sound quality very poor] poor 40

- end -

27 Mar 2003

Collective Subconscious

The area on the far left of our being, containing all that is dead since our creation... whatever has gone out of our evolutionary process... all those big big animals... all are there within us... and also from which proteins 58/56 invade our being, causing cancer (811005; 831001); Which is a very dangerous zone. If you go to a guru who practices the left side, or take to clairvoyance, i.e. to someone who uses dead spirits, then you can get all sorts of diseases including cancer (830302)

When you enter into the Collective Subconscious... any one of these spirits... these busy bodies... can catch hold of you... and once they catch hold of you, you are liable for any of these diseases. Especially, I have seen... if there's a possessed person of course... they become mad... they get epilepsy... all these are possessed people. Epilepsy can be cured... all such mental problems, depression... can be cured... it's not difficult at all... but one must know that if you are possessed, you must really work it out... and see to it that it goes away from you... and you become your Self. Multiple Sclerosis... a disease of the left side... so far I have seen three cases in England, which have been cured by Sahaja Yoga... and all of them had either the wife or husband possessed (821008)

These dead spirits... they can enter into your being... and they are the ones who give you this power of dowsing... you see that you start knowing there is water... because there are some spirits in you which can do it, you see. ESP and all those things, come from the same source. There could also be some on the right hand side... the Supraconscious ones, which are very aggressive - Hitler used them. He is the one who used these Supraconscious people... these very aggressive people... and enticed the poor German people and made them so aggressive (821008)

Sahajvidya - Collective Subconscious

These two areas... the Collective Subconscious, and the Collective Supraconscious... are to be avoided. For example... if you see some Gods and Goddesses around me, that is not good... because you are seeing the left side, the past. What you have to be is in the centre... in the present. So all these things come to you from some busy bodies... that they enter into your being... even these people who cure... these Spiritualists... that's very dangerous. All these are taking you to a realm which is not your own... it is somebody else who is acting. Even a thing like acupuncture can be very dangerous... because acupuncture uses whatever energy is within you, of the sympathetics - this is the energy... which is all the time flowing, when you get connected to the mains... all the time it's flowing within you (821008)

So there are three areas, which are very dangerous... where we should not enter into... the Supraconscious... the Subconscious... and down below... is the Hell (831001)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

811005 Beauty that you are - Houston good 70

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

831001 Santa Cruz interview good 45

- end -

20 May 2003

Collective Supraconscious

That area on the far right of our being (870512), from where one can get possessed by ambitious spirits, e.g. Gauguin (811005); There could be some... some of these busy bodies... these dead spirits which can catch hold of you... and can enter into your being... on the right hand side... the Supraconscious ones, which are very aggressive - Hitler used them. He is the one who used these Supraconscious people... these very aggressive people... and enticed the poor German people and made them so aggressive (821008)

These two areas... the Collective Subconscious, and the Collective Supraconscious... are to be avoided. For example... somebody sees auras around me... I would say he should not... it's not proper... because then you are on the right side... but if you see some Gods and Goddesses around me, that also is not good... because you are seeing the left side, the past. What you have to be is in the centre... in the present. So all these things come to you from some busy bodies... that they enter into your being... even these people who cure... these Spiritualists... that's very dangerous. All these are taking you to a realm which is not your own... it is somebody else who is acting. Even a thing like acupuncture can be very dangerous... because acupuncture uses whatever energy is within you, of the sympathetics - this is the energy... which is all the time flowing, when you get connected to the mains... all the time it's flowing within you (821008)

So there are three areas, which are very dangerous... where we should not enter into... the Supraconscious... the Subconscious... and down below... is the Hell (831001)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-870512 Public Programme - Melbourne (+Q&A 35 mins) see 870512 good 35

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

811005 Beauty that you are - Houston good 70

831001 Santa Cruz interview good 45

870512 Public programme, Melbourne/Mothers Day Picnic

Collectivity

It is necessary to meet collectively every day to avoid problems... only in collectivity maturity starts - it is a living process. If we are not collective, we will disappear one day. It is like a tree, where everything belonging to that tree grows - if a leaf separates off, it dies - we have to stick onto the tree. In winter, leaves fall, because a little bark forms a barrier in between, and they fall off. The same thing happens in Sahaja Yoga, when we do not accept the principles of Sahaja Yoga - we put a barrier. So we have to open ourselves up to suck the sap - give up the ego and superego, our conditionings, and ideas of before... and so we surrender. This does not help the tree, but it helps you. Pure intelligence gives you that sense, to do this. Then all the blessings start to come (871016); We must come to the Collective, otherwise there is the possibility of getting lost (900811.2)

Today is the day to make a big determination... that you will start enjoying your collective spirit... which was opened on 5th May 1970... everything for the collectivity... then the enjoyment will be maximum... you will never feel that you have sacrificed anything. But still you are more identified with your own enjoyments... and your own ideas of enjoyment... you still do not enjoy that collective spirit... you still like... in companionship... in company with each other... you enjoy it more like people who are not in Sahaja Yoga... very low grade... just want to take advantage... and have a nice time... and all that... that type of people are not going to make much mark for us. You all must be connected to God individually... so that you are all connected among yourselves (800505)

The best way to strengthen yourself is... to be together as Sahaja Yogis... you must attend the programs, when there is a collective Aarti... or Puja... or Meditation. When you collect together... something happens to you... if you sit at home, and do something... nothing works out much. Anywhere when there are people sitting together in meditation, Sahaja Yoga itself manifests... because it is a collective phenomena. There is a mathematics about it... and Sahaja Yoga works out after actually there are more than seven people (770126.1)

Sahajvidya - Collectivity

You have to be the whole, you have to be in the centre. Tell your mind 'be humble'... and all this relativity will go away, that you have to be unique, that you are some higher soul or something - all that is nonsense. Try to keep to the centripetal force, where you are in the centre... moving along in the centre. But, there is also a centrifugal force acting, and once you try to go to anything extraordinary, try to do something better, or something exceptional and try to show off, or in any way you try to come out from the whole, then you just go like a tangent, and in such a big way that you are amazed how you are left out... and such people go out of circulation (800907); Not to be collective, itself is a negativity (890617.1)

Now, in 'collectivity', the Krishna Principle plus the principle of Guru are mixed. So, when he becomes the Guru, then collectivity starts... when the principles of these two get integrated, then the collectivity starts... and as a result of that you get Discretion. Now Shri Krishna is very fond of butter... so to improve the discretion part... we take vibrated ghee or butter, which is heated up... and put it in the nose. But before that we gargle... with salt... which represents the Guru principle (850502)

Collectivity is not to 'force' people to come to Sahaja Yoga... once they come to Sahaja Yoga they will know the joy of life... and you don't have to tell them anything... nothing has to be told... just... silently it will work... and they will feel your love... you see love is something so great... it not only helps others... it also helps you (970823.1); Collectivity is the beginning of Sahaja Yoga - Sahaja Yoga is not meant for individuals (801116); If there is a problem in one part, or in one individual, then there is a problem for the whole, for the collectivity. If there is a problem for the collectivity, for the whole, then it will reflect on you (890611); When collectivity is disturbed, the centres that catch are Vishuddhi and Sahastrara, and if it goes beyond a certain level, then you catch on the heart, and if Agnya, left or right join in, then you develop Ekadesha Rudra (801116); The greatest law of Sahaja Yoga is that it is a collective happening (880103)

Sahajvidya - Collectivity

Collectivity is the work of Adi Shakti only, because it exists at Sahastrara. If we cannot be collective, or enjoy collectivity, then there is something wrong with us. Avoid criticising each other (900923); We are cells in the Mother's body - Mother has awakened us. If we are sick, then Mother is sick... in the sense that She liberates more vibrations and She feels sick with that, if we cannot take those vibrations - 'when you take vibrations I feel very happy' (801116)

We have to be in the collective... at the slightest provocation, people become non-collective... if they cannot have rapport with other Sahaja Yogis... cannot talk to other Sahaja Yogis... cannot live with other Sahaja Yogis... then there is something wrong with them... they must understand that there's something wrong with them, and nothing wrong with others. I know of a Sahaja Yogi who came and told me that... 'Mother they are very unkind to me... they are very suspicious of me... they do this and do that'... nothing of the kind... it was his own mind that was working like that, and giving him ideas against other Sahaja Yogis. So, never criticise your brothers and sisters... if you have to criticise, criticise yourself. Best is to criticise yourself, and see for yourself what's wrong with you that you cannot fit into the collective (860818)

The tongue is first of all... for saying things which are sweet and beautiful... let us find out what sweet things we are going to say to people... not expressing 'our' views, like 'I like it... I like that' or 'I want that', but on the contrary... 'do you like this'... 'would you enjoy this'... so the language should be directed towards others... showing interest and concern. The voice Should be melodious, and the language should be controlled. If we can control our tongue, 80% of collectivity we will achieve (850502)

Sahajvidya - Collectivity

Collectivity will make you grow... if we try to separate off, then we may drop off; Our house may be separate, but each house must be for all Sahaja Yogis - any visiting Sahaja Yogi must feel that he is the owner of that house (871024); Nobody should arbitrarily decide, but should consult the collective, especially the leader to find out if whatever you have thought of is alright. One may commit lots of mistakes, if you start behaving arbitrarily (880103); The Spirit is the collective being, is absolutely one with the collective (801116)

You have to understand... how the collective phenomenon works out. If there is a Realised Soul... then he is surrounded by... two or three... Divine (word unclear)... but in certain cases, when there is a Realised Soul, and he is not yet say, that good... say for example if he smokes... then there could be only one, following such a man... mostly there's at least minimum of one. So every Realised Soul has got some people with him. But... if somebody... for a short time... does something... mad... actually very bad... then all of them might depart for the time being... but they again come back... to him. Now when such a man is struggling to have an experience... if there is another positive person... a very positive person comes in... and he may be having more people with him... so he may be able to spare some of his people... to prop up this man. Those people who just innocently commit mistakes, or something like that... and they are very active in Sahaja Yoga, and are good people - and they may also find it difficult, hard sometimes to overcome their habits - so they must know at that time, that if they go to another Sahaja Yogi, who does not have this particular habit... say, of... taking the snuff... then the other person's guides, who are hovering on him, can help this man... much more so than the another man, who is about to take a snuff - and if you go next to him... and his have already departed... then they take away all the three that you had. But... they do not enter into your psyche... but... they bring about a cosmic change around (770126.1)

Sahajvidya - Collectivity

But supposing a person is suffering from bhoota-baddha... or he has been to some gurus... so the guru will also fix some entities with that fellow... into his psyche. Now when this one is trying to do something bad... then he will be supported by another... bhoota-walla... the fraternity works very fast... there will be no freedom in him... he will just go like a magnet... he will be attracted towards that person who has a bhoota-baddha immediately... and he'll become weak (770126.1)

Now what is the difference... the difference is very great... in the first case... you have to choose to be in the company of a Sahaja Yogi who does not have these habits... for example a hot tempered fellow... when he gets into hot temper... can think of somebody who is very silent by temperament... or, a man who is... so silent that he... can't say anything... though he is mad about it... when his Mother is insulted... then, if he thinks of someone who would not tolerate this stuff... then immediately he will get the power (770126.1)

But you find that so many Sahaja Yogis get attracted to negativity just like that... they don't know how they get interested into that - but to positivity... they have to exert themselves. That's why I tell people... do not keep combination with people who have the same weakness... but you will find always, friendship is there - say there are two Sahaja Yogis who talk ill of Sahaja Yoga, morning til evening... finding faults with Sahaja Yoga... they will combine together... they make good company you see. It is better to have diverse company, so that you supplement each other better... than to be attracted towards people who are of the same nature. Like somebody who is a show-off... you see he must say something to show off all the time... now another show-off should run away from him... he should sit with a person who is a shy person - this is very different style from that of the negative people... because in negativity, two negatives must join together... nicely... to become real negative. But in Sahaja Yoga, two opposites must meet... to be good Sahaja Yogis - but this must be done in complete freedom... in complete understanding (770126.1)

Sahajvidya - Collectivity

What is the knack, then of being a good Sahaja Yogi... in one word, that you can understand... one small thing... is to be responsible... if you are a responsible Sahaja Yogi... you will find your own way... if you are not, you will go to doom... because if you are responsible... then only God is going to give you more (770126.1)

Now the collectivity part of it is very important... anybody who cannot be collective is not yet a Sahaja Yogi... collective in the sense that anybody who cannot live with other Sahaja Yogis... who tries to find fault with someone all the time... who wants to run away, with his wife or with her husband... and stay somewhere else... who wants to get out... is not a person who is collective. You have to be collective... and to be collective means... at every collective program you should be there... you should always meet collectively... meditate collectively... and find ways and methods of being collective (860823)

There are so many evil forces which are all the time trying to attack collectivity... first they will attack the leaders... then they have their sly methods... of going around and talking something here and there... in the ears... to create some sort of a politics. All such people will be thrown out of Sahaja Yoga... as there is a centrifugal and a centripetal force... both acting equal and opposite. Anybody who goes against collectivity... who sticks to their bhoots... to their negativity... will have to get out of Sahaja Yoga (860823)

It is to be remembered that to be collective, is to be joyous... is to be progressive... to be going further. You have got your Realisation... remember this... now you have entered into the Kingdom of God... into the Kingdom of Virat... where you are part and parcel of a Collective Being... you are not alone... you cannot be singled out... you cannot separate yourself... you have become part and parcel of that collectivity... and that Virat is going to look after you... going to nourish you... going to do everything that is necessary for your spiritual, physical, mental, emotional, even financial development. But if you try to cut it short... if you try to block the collectivity... or try to make problems for, or even if you try just to

Sahajvidya - Collectivity

get out of the collectivity... then that is not our work. This is to be understood fully, in every way possible... you should know that collectivity is not only for your advancement... not only for your development... not only for 'your' achievements... it's the achievement of the whole humanity... the purpose of your creation is fulfilled by that (860823)

Those people who live in the ashrams are better off always than the people who live alone... always... they will always have better results than the people who live alone. Maybe they live alone because they want to have a little private life... but their privacy is not going to help them at all... the more you live together... reside together... enjoy together... there will be greater chances of your advancement... the more you will try to make yourself private... or try to get out of it... whatever explanation you may give... God understands very well... and there's a big problem for you. You should enjoy more the company of Sahaja Yogis, than your own private company in the dingy room of yours. That is one thing you can judge yourself... the judgement is your own (860823)

- Jai Shri Mataji -

Sahajvidya - Collectivity

Tape References:

Date/Ref - Title - Qual - mins

- 970823.1 Primord'I Taboos, S Dharma, Krishna Puja, Cabella. see 970823 good 65
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 880103 Patience and sweetness - G'pule - see 871213 good 15
- 871024 Light of Love, Diwali - see 871024 good 25
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 860818 Raksha Bandhan - Hampstead - see 860823.1 good 20
- 770126.1 Bordi Attention - see 770126.1 poor 40
- 800505 Sahastrara Day, Dollis Hill Good
- 800907 How to know where you are - Chelsham Road good 120
- 801116 New Age - Plaw Hatch Seminar good 70
- 850502 Niraananda, Vienna Ashram good 60
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita - Lac Noir
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 871024 Light of love, Diwali/Press Interview, Milan
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 890617.1 Mahakali Puja, Vancouver / Vancouver Public Program good 15
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- 900923 Navaratri Puja - Geneva, Switzerland good 75

Comfort

Comfort enslaves (830131); Comfort has ruined you... you must understand - these are terrible conditionings. You must try to be a little uncomfortable. This conditioning has to be reduced as much as possible (821231); With right sided people, the brain is so wobbly... that you just can't bear any discomfort... a slight discomfort in the body makes you very very upset (0.0011); We don't worry about physical comforts, but about Spiritual comforts (960505); The so-called comforts are nothing but the enslavement of your Spirit... get out of it... it's a nonsense (830104)

When your attention is on the Spirit, then you don't feel the discomfort of nature, or of worldly things; That is the first sign... when a Sahaja Yogi starts complaining about comforts, that is the first sign that he is not a Sahaja Yogi as yet (861225)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-861225 Pawana Dam - see 861221 good 10

-830104 Stop Complaining - see 830104.1 good 35

-821231 Ganesha Puja - Kolapur - see 830113.1 - (5 Pujas in India) good 10

0.0011 Weekend seminar in Pune, Tape 1 good 180

830104.1 Stop Complaining/How to Proceed - Sholapur/Vaitarna - xxx

830104.2 Address to the Sholapur IMA - Sholapur good 35

830131 Nabhi Chakra, Delhi good 80

960505 We must feel responsible, Sahastrara, Cabella good 55

- end -

17 Jun 2003

Compassion

The Kundalini is nourished by pure love and compassion, and by avoiding involvement into any relationships (920621); She is your Mother, the source of all love and compassion... full of kindness, and forgives all you have done (790616); The Kundalini of Sahaja Yogis is made of love, pure love. The pure love has only pure desire... is to love... love everyone equally (920621)

What we often think of as compassion is actually nothing but sympathy, and gets us nowhere (850408); Sympathy will only bring you in trouble; When... your attention is active, and acts... with no involvement... then that... is compassion. You have to cleanse your attention for that... and have attention that is silent, witnessing, not involved, but is dynamic - it works. So 'concern' is the point (870408); It should be benevolent... for one's Hita (860305); Compassion is Joy giving; The Spirit is the ocean of compassion - open your heart to others (821101)

If you are having compassion for others... then you don't catch - you catch because you don't have compassion - a mother never gets a disease from her child... she'll never get a disease from her child... it's a fact. In the same way... when you really 'love'... you'll never catch anything (0.0011)

Do not show compassion to the bad people. You must know that those who are good are good, and those who are not are horrid... because they are basically horrid... they are evil... they are evil geniuses. We should not be sympathetic towards them at all... those who are evil are evil. They are anti God, anti Christ... they are our enemies... we have nothing to do with them. We must discriminate between good and bad... if you cannot do that, then you will be in trouble (871220)

- Jai Shri Mataji -

Sahajvidya - Compassion

Tape References

Date/Ref - Title - Qual - mins

- 871220 Attention on Quality, Rahuri - see 871220 good 20
- 860305 Wimbledon Address - see 860305 good 45
- 850408 Easter Puja, Hounslow - see 850408 poor 40
- 790616 Dr Johnson House, Birmingham not good 55
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 850408 Easter Puja/Ganesha Puja, Children - Hounslow/B'ham
- 860305 Wimbledon address/Brompton Square
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 871220 Attention on quality - India 87/88
- 920621 Kundalini Puja, Cabella good 55

Competition

They have competition of ego... lots of competitions... like beauty competitions... this... that... all these things actually give the person ego... and others also run after... they think... I should be like that... so it's very deadening. In the heart of hearts we like humble people... and if we want others to like us, we should be also very humble (001225); In India... many sensible people opposed a beauty competition there... because it's like selling your body, and making money. If you get money by selling your body... it's prostitution... you are not supposed to sell your body... but, you should dress up well - so one has to have respect for the body (971005)

Competition and jealousy should be brought round... there should be competition between... the one that you 'were'... and what you 'are'... your 'present' should go faster, and faster... leaving this 'past' behind as much as you can. There should be no competition between Sahaja Yogis in acquisition... or in shouting, screaming and being harsh to others... let us have competition in compassion, in mildness, in sweetness, in beautiful behaviour... who is more cultured... more gentlemanly... who is deeper. The competition between women and men must be stopped... women must have their own place... and men must have their own place. So the competition should end in sharing (830321)

We have to compete in getting up earlier, in finishing our bath earlier, in putting everything neatly. All of you should put everything neatly... be smart, be quick. Then you should not pay attention to nonsensical things, but try to put your attention while walking or anywhere, on the Mother Earth. If there are thoughts coming, just you see that you stop the thoughts... and you can't afford to have wobbly eyes in Sahaja Yoga... that's very wrong. If that happens, try to put down your eyes, because these eyes cannot allow your Kundalini to rise (871224)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871224 We are here for our ascent - Poona - see 871213 good 30

830321 Overcoming the 6 enemies, Ma's 60th B'day Puja, Sydney good 50

971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

Complimentary

Men and women are complimentary; Like the left hand must have also the right hand... it's like that... it's all one sum total together. But if you see... how... complimentary powers work... like left side is complimentary to the right side... but they cannot be the same... they have to be opposite... otherwise how are they complimentary. So one should respect the wives... and the wives should respect the husbands... because they are complimentary (950625)

It is better to have diverse company, so that you supplement each other better... than to be attracted towards people who are of the same nature. Like somebody who is a show-off... you see he must say something to show off all the time... now another show-off should run away from him... he should sit with a person who is a shy person - this is very different style from that of the negative people... because in negativity, two negatives must join together... nicely... to become real negative. But in Sahaja Yoga, two opposites must meet... to be good Sahaja Yogis - but this must be done in complete freedom... in complete understanding (770126.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-770126.1 Bordin Attention - see 770126.1 poor 40

950625 Richmond Park talk, Richmond Not good 45

Compromise

To remove a bhoot without getting it into yourself, firstly of course, put yourself into bandhan. Then there are different ways according to the different bhoots. When dealing with someone who is possessed, you should take an aggressive stance, take a higher position, go with great force on that person. There should be no compromise. Tell him to "Sit Down...!" Then ask questions to ascertain the nature of the problem. After putting yourself in bandhan, ask if he has gone to any guru... find out which one. Ask if he still 'believes' in that guru. If he does, do not say 'sorry', but say 'we cannot help you, go away'. But if he says 'yes I have a problem, I am in trouble, I am possessed etc.', then you can continue, by asking the name of his guru, what is his mantra, how many years he has been with his guru etc.... then you will know what is the mantra to use (800517.2)

There's nothing to be frightened... of... anyone. Because someone is going to say some harsh words, that's why you don't want to do something - such compromising people. There is no compromise in Sahaja Yoga (830723.3); In Sahaja Yoga, we respect the leaders - though they may not be perfect. They must know how to correct others, because sometimes we need it, and we accept that, because we want our ascent. Leaders should be kind, compassionate and good, but not to compromise with nonsense and laziness; The first thing that we get into in Sahaja Yoga is laziness - do not compromise with laziness (871016)

There are all kinds of things that you have got from your past... and you must try to get out of it... otherwise you cannot rise high. A person who is not innocent, cannot worship Shri Ganesha... those who are not innocent, play 'games', try tricks, gossip, indulge in filth... he cuts them out. Innocence is a very sharp thing... it does not have any compromise... which you can see in the life of Christ. With his trunk, Ganesha throws people out... he sees for a while, and if people remain still half baked, they are thrown out of Sahaja Yoga. Innocence gives you complete sincerity, and Ganesha is the judge... and he is the one who throws you out on the

Sahajvidya - Compromise

periphery... like a tangent you get out of Sahaja Yoga... and then you go down and down and down... and you may develop horrible diseases of the Mooladhara chakra (840902); Half-baked... those who compromise with the Devil, and speak of God (820711)

Shiva tolerates a lot of nonsense, because he is fond of forgiving... and Vishnu tries to play, or to punish, or to kill... but Ganesh Tattwa has no compromise of any kind, and when Christ is going to come in the Ekadesha form... there will be no compromise, no Mataji, no crying, no argument, nothing... Shri Ganesha himself will throw people into Hell... so be careful on that (840902)

Kalki is devoid of any compassion. There are 11 Rudras, 11 destructive, destroying powers absolutely settled in him... which are guarding the beauty of Sahaja Yoga. Anybody who tries to play around with Sahaja Yoga is harmed very badly. Don't try to trouble anybody who is a Saintly person, a good person... nor to play tricks with the Divine... because Kalki is already on! Be careful about it because once this power comes on you, you will not know how to hide yourself. Not only to Sahaja Yogis, but this I am telling to the whole world today - be careful... don't take it easy, and do not compromise with nonsensical people - stick onto the 'Right'. The day is very near when Kalki is going to come. Be careful. Do not try to harm others, or take advantage of others, and do not show off your own powers, because once this destruction will start in your life, you won't know how to stop it (790928)

The Kundalini is the one that thinks... the one that understands... the one that loves you, and knows each and everything about you in this life and the life before. She is absolute dharma, absolute righteousness, absolute purity... the ideal-most personality that you could think of, which doesn't tolerate any nonsense, falsehood, or untruth. She's Nirmala... She's pure - purity personified. She doesn't accept any compromise... and She is within you... see how beautiful you are. She is not afraid of anyone... cannot be enticed, enchanted or tempted by anything... and She loves, but Her love is that pure... that nothing is higher

Sahajvidya - Compromise

for Her than Her own love. She never reconciles to anything, and She is the one who gives you your Self Realisation. So we have to find out methods of pleasing Her... what makes Her so unhappy... why doesn't She want to rise... we have to find out the means and methods (791111)

So it is essential that you take up Sahaja Yoga in the most dedicated manner, and give up all these things that make you compromise, and make you a horribly mixed up person. Only Sahaja Yoga is going to cleanse you, and make you an absolutely positive person. This is the only way (790928)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871016 Mahakali Puja, Germany - see 871016 good 25
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop -
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 791111 Meaning of Yoga, Dollis Hill good 50
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 820711 Nabhi to Sahastrara, Derby good 90
- 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
- 840902 Ganesha Puja talk, Switzerland [French translation] good 55
- 850502 Niraananda, Vienna Ashram good 60
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium

Concentration

If you start putting your eyes onto something and concentrating on it, your eyes might become mesmeric... means bhoots will start coming out of your eyes. First of all you catch bhoots in your eyes... they settle down there... and then they will be falling on other people as bhoots... it's a very very dangerous thing to go on looking at something continuously with concentration (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

- end -

5 Apr 2003

Concern

When trying to help another, it is no good going to that person, and saying 'I am trying to help you' - that is wrong, is ignorance. Sympathy will only bring you in trouble. So 'concern' is the point. Your attention is active, and acts... with no involvement... that... is compassion. You have to cleanse your attention for that, and have attention that is silent, witnessing, not involved, but is dynamic - it works (870408)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45

- end -

12 Jun 2003

Conditionings

Are those things, that without finding out the truth about them, you have just accepted them as they are... so if you can find out the truth about these things, you will give them up... you may (800517.1); When it is conditioning, you are in doubts, with this kind of a fear... that 'I shouldn't do like this'... 'I shouldn't do like that'... 'this is not allowed'... 'that is not allowed'... that is the conditioning part of it, and can be of many types (980510); We are conditioned by blind faith, and superstitions (830129)... by the different religions we are born into... by the Nationality we acquire when we are born (890619); We have so many conditionings, and we have come here (India - Ed), to get out of them... first of all our comforts; Conditioning has to go... has to be reduced as much as possible (821231); Conditionings kill joy, and must be cleaned out (960505)

With conditionings you develop a superego, by which you can be a person who is very frightened, who takes aggression from others, who is very subdued, over subdued... you run away from your duties... you escape from things... lots of things are there if you are overdeveloped on the left side (800809)

Give up all superstitions, fanaticisms, and fears... nothing can harm us now: no stars, no science, nor time of birth, none of these can affect us now... all Astrology, horoscopes, karma, palmistry, biorhythms, love affairs, fears of love affairs, all are finished now. All expectations are finished. Now is only Love... is Joy. Whatever is gone, is gone... is finished - the leaves that fall from the tree don't rise again, and get attached to the tree; What is new that is coming in, is to be nurtured - is the Joy... that dignified, majestic beauty within ourselves. Then we don't get upset, we are not bothered what others say... and others will see that dignity (800517.1)

- Jai Shri Mataji -

Sahajvidya - Conditionings

Tape References

Date/Ref - Title - Qual - mins

- 890619 Ascent, Mahakali Puja - San Diego - see 890611 good 25
- 821231 Ganesha Puja - Kolapur - see 830113.1 - (5 Pujas in India) good 10
- 800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50
- 800809 What are we inside - B'ham good 30
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 960505 We must feel responsible, Sahastrara, Cabella good 55
- 980510 Meditation is the only way, Sahastrara, Cabella good 60

Confusion

That which gives a greater urge to seek (840731); When the confusion is there... when the Saints are attacked, the aggressor can be removed... but, the Saints become mixed up, or confused with those negative forces... in which it is very difficult to make him see the light. But you have seen the situation very well... and the subtler you grow, the subtler they become... and they start giving you ideas which are so negative. But you cannot see them. So the problem today is very delicate - there are no absolute Saints... there are no absolute bad people... such a mixture... a confusion - that is what this Kali yuga is... these modern times are. The only way to get rid of them is to surrender... that's the only way... there is no other way out... because when you surrender... the spirits, the negativity, the satanic forces just disappear. They have no interest in a person who is surrendered to God. They cannot surrender. If they surrender... they'll also become Saints. All the time to think... 'what are my catches... what are my negativities' is not going to help you... just surrender all these ideas that are coming to you... and you will find that all absurd ideas will run away. This is the easiest way to get rid of your problems... is just to surrender (801019)

'Realisation' is that you become 'one' with the Absolute... you know the Absolute... once you know the Absolute, then only you can know the Relative. Unless and until you know the Absolute, you are in confusion... because everything is relative... and that is why nobody knows what is really right, and what is not. So you have to have an 'Absolute Point'... like, you have 'One Metre' in Paris, which is a fixed thing... so when you say it is ten metres, then it is ten times of that metre which is in Paris. But because we have not found our Absolute, we are in confusion... and so the first thing is, that we must find our Absolute... and the Absolute is the Spirit (791009.1.1)

Sahajvidya - Confusion

The Spirit is existing... creating waves... it vibrates... without any percussion. For example... to make a sound... I have to clap my hand, one to another... or, supposing... a stone... thrown in a pond... has to hit the water... to create that pattern of waves... but the Spirit... just without any percussion, it creates. It is said that Spirit is Nisbund... it is not a thing that goes into percussion... it doesn't create this Bundana. For example, I am sitting here... you can feel my vibrations... the waves are coming... without any percussion... it just emits. In the same way... your Spirit. Maybe you feel it when you touch it, through your Kundalini when it is awakened... but when it is connected to your attention... then your attention receives those waves without percussion... which flow in your hands as Chaitanya Lahari, as these waves... and because it is coming from the Absolute, you get a complete answer about the Absolute, from this (791009.1.1)

First is Yoga... means the Unity, or as called in Sanskrit, Yukti... of your attention, called as Jiva... and your Spirit, called as Shiva. These two must meet... unless and until they meet, you cannot reach your Absolute... or Aapar, in Sanskrit... so then there is no Paraspara... means there is nothing Relative about it - it's an absolute thing. Then, you get your Kshema... means your well-being, after Yoga... and then you gradually start maturing... and once you mature, understandingly, properly... then you have to keep a certain amount of Suchitta, purity. If you do not keep that Suchitta... that purity within yourself, and that truthfulness about it, you won't progress that fast... it is for you to do it... if you do not do it, you are the loser (791009.1.1)

Now when the maturity starts also, in the beginning, some people are quite confused... if they are able to get out of it... then they can establish themselves. But if they cannot... if they still remain in the same confusion... then, they can be lost... and they can never get out of it. This confusion has to be fought... has to be faced... has to be seen. This confusion comes because of conditionings you have had... lots of conditionings you have had... you have had lots of brain washing... also you have had physical problems... mental problems... and also the atmosphere... and all kinds of other

Sahajvidya - Confusion

things... that have spoilt your instrument... but because of your Kundalini awakening, your chakras get enlightenment... and through this enlightenment you can see everything... and you start correcting yourself... and rising higher and higher (791009.1.1)

Some people achieve maturity much faster than others... despite the fact that they may have been ruined by many... but still they do it. What makes it very quick is the left side, what we call Mahakali's power... or we can call it as Iccha Shakti... the power of Desiring. If the power of Desiring is very strong, and comes from your heart... absolutely from your heart... then it works much faster. Once you put your heart to it, everything will work out well... because the whole force is coming from your heart... because in the heart resides the Spirit. So the only judging point is... 'am I doing it from my heart... or... am I doing it superficially' (791009.1.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-801019 Fighting Asuras, Durga Temple, Hampstead, see 820514 good 15

791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga

801019.3 Spreading Sahaja Yoga in Europe

840731 Middlesborough PP [PP video set 4/1,2] good

- end -

17 Jun 2003

Conscience

So how much he (Hanumana) gives us... I mean we can say if Ganesha gives us the wisdom... then he (Hanumana) gives us the power to think... and he protects us also that we should not think of bad things... that is we can say that if Ganesha gives us the wisdom... then Shri Hanumana gives us the conscience. I hope you understand the difference between the two... if wisdom is there you do not need conscience so much... because you are wise, you know what is good what is bad... but conscience is needed in a personality where he is to be controlled... and that control comes from Shri Hanumana... which is the conscience in the human being. Now this conscience which is in Shri Hanumana is the subtle form of him which gives us in Sanskrit is called as Sat(a)Sat Vivekabuddhi... Sat means truth... Asat means untruth... and Viveka means discrimination... and Buddhi means intelligence... so intelligence to discriminate between truth and untruth is given to us by Shri Hanumana (900831)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

900831 Hanumana Puja, Germany good 45

- end -

19 Oct 2003

Consciousness

Now see what is the situation of a man, as a masculine effect on the development of consciousness... as manliness was expressed, we have developed science, we have developed all this knowledge... all those things which are outside. Now everything is ready... now the feminine nature has to rise now. Now everything is ready, it has to just spark... all the chakras are ready... now awaken the Kundalini (830821)

The consciousness of human beings, not only men but women also... is moving more towards the feminine expression of life... it is time for the motherly qualities to develop. Even a man, when he becomes motherly... he only, becomes a great man (830821); So now in you the motherhood must take over... rather than the fatherhood; The quality of a woman as a mother is the power, most important to ignite Sahaja Yoga (830821)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830821 Mother Earth, Surbiton good 50

- end -

9 May 2003

Constipation

May develop in a right sided person (830209); Normally people get constipation if you don't take chillies... Indians never suffer from this disease, because they have always a little chillies in their food. A little chillies is alright... you can develop a little taste for chillies... it's alright. It cleanses you, and it has vitamin C also in it, so it's quite good for colds and things (881207)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-881207 Mooladhara - Aurangabad - see 881207 good 30

830209 Problems of Left, Right and Centre - Bombay good 65

881207 Why do we come to India-Dec 88/1 - India

- end -

24 Jun 2003

Contract

Some people are negative in the sense that they are on the left hand side, and some people are negative because they are on the right hand side. Some times these combinations work very well. When a dominating man tries to dominate a left hand person, they are great friends... because one dominates and the other takes domination. As soon as the left hand person comes on the centre or tries to come to the right, the dominating one starts clashing... then they are the worst of enemies. It happens like that... so be on the alert (800927)

Now a person who is on the left should try to come in the centre... and in the same way a person who is on the right side should come to the centre. Now how do you do it... a person who is on the right side should try to become friendly with the left sided person, and the left hand side person should try to be friendly with the right sided person. So what is the give and take in this. The right sided person will be a better organiser maybe... maybe not... at least will be a better orator, or may be a better sort of a leader... may not be... you can't say... he may be the one who will suggest things and who will bring out things... who will say 'I'll do this sort of thing maybe'. The left hand person will be frightened, but will be humble, loving, more affectionate... he'll be much more at the command of others. This one will be commanding and the other will be receiving the commands (800927)

Now how do we solve the problem of this mixture. The one who is very much on the ego side should try to obey the person who is on the left side, and the left sided should try to command more on the right hand person... and it should be accepted... it should be mutually understood... there should be a contract... alright I am the ego oriented person, and you are the superego oriented, now let us do one thing... you try to dominate me, and I'll try to obey you... it will work out (800927)

Sahajvidya - Contract

But it is rather difficult to get a left sided person here (UK)... there are very few... some were left sided, but when it came to ego... they were worse than anybody else. But, you can have a left sided person... and let him dominate... til he develops his ego he's alright... if he develops, then he should stop it... but with complete understanding, watching yourself... how you develop, how far you go... a play should go on. But if you are identifying with yourself that I am always right, or nobody's right, then nothing can work out. So the best way to do this sort of thing is... 'alright you order, and I'll do'... 'let you organise and we'll do it... you tell us how to do it'. Let us decide to improve ourselves, and not to feel bad about it... we have to improve a lot (800927)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800927 Lethargy, Chelsham Road good 75

- end -

27 Apr 2003

Cooking

We should vibrate our food - the food should carry love, be cooked with love, and be eaten with love, with kind words. It is better to avoid hotel food, which is not cooked with love (830131); Don't think about yourself... think of others... think what others like; It is such a joy-giving thing... to cook for others. The Principle of Lakshmi is only enjoyed, when you share with others... we have to learn to share. Sharing of your things is an extremely joy giving thing... that is how all of us have to live... sharing things (960716)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

830131 Nabhi Chakra, Delhi good 80

- end -

22 Apr 2003

Cool Breeze

Cool Breeze of the Holy Ghost, the All Pervading Power of God's Love; The Ruh; The Paramchaitanya; Rutumbhara (MME); Cool Breeze of the Adi Shakti, of the Primordial Kundalini (840313); The Cool Breeze is all around us... and we can start feeling it in our hands (821008), when the Kundalini pierces the Fontanelle bone area (800613), and emerges from the top of the head... if our Vishuddhi centre is alright (821008); You find a cool breeze coming out of your head... and that's called as Chaitanya Lahari... that's called as Cool Breeze of the Holy Ghost (821007); This is what Christ meant by 'to be born again'... and not to just call some people and say 'alright, now we will have some baptism' (821008); What is the subtle of Air... is this Cool Breeze that you get (981216)

It is cool...because the All Pervading Power is felt like that... when your Spirit is enlightened. It is existing everywhere... but you never felt it before... you start feeling it when your Spirit is awakened (810524); Is very temperate... it's not a thing that is freezingly cold... if it is freezingly cold, that means left side. Cool breeze is actually never 'very cold'... it's not freezing. It could be hot with some people... it could be very cool... because of their problems... but if you are a normal person, you feel a cooler sensation... it is slightly less than your body temperature... it's not so very cooling as to freeze you - if it is hot, there is something wrong with you (810524)

- Jai Shri Mataji -

Sahajvidya - Cool Breeze

Tape References:

Date/Ref - Title - Qual - mins

- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 800613 Essence within Innocence good 40
- 800613.2 Seeking that which lies beyond, Stratford, London
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 840313 Intro Talks - Delhi and Hampstead
- 981216 India Tour '98 - tape 1 - The Elements Not good 20
- 981216 The Subtle Elements
- MME Meta Modern Era by Shri Mataji

Cooling

The Vishuddhi looks after the cooling function - the liver gives heat, whilst the cooling is done by Vishuddhi. If the Vishuddhi is good, then there is a bloom on the face, a glow, a sparkle in the eyes (830202); Vishuddhi chakra looks after so many things, especially your skin, your eyes... people who have bad Vishuddhi can have all kinds of funny troubles with their skin... of course it has to do with your liver, but skin is... the way it shines... the way it glows... depends on how you smile... how you look at the world. Many people have a habit of smiling for nothing at all... especially women I have seen... they just smile stupidly... that's not proper... one should not be stupid... stupidity is against Shri Krishna (860823)

The Moon represents the Atma... the cooling capacity - you are all on the right side... so you ask for the Moon... ask for the Spirit (.0011); A right sided person has all the elements which give heat... you can say the light and the fire... so to correct it, light is not going to help very much. What is going to work out is the Mother Earth and the water element which is cooling... even ice is very helpful to people who are right sided. So all cooling effects should be used for correcting your right sidedness. The same with food... those who are right sided should take to foods which are left sided i.e. carbohydrates, and should become partly vegetarian, and should eat things at the most like chickens, but not fishes or sea food, because they are all hot (830121)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir

Copper

Copper is responsible for Aids, and comes from Zambia. It is carried by monkeys, though they do not suffer from Aids; Copper also is important in humans to prevent gout (890725); Copper should not be used for holding Amrut, as it is poisonous and will normally lead to illness (890527)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-890725 Arrival speech - Melicharg - see 890723 good 20

890527 Essence of Self respect, Devi Puja - Istanbul, Turkey good 30

- end -

24 Jun 2003

Correcting Left Side

It is the side of our conditionings, attachments, and habits. These problems can be destroyed by Shri Bhairava, who controls this channel, and also can be cured by putting left hand to the Photo, and the right hand on Mother Earth (890806); The right side subtle system is raised and taken over to the left side, by movement of the right hand, to bring system into balance (830121), and done if we are feeling sleepy, or lazy - then put Right to Left 7 times, with the Right hand, whilst watching Mother, or it can be done also with the Photo (821101)

A left sided person (someone who is too much in the left side), cannot enjoy the fun of collectivity, and can be very negative, and depressive, finding problems everywhere, but it can be cured by putting left hand to the Photo, or to the Mother, and the right hand on Mother Earth (890806)

Some of you might start feeling hot in the hands... maybe some of you... if so, you can just throw it away... or... those who are feeling the left hand hot, please put your right hand on the heart (790524)

The left side is to be cleared... through the light. Light is put before the photograph... left hand towards the photograph... right hand on the Mother Earth... so the left hand gets the light, and the light passes through, and the negativity of the left side passes through the right hand... which is on the Mother Earth... so the Mother Earth is the one who sucks in all these negative forces of the left side (880921)

Left sided people should use the light or the fire to correct their left side (830121); Those who are left sided... who have left side problems, should use as much as possible a good ghee lamp... and see me through the flame. A candle is nice to look at... but... I don't think that wax is so good (840214)

To correct a left side catch, we can keep our eyes focused on the ground, or use the Mahakali or Ida Nadi Swamini mantras, or the Surya mantra (800517.2); For left side problems, give bandhan or burn your name (870408); If the left hand is shaking, put the

Sahajvidya - Correcting Left Side

right hand on your heart (whilst taking vibrations - Ed) (830302); Left sided people should beware of grouping with others who are like minded (890806), should not do exercises which are forward bending (840313), and may be helped by eating more nitrogenous foods, i.e. proteins (840313; 830121)

To get into the centre, to achieve balance, first we move out of the left side to the right side, and from there to the centre. If you are feeling lethargic, are unable to get up, or are feeling sleepy or not alert, plan what you will do and get into action. Even doing Puja is a good idea. Then when you are into action, in order to get into the centre, just watch everything, just witness... say to yourself that you are not doing it (800517.2)

Clear your Mooladharas (830104); If you are in Maharashtra, and you have any problem of Mooladhara, then if you sit down on the ground, and put your left hand towards the photo and the right hand on the Mother Earth, and say the Shri Ganesha mantra, or the Atharvasheersha, your left side will be cured... means the left Swadisthan first of all. So if you take vibrations on the left side, then you clear out your Mooladhara in such a manner that the problems of Mooladhara are solved. Of course Mother Earth is everywhere, but this you can't do anywhere else 'that' good... because this is a special place for Mooladhara chakra, where it clears you very much, and fills you with holiness and auspiciousness. So try to sit on the ground as much as you can, and try to meditate with your left hand towards the Sun and the right hand on the Mother Earth (881207); Cures also include, watching the Mother without blinking (830113.2)

These flowers when you give them to me, they give you two things - flowers are very important... if they are beautiful, then they give to Swadisthan... if they are fragrant, they cure your Mooladhara. Now think of it... you are doing it to improve your chakras (800927)

Problems of the stomach area are helped by taking vibrated salt, which absorbs all that is mobile... for left side problems take salt (781005); Proteins are... useful for correcting an imbalance, where the person is too much on the left side of the subtle system (830121)

Sahajvidya - Correcting Left Side

The heart can be opened out by Sahaja Yoga, by one thing... by saying 'Mother, come in my heart'... just say it 12 times... it works (880921)

To correct the left Vishuddhi, put left hand towards the Mother, (or the photo), and right hand on Mother Earth, give a bandhan to the left Vishuddhi, and say in your heart: "Mother I am not guilty". But these become rituals if you do not say it from your heart (860305; 850901); On left Vishuddhi point Mother says She fails... it is for us to do it. Forget the past - now you belong to a new family, a Holy family - people who are saints are sitting here, and amongst them you are (850901)

If you tell someone he is catching left Vishuddhi, he will become even worse - what a vicious circle it is. So how to correct it, how to break the vicious circle, is to face it... tell yourself 'No! I have done this today... tomorrow I am going to do it... No! Stop it now! Stop!' - give yourself shocks. If you have done something wrong, punish yourself, for example by not doing something that you would like to do normally (850901); So we have to correct the instrument... now if you think you are the electricity, you can correct it, but if you think you are the instrument you can never correct it (800907)

With the Hamsa... if the problem is from the left side, then this may be corrected by keeping the eyes focused on the ground, or by using Ida Nadi Swamini, or Mahakali mantras, or the Surya mantra (800517.2); Problems can include shooting headaches on one side, or sinus problems, and may result from being overloaded with decision making. Avoid eating anything that is sharp or sour (MME); Also may result from dry conditions in home or workplace, and can be corrected by the use of ghee or oil in the nose - just one drop in each nostril, morning and evening (841005; 870408)

Now if you have left Agnya... that means there is a possession on it... somehow; What is the mantra for this... for back Agnya... is Mahaganesha... Mahabhairava... correct (810904); Also 'Hum'... is a mantra... which sends the message: 'don't be afraid'... 'I am' - 'Hum' drives out fear, and invokes the help of the Divine, and is used to correct Superego problems of fear, feeling subordinated, worries, conditionings (781218); If they have a problem with the Agnya, they

Sahajvidya - Correcting Left Side

should use a candle at the back... if their eyesight is getting weak, or is short-sighted (830209); At the back we ask for forgiveness (890801), where we have to say... 'if we have made any mistake... oh God forgive us' (790722); Light is used on the back Agnya... light... has to be given... if the back Agnya is not alright (950625)

This right and left side movement has to finish... you have to be in the centre, and to come in the centre the best thing is to meditate... about 10 minutes in the night and about 5 minutes in the morning. Some people do not meditate... then they cannot grow. The way you can grow is only through meditation and understanding (980706)

The cure for problems with Ekadesha Rudra is to give up wrong ideas, and wrong Gurus, and by accepting that Sahaja Yoga is the only way; Beat with shoes (830204; 840916; 970316); If you bow before any wrong guru... you catch your Ekadesha Rudra (810904); To neutralise... a guru, who has been a bad guru... you have to surrender to the Real Guru - if your guru is a real guru... then you surrender to the Mother of your real guru... because your real guru is also surrendered to this - she is the Mother of all the Gurus... of all the Prophets... of all the Incarnations. She exists... and after her... only Parabrahma is (810904)

We have to be on guard to see what is closing the Sahastrara (960505); To keep Sahastrara absolutely clear cut, we must listen to whatever I have told you, and obey it, as absolutely an ordained thing. To keep the Sahastrara clean is to open your heart... if your hearts are not open, how will I fill it up with my love... open your hearts to your fellow Yogis and Yoginis (870503.1); To catch the Sahastrara is a very serious thing... you might develop Ekadesha with that, and you'll be in trouble... the reason is... when you are a Sahaja Yogi... you have to recognise me... that's the condition... if you do not, you will develop this Ekadesha, and I tell you then it is not possible to allow this Kundalini to come up... know that this Realisation was given by me... and nobody else (830209); I can write a chapter, like a book, on Sahastrara because that's my place... I know it so well (811006)

Sahajvidya - Correcting Left Side

Tape References:

Date/Ref - Title - Qual - mins

- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 870503.1 Sahastrara Puja - Australia - see 870503 good 45
- 860305 Wimbledon Address - see 860305 good 45
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 830302 Public Lecture - Perth - see 830301 (Q&A: 10 mins) good 35
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 830104 Stop Complaining - see 830104.1 good 35
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 781218 Agnya - Caxton Hall (first 15 mins poor quality) not good 75
- 790524 Seeking & Rationality good 40
- 790722 Leeds at Jim's House poor 45
- 800517.2 Old Arlesford, Winchester pt 2 (What is a S Yogi) good 90
- 800907 How to know where you are - Chelsham Road good 120
- 800927 Lethargy - Chelsham Road good 75
- 810904.1 Advice given by Shri Mataji, Brahman Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 830104.1 Stop Complaining/How to Proceed - Sholapur/Vaitarna
- 830104.2 Address to the Sholapur IMA - Sholapur good 35
- 830113.2 L Mooladhara Supraconscious, Dhulia (incl 30 min med'n) good 60
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 840214 Shri Mataji talks to the English - Bordi poor 75
- 840313 Intro Talks - Delhi and Hampstead
- 840916 Ekadesha Rudra Puja, Rome, Italy good 60
- 841005 Farewell to Mother - Chelsham Road good 50
- 850901 Vishnumaya Puja/Brompton Sq. Puja - Wimbledon/Brompton Sq
- 860305 Wimbledon address/Brompton Square
- 870408 Talk to Sahaja Yogis - St.Martins Lane, London good 45
- 880921 Speech at Ammonk Ashram, New York good 35
- 881207 Why do we come to India-Dec 88/1 - India
- 890801 First Know Thy "Self" - Porchester Hall [+25 min Q&A] Good 50
- 890806 Shri Bhairavnath Puja - Garlate, Italy good 25
- 950625 Richmond Park talk - Richmond Not good 45
- 960505 We must feel responsible, Sahastrara, Cabella good 55
- 970316 Power of Rudras and desirelessness, Delhi good 15
- 980706 Holland Park School, London 1998 good

- end -

7 May 2008

Source: <http://www.sahajvidya.org/jsmsy>

Correcting Right Side

In an intellectual or futuristic person, where the right hand is burning, and there is nothing in the left hand, that means that the right hand is not getting proper vibrations, so you raise the left to the right (830512); If we have ego, we should raise the left side, and put it to the right side... there's no other way out... you have to work it out with your hands (830121); To get into 'balance' from the right side, we do so not with the left side, but by getting into the centre, by developing the witness state. We indulge into work in thoughtless awareness, saying 'I am not doing it' (800517.2)

If you find that your right side is hot, what you do is put your right side towards the photograph, and your left side up towards the ether... the ether takes away the heat. But what actually happens is that your right side gets the vibrations, and the heat is pushed towards your left and passes out into the ether. Now this heat comes from too much futuristic living... and this heat has to go away. For that there are various things we have to use, but mainly for right sided people, they should not use any light at all... they should not sit in the Sun... but should sit in the moonlight. They should read some poetry... and should tie up their watches, and not look at time... and they should allow time to pass. And should just become very sort of emotional people... and should sing songs of bhakti. They should not do Hatha Yoga - there are many things they should not do (880921)

To correct a right side catch, we can use the Chandra mantra (800517.2); If ego is still there, then raise the left side, to push it (the ego) back to the right side - with your hand push the left side higher, and the right side lower, so the ego and superego get into balance - do it 7 times (791118; 830121); Also as a correction, put left hand up and right hand towards the Mother, or towards the Photo (791118); If the right hand is shaking, put the left hand on your stomach, with your right hand towards me (830302); For right side problems, beat yourself with shoes (870408); Right sided people should not do exercises which are backward bending (840313); Right side activity: too much mental activity, which develops the ego (790616)

Sahajvidya - Correcting Right Side

A right sided person has all the elements which give heat... you can say the light and the fire... so to correct it, light is not going to help very much. What is going to work out is the Mother Earth and the water element which is cooling... even ice is very helpful to people who are right sided. So all cooling effects should be used for correcting your right sidedness. The same with food... those who are right sided should take to foods which are left sided i.e. carbohydrates, and should become partly vegetarian, and should eat things at the most like chickens, but not fishes or sea food, because they are all hot (830121); For problems of the right side... of the stomach area... take sugar - 5 of the dharmas are helped by salt, and 5 are helped by sugar (781005)

Some of you might start feeling hot in the hands... maybe some of you... if so, you can just throw it away... or... those who are feeling hot in the right hand, then you put your left hand on the liver... just below the ribs... and right hand towards me (790524)

Right heart... will be catching... if, supposing your father has died very early in his life, and he has left a mark of unhappiness in your heart, or insecurity - because that means he is still hovering around you. Then you have to tell your father that 'I'm alright... you take your birth... you take your Realisation'... like that we have cured the asthma of people who have been suffering from 25 years (790608.2)

The Vishuddhi... can catch, if we feel 'too responsible', and can result in tensions and headaches - the remedy is to witness, and realise that everything is done by the Divine (890801); Problems when we talk too much, too loudly or use our words to intimidate others (890814.1), are aggressive (MME), arrogant, or blunt... and is counteracted by Madhuria, sweetness (811005) and also by going into Mona, silence (890814.1)

With the Hamsa... if it is the right side catching, or if it is the liver, then we can use the name of Chandra, which will cool it down (800517.2); Imbalance comes from imbalance in our temperament, where one (person - Ed) starts dominating the other (800517.2)

Sahajvidya - Correcting Right Side

We can steady the Agnya, by soothing the eyes - by looking at the green grass, or by looking at the ground (instead of always looking at every man or at every woman, which only leads to wobbly eyes) (781218); The mantra is 'I forgive everyone' (840718); If you have right side problems, then you have to say 'I forgive' (811006); If we can see our ego working, then we can get rid of it - not to fight the ego, but to surrender it - is the only way to get rid of it (791118); The ego covers the heart, and is to be surrendered (850528); Can be resolved by rejecting the feeling of being 'in charge' (941105.1); 'Pulling one's ears', and asking for forgiveness, can help to reduce the ego (781218); The mantra for the ego is 'Kshum' (781218), or the Mahatahankara mantra (791118); If we say 'Not I... but the Divine that is doing it...', or 'I am not doing anything...', then the ego does not come up... and we become humble (960505); If we have ego, we should raise the left side, and put it to the right side... there's no other way out... you have to work it out with your hands (830121)

This right and left side movement has to finish... you have to be in the centre, and to come in the centre the best thing is to meditate... about 10 minutes in the night and about 5 minutes in the morning. Some people do not meditate... then they cannot grow. The way you can grow is only through meditation and understanding (980706)

Problems with Ekadesha Rudra... (if we think I am ok, I can look after myself, I don't believe in God...), and which come from Right side of void with right side diseases like heart attacks. The cure for problems with Ekadesha Rudra is to give up wrong ideas, and wrong Gurus, and by accepting that Sahaja Yoga is the only way; Beat with shoes (830204; 840916; 970316); When ego develops too much, you become Ekadesha Rudra problem (800907), and is one of the greatest hurdles to the Kundalini entering the Sahastrara (830204)

Sahajvidya - Correcting Right Side

We have to be on guard to see what is closing the Sahastrara (960505); To keep Sahastrara absolutely clear cut, we must listen to whatever I have told you, and obey it, as absolutely an ordained thing. To keep the Sahastrara clean is to open your heart... if your hearts are not open, how will I fill it up with my love... open your hearts to your fellow Yogis and Yoginis (870503.1); To catch the Sahastrara is a very serious thing... you might develop Ekadesha with that, and you'll be in trouble... the reason is... when you are a Sahaja Yogi... you have to recognise me... that's the condition... if you do not, you will develop this Ekadesha, and I tell you then it is not possible to allow this Kundalini to come up... know that this Realisation was given by me... and nobody else (830209); I can write a chapter, like a book, on Sahastrara because that's my place... I know it so well (811006)

- Jai Shri Mataji -

Sahajvidya - Correcting Right Side

Tape References:

Date/Ref - Title - Qual - mins

- 941105.1 Diwali Puja, Istanbul - see 941105 good 35
- 890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55
- 870503.1 Sahastrara Puja - Australia - see 870503 good 45
- 850528 Miracles (+ Facing Seeker's questions) - see 860725 good 10
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 830512 Hampstead - see 840802(Video)
- 830302 Public Lecture, Perth - see 830301 (Q&A: 10 mins) good 35
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 791118 Where... stand in S.Y./How get in Med'n, Dollis Hill see 791009.1 good 45
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 781218 Agnya, Caxton Hall (first 15 mins poor, then good) not good 75
- 790524 Seeking & Rationality good 40
- 790608.2 Maria's House Tape 2 poor
- 790616 Dr Johnson House, Birmingham not good 55
- 800517.2 Old Arlesford, Winchester pt 2 (What is a S Yogi) good 90
- 800907 How to know where you are - Chelsham Road good 120
- 811005 Beauty that you are - Houston good 70
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25
- 840313 Intro Talks - Delhi and Hampstead
- 840718 Chiswick Town Hall, [33 mins Q&A + partial Experience] good 55
- 840916 Ekadesha Rudra Puja, Rome, Italy good 60
- 850528 Kundalini Power and Creation - Los Angeles good 45
- 890801 First Know Thy "Self" - Porchester Hall [+25 min Q&A] Good 50
- 960505 We must feel responsible, Sahastrara, Cabella good 55
- 970316 Power of Rudras and desirelessness, Delhi good 15
- 980706 Holland Park School, London 1998 good

- end -

7 May 2008

Source: <http://www.sahajvidya.org/jsmsy>

Correction

Correcting by the Mother is for our Hita, for our own good, is said for our Hita - is 'said', in love... not 'done' (830202); The problem is that when I say something, no-one thinks that I am saying about 'you'... each person. You immediately start shifting your mind to other persons, finding fault with other people (821219); Sometimes our Mother shouts at us... just once She shouts - immediately all the bhoots run away (830113)

We accept correction, because we want our ascent. Leaders should know how to correct others, because sometimes we need it - they should be kind, compassionate and good, but should not compromise with nonsense, and laziness (871016)

Left Vishuddhi is to be corrected by us ourselves, by facing it and telling ourselves 'No... stop it now', and by giving ourselves shocks, or punishments; Chastity is to be established not by giving bandhans, or by taking vibrations from the Mother and then getting lost, but by we ourselves correcting ourselves morning til evening... and facing ourselves and not feeling guilty (850901)

Use your right Vishuddhi to shout at yourself: 'Now will you please stop talking all this nonsense... stop showing-off' (830113); Our attitude should be... the Sahaja Yoga attitude is... we should correct ourselves, instead of correcting others... you should not try to correct others (840214); You cannot correct others, you can only correct yourself - try to discriminate to see where you are going wrong (801116)

Without asking, you are not to fix my program anywhere... without taking my permission... if you ever try to do such tricks with me, I'll put you right. You know I have all the powers to correct you... so don't take liberties with me anymore... I'm telling you... I'm warning you. Try to understand (850629)

Scolding

It is you who have to gain something out of Me (830723.3); Whether I get angry with you, whether I scold you, or pamper you, whether I say "don't do that..." or "don't come very close to me... keep away", anything that I do like that is benevolent... to you (830723.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871016 Mahakali Puja, Germany - see 871016 good 25
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 830113 Saraswati Puja, Dhulia, see 830113.1 (5 Pujas from India) good 25
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 801116 New Age - Plaw Hatch Seminar good 70
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara, Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
- 840214 Shri Mataji talks to the English - Bordi poor 75
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 850901 Vishnumaya Puja/Brompton Sq. Puja, Wimbledon/Brompton Sq
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium

Cosmic Consciousness

Which is the Highest of Highest, which is the Param Tattwa, the Principle of all the Principles, and controls all the principles of all the 5 elements (860706); The One that creates, co-ordinates, plans into all the details, the One that loves through it's creation, through it's expression, is that Cosmic Consciousness, the Brahma. We are part and parcel of that - we are not only in it, we can handle it, regulate it, use it and work it out. When we are in this state, we are the Guru (860706)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860706 Guru Puja, Gmunden - see 860706 good 55

860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria

- end -

26 Mar 2003

Country

Whatever the past of your country is... you'd better study it, and know for yourself that you have to be just different. All these things are to be studied, and understood, that... what we have to do for our country, is to get out of it completely, first of all - like the lotus out of the mire... to rise higher than the rest of them... to give them a proper lead. If you are the light in the darkness, you have to be brilliant... and not dark... and you have to give light in the darkness... to the dark... and not take the dark upon yourself (840902)

Like if your country has been cunning, then you should be innocent... if you come from the romantic clan, you have to be extremely pure. Some are comfort loving... they should get out of that... some are pleasure loving... some are tempted with women, and men, and drinking and all that... you should completely give up and come out of it. There are deeper sins we have of cunningness, of aggressiveness, of slyness; If your country is racist, then you have to become absolutely a person completely integrated (840902)

I feel the whole West suffers from one simple disease... that is they do not know how to respect anyone... with their ego, they want to judge everyone, and condemn everyone... so get out of it, and tell yourself 'I don't know anything' (840902)

One has to understand that now we have come out of all manmade things... like manmade countries. We do not belong to America, or England, or India... we belong to the Kingdom of God. In the Universal Country we have come... now we've become Universal Beings (880921)

Shiva tolerates a lot of nonsense, because he is fond of forgiving... and Vishnu tries to play, or to punish, or to kill... but Ganesh Tattwa has no compromise of any kind, and when Christ is going to come in the Ekadesha Rudra form... there will be no compromise, no Mataji, no crying, no argument, nothing... Shri Ganesha himself will throw people into Hell... so be careful on that (840902)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

840902 Ganesha Puja talk, Switzerland [French translation] good 55

880921 Speech at Ammonk Ashram, New York good 35

Courage

We are the people. We are not to be afraid of any society... we have to come out of it... we have to teach them... 'whatever is good, we are going to do... whether you like it or not'... that's the sign of a Saint. For Sahaja Yogis, it is very important to have that courage within themselves (880710)

Shivaji Maharaj... was a very brave person... and once you have this, you will not deter from doing anything that is important... you will not go round and round... but you will know how to find the solution, and how to work it out. This will happen to you, if you really know yourself... you will have such powers of courage - you will not be daredevil, but with wisdom. Courage and wisdom you will have... your Spirit will give you lots of wisdom and lots of courage. There's no struggle... and no fight... just standing with courage and doing whatever is right... and that is possible because you have now the connection with the Almighty... you have the connection with the Paramchaitanya... and that will work out everything (010321); God is Almighty... he can do anything... and now you have become the messenger of that. God Almighty gives you all the strength, all the courage... and also, his compassion... his love... his attention, and his understanding (920719)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880710.2 Discretion of Hamsa, second talk - see 880710 good 10

-880710.1 Discretion of Hamsa - see 880710 good 55

880710 Discretion of Hamsa, Munich

920719 Guru Puja - Cabella good 65

010321 Mother's Birthday Puja, Delhi good 50

Crack

Strong things like 'Crack' which have within them sulphur dioxide, which does not go anywhere, but just rushes into the limbic area, has a strong affect on the Sahastrara. The limbic area is a hollow space having within it cells sensitive to joy and happiness. These cells now become numb, and so ordinary music cannot be heard - it becomes necessary to shout and scream, but as soon as the Kundalini enters the limbic area, She soothes it down (890801)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Chakras affected: Sahastrara

Creation

The reflection of God Almighty (861221); That manifestation of God Almighty, which alternates with, and when it ends, recedes into itself and becomes the sleeping state of God Almighty, the Parabrahma. The two states alternate, with no beginning and no end (810829)

The Act of Creation is done by the Mother, the Adi Shakti (950910); When the Adi Shakti created this Universe, and Sadashiva was watching, the first thing She created was Innocence, which was embodied as Shri Ganesha, and was called as Omkar. This protected all the creation, and penetrated into all that is matter, which matter acts according to it's inbuilt nature (860907); The whole Universe, the whole Creation is part and parcel of one organic being (791203)

In the Puranas it is described that there were Avataras of Shri Vishnu on this Earth, who one by one gave the lead for the evolution. Ultimately, this now is the situation, at Sahastrara where I had to come... at this stage the main job is to give Realisation... to raise your Kundalini... in a very large scale; God created this Universe to see His image. Now He wants to see His beautiful image in you people (861223)

Adi Shakti is the entire power of Sadashiva, of God Almighty... and He cannot do anything without Her powers... She first created Kundalini in Mother Earth itself, and then She created Shri Ganesha out of Mother Earth... so the Mother Earth becomes very important for us... if we do not know how to respect Mother Earth, we do not know how to respect ourselves; The expression of Adi Shakti within us is the Kundalini, and within the Mother Earth is expressed in different places, different countries, in different cities as the manifestation of chakras. So the reflection of the Adi Shakti as Kundalini, was first on the Mother Earth. Kundalini is... a wee part of the Adi Shakti... is the pure desire of Adi Shakti. So Adi Shakti is the complete desire of Sadashiva, and Adi Kundalini is the complete desire of Adi Shakti (970525)

Sahajvidya - Creation

Inside the Mother Earth, the Kundalini came up in such a way, that it cooled down the inner part of the Mother Earth as much as it could, and then it manifested on the surface as different chakras. So it is a tremendous similarity that we have with the Virata, the Mother Earth and the human beings... if all of them are reflected by the Adi Kundalini, then there has to be a great connection between them. This Kundalini passed through different centres... in the Mother Earth and ultimately broke through Kailasha... and in Kailasha you'll see tremendous vibrations flowing out (970525); All the movements of Mother Earth are controlled by this inner Kundalini, which is the reflection of Adi Shakti. The gravity that it has also is the manifestation of the Kundalini of the Mother Earth (970525)

Now see how Mother Earth herself was created. First the movement of the energy started flowing... now this is a combined energy alright... then this energy went round and round and round... and when it consolidated, there was a big bang. When this big bang took place... now this is the manly work I should say, in a way, manly style, because still the Mother Earth is not produced... so then these little fragments again went round and round... and with the momentum they became roundish... out of them the Mother Earth was selected. On the Mother Earth, out of the water came the life... the carbon came in... and a human being was created. Then 'man' went round and improved the societies, or whatever was possible, with their ego... and, finished now... now they have done their job you see... now they are on dole you can say. Now the womb or we can say the Kundalini, which has been waiting all these years... was resting... waiting for that time... we call it the blossom time has come. At that time the Kundalini has to rise and ignite in such a way that the completion of the whole work takes place... it's simple... do you understand now? (830821)

Sahajvidya - Creation

The Mother Earth was created by the power of the Sun, and at first was created as a big ball of gas, which later became a thick mass of energy. The Earth was very hot, and so was taken closer to the Moon to cool down, and so became frozen and covered in ice. (The Moon had already been created and was very far away from the Sun, and so was very cool). The Earth was then taken back towards the Sun so that the ice melted and water was created, and the Earth was then placed in the centre, so that Life could be produced. It was all done - it did not just happen, it was all done. The energy on the right, which created the Universe, produced the physical part i.e. the electromagnetic force. Mother Earth created the Carbon. Through the effect of electricity, carbon got attached to Hydrogen and Oxygen, and so produced amino acids, and so Prana started, which ultimately produced the mind and the brain, and when we become Realised, becomes the Pranava (850528)

When Mother Earth was created, as a symbol of motherhood... then also many Shri Ganeshas were created in the Universe... in the Cosmos... that which is called as Mars... is a Shri Ganesh; Now India is the microscopic form of the whole Mother Earth, and in the triangle of Maharashtra, we have got 8 Ganeshas... which are manifesting vibrations... and they were recognised by the great Saints of Maharashtra (840902)

The simple village people must have realised the importance of this mountain - thousands and millions of years back, where the Himalayas now stand, it was first a large ocean. The Himalayas started coming out of that ocean... the Mother Earth was pushed on the sides... and the Mother Earth started giving folds to her sari, you can say. At certain points, it rose up to a 'point', becoming like a Shri Ganesh... but then still more folds started coming up, much later... when the human brain started developing it's ego... another land joined it... in such a manner that it formed an apex... the superego was pushed in and was brought to the climax. This

Sahajvidya - Creation

synchronises with the human brain, because the whole Universe is represented in our body as well... the central axis of the Mother Earth acted as the spinal cord. Again there was a big push, onto all the mountains which were to be created as Shri Ganesha, and they got into their final forms. At the other end of this range must be the highest mountain... Mont Blanc. So the Himalayas were brought up to a point only... the Ganeshas to a certain height... not too much. So on the right hand side, the ego went... you see the expression in Mont Blanc. At the other end, was created another Ganesha, near Darjeeling (840902)

Now the ocean is the Father, and the Mother Earth is your Mother... but when the Mother Earth becomes a mountain, she is called as the Father. The reason is that at that height, she can catch the Father on top of her head as snow or as rain. That is how the Mother becomes the Father... and so she can perform the complete function of a father and a mother... in that state only, Gauri as the daughter of the mountains, conceived Shri Ganesha... without the help of the father... immaculate (840902); The purity of the snow is 100%... and that covers the Mother Earth... gives the formation of innocence. All the filth and dirt that goes into the ocean, is clarified by the Sun, which is also Shri Ganesha, and is brought on top of the hills and mountains to cover it (840902)

To Ganesha it's a big problem to exist in a country which doesn't worship it... that has no sense of respect (840902); We are so closely related to Mother Earth... the Mother Earth, and the Atmosphere react to our behaviour... to how we live (970823.1)

- Jai Shri Mataji -

Sahajvidya - Creation

Tape References

Date/Ref - Title - Qual - mins

- 970823.1 Primordial Taboos, S Dharma, Krishna Puja, Cabella good 65
- 861223 Nasik - see 861221 good 15
- 861221 Chalmala Welcome Address - see 861221 good 5
- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 791203 When You meet Me - Caxton Hall good 35
- 830821 Mother Earth, Surbiton good 50
- 840902 Ganesha Puja talk, Switzerland [French translation] good 55
- 850528 Kundalini Power and Creation, Los Angeles good 45
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 861221 Six Puja Talks - India 1986/87
- 950910 Ganesha Puja - Cabella (The value of Innocence) good 65
- 970525 Respect the Mother Earth, Cabella good

Creativity

Swadisthan... is the centre of aesthetics and creativity, which manifests in such forms as music and poetry. Also the centre of Pure Knowledge (890801); Burva (860303); The basis of all the creativity of Shri Saraswati is love - if there is no love, then there is no creativity. All the great creative works of the world have vibrations, and only those that have vibrations have been sustained by time (830113); The fire ceremony... which is the right hand side religious work... because it is just creativity... by which you create auspiciousness... by your exciting... the Deities on the right hand side (790608.2);

The right side power is the power of Creativity... of Saraswati; Whatever we desire, we create (800102)... the side of creativity, and of thinking (781115); Once you start 'thinking', then there's a barrier between the Spirit and you - in any art or in any deftness... that's how the creativity, the spontaneity is finished... by thinking. So do everything in silence... in thoughtless awareness... that's the main point (800907)

Also this power looks after the body, the 5 elements within us. These two powers within us... one which caters for our psyche, and the other for our creativity... are coordinated, looked after, supported by the central power, which we call as the power of Mahalakshmi... which also gives us our nature as a human being... and is the evolutionary power (800102)

The power... 'She' is the power, and 'She' is called as Shakti... 'She' is the power. So 'He' is the God Almighty... and his power is a 'She'... the Holy Ghost...the Divine Power of God... is Love... which has got... one is the Creative power... and another is the power of Desire. First he must have desire... and then he creates... so, he has the power of Desire... then he has the power of Creativity... and also he has a third power which gives us Sustainance... and Evolution... so this third power is more important because that gives us this Ascent also. This is the manifestation of the Holy Ghost, which is the power of God Almighty... which is the power of his Divine Love (821008)

Sahajvidya - Creativity

Tape References

Date/Ref - Title - Qual - mins

- 860303 Brompton Square Address - see 860305 good 15
- 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 800102 God's Love, Patkar Hall - see 800102 Poor 50
- 781115 Evolution - see 780911 good 45
- 790608.2 Maria's House Tape 2 poor
- 800102 God's Love, Patkar Hall/Deities on various Chakras, Delhi
- 800907 How to know where you are - Chelsham Road good 120
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

- Jai Shri Mataji -

Criticism

To have the house of a man who is your critic next to you... so that you know your defects... so you correct yourself... is the wise attitude... like a mirror - you should thank such a man, that he's criticising you (800517.1); If you accept such a situation, in which you say alright... if this is such that what is said is the truth, then it is very much better for my ego... and if it is not the truth, then what is so important... this attitude in Sahaja Yoga will help you very much. It is a very wise attitude towards oneself, and you'll be surprised that as you grow with this attitude, you won't be so easily hurt by what people say to you... you'll not be bothered. Your self esteem should be such that nothing should make you unhappy... it's all a drama going on (800517.1); If somebody has complained that you are hot tempered... accept it... just accept it... is a great thing that there is somebody who tells you that. If somebody says you are miserly... accept it... so we must change. If you don't want to change... you'd better leave... that's the main point (810904)

You must know that you should never challenge anybody who's organising... never (830104); Instead of criticising another... we should put attention onto another who has done something, with love, and thereby get an understanding of that person - identify with that person instead of judging. Who are we to judge or to criticise (960505); We are constantly bombarded with criticism... always there is the fear that someone may criticise - it doesn't matter what they say... it makes no difference (910728); So, to criticise is not the way you can enjoy love (970823.1)

Sahajvidya - Criticism

Criticism... of art for example... by people who themselves do not know how to even draw one pencil line properly, leave alone painting anything... has killed so many artists. Then... everybody who is painting, has to think... 'what people will say'... and as a result of that something absolutely absurd grows, without any subtle expression - it is... because of our ego which suppresses all spontaneous living growth... of our thought... art... and life... and where nobody can express anything; It is through our Agnya that we judge (890423)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-970823.1 Primord'I Taboos, S. Dharma, Krishna Puja, Cabella see 970823 good 65

-830104 Stop Complaining - see 830104.1 good 35

800517.1 Old Arlesford, Winchester pt 1 (Preparation.. becoming) good 50

810904.1 Advice given by Shri Mataji, Brahman Court poor

810904.2 Heart of the Universe, Caxton Hall

830104.1 Stop Complaining/How to Proceed - Sholapur/Vaitarna

830104.2 Address to the Sholapur IMA - Sholapur good 35

890423 Archangel Shri Hanumana - Margate good 45

910728 Guru Puja, Cabella good 60

960505 We must feel responsible, Sahastrara, Cabella good 55

- end -

24 Jun 2003

Curd

It's like... butter is made out of... we call it 'curd' - so, they churn it... when they churn it... what happens... some butter comes out... and the rest remains as buttermilk. To separate it, they put a big lump of butter in that curd, and then they churn it... now all the butter gets around that big lump, and it gathers into a bigger lump you see. But, there are some particles of butter... which are left behind - if they do not stick to this big lump of butter, they are thrown away with the buttermilk. So those who do not come up to Sahaja Yoga, who are not up to the mark, will be all thrown out... no doubt... that is a fact... you have to come up to the mark. And you should not worry about those... you should have no attachment for such people (810524); In the milk... when you put lime... or lemon... it starts separating... into water and curd (770215); The buttermilk... is much better than Dahi, it's much more soothing (for diarrhoea - Ed) (881221)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

770215 Talks about Sat Chit Anand, Delhi poor 65

810524 Subconscious, Supraconscious, Chelsham Road not good 70

Curing

Now you have got curative powers... you know that... you can cure people... but you do not get into that mess... because there, Mahamaya plays her part... if I find you are getting into your head the idea that you are very much... getting involved into... for example... your brother-in-law's... father-in-law's... mother-in-law... then I'll stop it... or you'll get into trouble. If you start making money out of it... I'll stop it. I do many things, by which I just stop it... and then you cannot have that power in you... on the contrary you suffer quite a lot... because you do not know how to protect yourself from all these bad things. So, before you start curing others, you first cure yourself fully (800127.2)

Also you can use my photograph for curing other people. So, one should not bother about all these things... one should keep completely detached about it. So do not cure anyone... if you have to cure people, then you please give them the photograph and ask someone to work on them. You have got the power to handle my photograph... give it to others (800127.2)

Curing in Sahaja Yoga... occurs only as a 'by-product' of getting Self Realisation (820710); What is important is that... if you are curing, know that 'you' are not curing... it is the Divine Power that is curing... 'you' are not doing anything... is best to be like that. I feel the same way... I am doing nothing... I'm Nishkriya, doing nothing... but I'm not lazy - you should be active, but all your activity should be coming from the Divine Power of Love (971225); Curing is the work of Kundalini when she rises, and is because in you, God is going to manifest (800609); We should not get into the curing part, and our attention should not be too much on that, because this will lead to our being troubled with spirits and getting into problems (791009.1)

The disease of cancer cannot be cured except by Sahaja Yoga. Now cancer can be corrected if you can pour that energy, the energy of the All Pervading Power into the patient... and then this power is all the time flowing in him (790720); When the Kundalini

Sahajvidya - Curing

rises, she awakens these centres... and when these centres are awakened, they just come back to normal... the person becomes normal... that's how cancer can be cured... it's very simple (821008); Cancer can be cured by the Chaitanya, flowing through Sahaja Yogis, and which is containing the emotional, physical, mental and evolutionary elements, which when applied to a faulty chakra, causes it to return to normal (840313); By some chance if you could bring the 'centres' back in connection with the whole... cancer can be cured... it is as simple as that (821008)

Leukaemia can easily be cured... because when you put your hand on the spleen, if you are a Realised Soul, the energy flows... and the spleen settles down, because it gets new vitality... it gets the wisdom from these vibrations... because this is the energy which thinks, cooperates, organises, sorts out... and when given to this spleen, it becomes wiser... it rests... it becomes silent. Also if you give the person the balance with your hands... you can make the person much more relaxed, much more silent... that is how you can cure (821008)

Collectively I can cure cancer, if Sahaja Yogis... are more... if you are clear people... but your channels are so full of problems that nothing flows through you. If you get yourselves cleared out, collectively I can stop cancer spreading... because if you spread more vibrations, what happens is that the left and right side in the Virat becomes clearer, and the attacks from the left and right side which creates cancer and all these horrible diseases will be cancelled, because they will be less (800927); I can stop the happening of cancer completely, if I have 21000 Sahaja Yogis... Leprosy I can control... cancer already I am controlling (800927)

- Jai Shri Mataji -

Sahajvidya - Curing

Tape References:

Date/Ref - Title - Qual - mins

- 971225.2 Christmas Puja, G'pule - see 971225.2
- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 840313 Intro talk, 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford, see 821007(Video) Good
- 820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)
- 800127.2 Deep Meditation - see 800127.1
- 790720 Cardiff Public Program good 30
- 791009.1 Maintain purity of Sahaja Yoga/Where... stand in S. Yoga
- 800127.2 Powers bestowed on S. Yogis, how maintain them, Bordi good 30
- 800609 Subtlety Within - Caxton Hall good 50
- 800927 Lethargy - Chelsham Road good 75
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 820710 Derby PP [PP video set 4/3,4] good 55
- 840313 Intro Talks - Delhi and Hampstead
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe
- 971225.2 Christmas Puja, G'pule/New Year Puja, Kale - see sub

Dahi/Yoghurt

Dahi... used in the night, won't be good... in the morning is alright. But buttermilk is better than Dahi... it's much more soothing... there's nothing like it (for diarrhoea - Ed); There is also something called 'Electrol' that you can get (in India - Ed) (881221)

In Puja... the ingredients that were used were... firstly very little ghee, followed by honey, yoghurt, milk, and sugar (850310)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

- end -

10 Sep 2002

Death

When you die, the Spirit does not die - Christ came to show, that Spirit is eternal (810330); Resurrection is the message of Christ's life... the Spirit cannot be killed by anyone... it is eternal... and he had to prove it. To prove it, there had to be somebody here on this Earth... to come in, with a body, to act like a human being, to live like a human being, and to go through the drama of death. To show that he overcomes death... that he resurrects himself... he had to die, and he had to be resurrected (811006); This was the true message of Christ (811005), the reason for the crucifixion, that Christ had to undergo (871023)

Death is like changing clothes - the part that is earth and water falls off... and you remain, as you are (831001); When we die, one of the 5 Koshas or cocoons of the body, which is the 'matter', falls off... then the water cocoon also falls off... and the Soul remains... with the Spirit... and the Kundalini also (811006); It is the Soul... which lines the spinal cord (950625)... and is comprised of elements of Fire, Air, Ether plus Spirit and Kundalini. At death the earth and water elements die (810921); Sometimes when people die... or are about to die... and they come back to life... they always say that they pass through some sort of a tunnel - some have a black tunnel... some have a bright tunnel... some have a light tunnel - this is what is the Soul which is within us, which starts going up... and with that our attention goes, and we feel we are passing through a tunnel. These Souls you can see in the sky... hanging around... with seven loops. You can see them only after Realisation... not before that. So this Soul guides you... and it has brought you to Sahaja Yoga (950625)

Anyone who is born, is going to die - that is the system; Two people never die together, and if you cry for the one who has gone, then he will get no peace, he may just be hovering there, or be in limbo, waiting for you to come there. Better to say 'o.k. I'm alright, you go get your Realisation... just as I have got it' (870408); Death does not exist in the Divine language. Those who

Sahajvidya - Death

are dead can be reborn. But death can be used for punishing people, for destroying them, for taking them away from the scene - that's what Mother Earth does (860803); A Sahaja Yogi should never be afraid of death, because if he dies, it is only going to be another life where he rests for a while, and then comes back with greater enthusiasm, with greater energy (920209)

When a person dies, then his Soul comes out... and his Spirit also guides him... so we call it a 'dead soul'... like that they hang in the air sometimes. When they are Realised Souls, they need not... they become one with the Divine... and whenever they want, they can always be born again. But these Souls who are still attached to something... maybe to children... to the house... to drinking habits... maybe something nonsensical... still hang around, and they are the one's who trouble us... who bother us too much. They can be in groups... they can be many... of different types... they could be with a very bad subconscious activity... or could be with Supraconscious also. Now some difficulties that you face, which cannot be solved, could be coming from these dead Souls. So the best way to get rid of them is to develop a detached attitude towards life (950625)

Now... against abortion... I am not... if a woman is suffering, let her have an abortion... the one who is living is more important than those who are not living. If somebody wants to have an abortion... that child can be born again... according to us... nobody dies permanently. In Sahaja Yoga, we have divorce and we also have abortion. It is important to understand that these are all taboos which are there... but not for people who have to get out of their troubles... you have to have it. But to be very frank... we don't have to do abortions... it is achieved by Paramchaitanya... it knows what is to be done... and how to achieve it (970823.1)

- Jai Shri Mataji -

Sahajvidya - Death

Tape References:

Date/Ref - Title - Qual - mins

- 920209 Ganesha Puja, Perth - see 920209 good 35
- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 810921 Shri Mataji in America, NY day 2 (Nice Q&A) good 35
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 831001 Santa Cruz interview good 45
- 860803 Bhoomi Devi Puja, England good 20
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
- 920209 Ganesha Puja, Perth/Red Hill, Canberra
- 950625 Richmond Park talk, Richmond Not good 45

Decadence

Human awareness moves downwards away from the Divine, and eventually reaches Mooladhara, where we may become depraved and perverted, with funny ideas about sex. This is decadence, and with one more step we are in Hell (860303)

The Shuparnaka ideas that come from the decadence that we have gone through, have no relevance to our ascent... and because we have come up (ascended - Ed), we can see the decadence of society. So we have to show our good behaviour, our good dress, and our good conduct... the beauty that has developed within ourselves... and that we belong to a society which has ascended, and that the decadence is over now (850000.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860303 Brompton Square Address - see 860305 good 15

-850000.2 Nasik talk - see 850000.1 good 25

- end -

27 Dec 2002

Decisions

Many people say that they can decide on vibrations, and they have decided certain things on vibrations, but they commit mistakes... that means that they have not yet grown up to that state where they can decide on vibrations. Nobody should arbitrarily decide, but should consult the collective, especially the leader to find out, if whatever you have thought of is alright. One may commit lots of mistakes, if you start behaving arbitrarily. The greatest law of Sahaja Yoga is that it is a collective happening (880103)

The whole Cosmos is trying to help you... you see you don't have to do much effort, to think about it... what should I choose... whether I should take this... or whether I should take that... the only thing you have to do is... just to see for yourself, that you are watching... and you are seeing... an opportunity coming to you... and allow the opportunity to appear before you... it does. You don't have to deliberately bother your head, what to take, what to do... it will just be there... you will be amazed, how it works; It's a question of how far you are surrendered... how far you have gone with the Divine (880921)

Problems with Hamsa can include shooting headaches on one side, or sinus problems, and may result from being overloaded with decision making. Avoid eating anything that is sharp or sour (MME)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880103 Patience and sweetness - G'pule - see 871213 good 15

- end -

30 Apr 2003

Declaration

1. "Today is the day... I declare that I am the One who has to save the humanity. I declare... I am the One who is Adi Shakti, who is the Mother of all the mothers, who is the Primordial Mother, the Shakti, the Desire of God, who has incarnated on this Earth, to give it's meaning to itself, to this creation, to human beings... and I am sure... through My Love and Patience and My Powers... I am going to achieve it (791202.1)

I was the One who was born again and again. But now in my complete form and complete powers, I have come on this Earth, not only for salvation of human beings, not only for their emancipation, but for granting them the Kingdom of Heaven, the Joy, the Bliss that your Father wants to bestow upon you" (791202.1)

These words are to be kept within the bounds of Sahaja Yogis only for the time being... and today is the day of Guru Puja, not my Puja, but your Puja as Gurus. I anoint all of you as Gurus, and today I will tell you what I have bestowed upon you, and what great powers you already have within you... (791202.1)

Among you there are people who have still not been able to recognise... my announcement will work it out within them... the recognition. Without recognition you cannot see the play... without the play you cannot have confidence within yourself... without confidence you cannot become the Guru... without becoming Guru you cannot help others... without helping others you are not going to be in any way happy. So to break the chain is very easy... but to build the chain one after another is what you have to do. This is what you were all wanting to be. So be confident and be joyous and be happy... that all my Powers will protect you, my Love will nourish you, and my Nature will fill you with Peace and Joy... May God Bless You (791202.1)

Sahajvidya - Declaration

2. First of all you have to know you are prophets... and you must know... that I am the Holy Ghost... I am the Adi Shakti... I am the one who has come on this Earth for the first time in this form, to do this tremendous task. The more you'll understand this, the better it would be... I knew I'll have to say that openly one day... but now it is for you people... who have to prove it... that I am that (830321)

Because I have said now, I am the Holy Ghost... everybody seems to be 'over happy', and joyous - I have told you whatever was needed for your counselling... I have taught you how to redeem others, and comfort them... you know everything... now just become masters in this art... forgetting your past... you are all great people, all of you. Declare to all the nations now... that I am the Holy Ghost... and I have come for this special time... that this is the resurrection time (830321)

3. I see people when I talk to them... they start talking to me little frivolously... not with that depth... not with that feeling that I am Mahamaya. Then some of them even answer me... explanations. Of course this freedom I have given you deliberately... but you must understand that you have to talk to me in a way that you would talk to Adi Shakti... is very important (911013)

Then how you behave is very important... you should not be artificial... or superficial... but best is to put your hand on your heart... both the hands... and just try to feel... your Mother is Adi Shakti... she has created all this Universe... she has created all this world... and she is for your protection - as soon as I come to know about your problems, my attention can work it out. All this protection is given to you because you are seekers of truth... and the truth is that I am the Adi Shakti Incarnated. Once this truth becomes one with your self, there's nothing to fear... because all the Deities know this fact... they know about this Incarnation very well... they'll do anything to substantiate your belief in every way... my photographs... in the sky... they are so anxious. They are behind

Sahajvidya - Declaration

the stage... before the stage... all sides of the stage... listening to me... feeling very happy that I am telling you the truth. But the way they recognise... the way they act... they never disobey. If you behave in the same manner, you are completely protected from all these problems I have told you about (911013)

Once you have recognised, you will have no fear from anyone... and the more you show that recognition, the more you realise it, you get higher and higher... not only spiritually, but every way, mentally, socially, economically, politically... is very remarkable... that not only that you recognise me as a Mother who loves you very much... but a Mother who is powerful to protect you (911013)

So just behind this recognition is all the powers... but if you are doubting... still half way this that, then things won't be alright. You shouldn't worry about your reputation... just go full speed into any direction, knowing one thing... that you are my child, and that I am Adi Shakti... everything that looks horrible will become better... you have seen it now... don't worry about anything... just know that I am the Adi Shakti... that all the Powers of Gods and Goddesses... and all that are within me... and they 'are' within me... and they are all looking after. But if that recognition is not there... they are not going to recognise you either (911013); Supposing I correct you sometimes... instead of feeling sad, you should see that how fortunate I am that Adi Shakti herself is correcting me... she is taking interest in me... how fortunate I am... to be born at this time, to be with her in her great work (911013)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 791202.1 Guru Puja/1, Dollis Hill [Mother's Declaration] - see 791202.1 good 20
- 791202.1 Guru Puja/1&2, Dollis Hill
- 830321 Overcoming the 6 enemies, Ma's 60th B'day Puja, Sydney good 50
- 911013 Navaratri Puja - Cabella good 25

Dedication

Shri Ganesha's complete dedication is to the Mother... is not to any other thing... not to any other Deity - he goes to all of them... he respects all of them, through the understanding of the Mother. But some people cannot do that... they still stick on to some sort of Deity... some sort of ideology... then they are not fully in connection with me - and that is what he is... that he is just in connection with his Mother. To him, She is everything... She is the source of knowledge... She is the source of joy... She is the source of truth... he doesn't have to look anywhere else. Now it looks very egoistical to say these things in modern times... but you can understand... that if you have to gain anything... if you have to achieve any knowledge within... if you have to ascend higher... then you have to learn from Shri Ganesha... what he does... and what is his relationship with his Mother (930721)

Now these powers can be maintained if you try to follow Shri Ganesha. His foremost quality is that he does not know any other God or anybody else, higher than his own Mother... a complete dedication and complete obedience to Mother... I mean sort of, he is made out of that obedience... complete love and affection for the Mother... he doesn't argue... he doesn't question... he doesn't do anything... and that's how these powers are in him the maximum. If you think by arguing with me you are gaining, you are sadly mistaken... you have to keep me pleased... is a fact... so please don't try to displease me... I may not say anything, because outwardly I don't say anything... but your powers will be reduced (800127.2)

So many have worked for Sahaja Yoga with such dedication, without even being aware of how hard they have worked, or how much they have done, and without getting any material gain out of it. This dedication is directed by the Divine (900100)

Sahajvidya - Dedication

So it is essential to take to Sahaja Yoga, in the most dedicated manner. And this is the only thing that we can give to our friends and relatives, and to all the world around. I am here to help you, to work for you day and night, and I'll spare no effort to help you... and do everything that is possible to make you alright, to pass this examination of Last Judgement. But you have to co-operate with me, and have to go headlong about it, and devote most of your time for Sahaja Yoga, and for imbibing all that is great and noble (790928); When the whole world is going to be destroyed completely, it is very important that you 'cling' on to the thing that is going to save you... with 'complete might' and 'complete faith' (820731)

Even in Puja when I see people doing Puja I know how far they are dedicated... because the way they do it with caution, with care, with awe, with understanding... everything is so beautiful... but if somebody is doing just a ritual thing, I get a fright... like they'll do my Puja alright... mechanically... but some people may not even do any Puja... but they sit before the photograph... and talk to me heart to heart... without saying anything... but... to put it in the heart for some people is very difficult (850310)

Do you do whatever is told to you - you have to obey... if you are not obedient, then you cannot become a guru... because if you cannot obey, how can others obey you. This obedience is not for any personal gain of the guru... not at all... but for your gain only, for your education, for your ascent. If such a view is taken, then you start getting all the qualities of a guru (980712); There are certain problems that arise sometimes, when you don't listen to the Mother (880101)

- Jai Shri Mataji -

Sahajvidya - Dedication

Tape References:

Date/Ref - Title - Qual - mins

- 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
- 880101 A sinless life - G'pule - see 871213 good 5
- 870503.1 Sahastrara Puja - Australia - see 870503 good 45
- 850310 Public programme - Masonic Hall, Sydney - see 850310.1 good 25
- 820731 Dedication through Med'tn, Cheltenham - see 820731(Video)
- 800127.2 Deep Meditation - see 800127.1
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790928 Kundalini Kalki Shakti/How Realisation should be allowed develop
- 790928.2 Kalki/Talk on all chakras [duplicate, better quality not complete]
- 800127.2 Powers bestowed on S Yogis and how maintain them, Bordi good 30
- 820731 Dedication through Meditation, Cheltenham good 60
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40

Deftness

If you start respecting your attention... then gradually you develop a deftness for Sahaja Yoga... but so many people, when they get Realised, they hardly come a second time... and even if they come a second time, they do not develop the feeling of vibrations... they still go on being busy with their day to day work... wasting their time on things which do not give you the subtler feelings... so the subtleness, the deftness of the art of Sahaja does not develop. For example, a person who is over-read... as soon as he gets his Realisation, he starts tallying it with what he has read... this makes his attention again wasted. As it is, his attention has been fixed by these conventional ideas... some of them are correct... some are incorrect... some are absolutely false... some are useless... some are only because they wanted to make money... so they published some trash. As soon as you get Realisation... you go back to your own... gross awareness... and start tallying this 'subtle' with the 'gross' - you again start losing the vibrations. You are not to fix your attention... but you have to make your attention subtler and subtler (770126.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-770126.2 Bordi Attention - see 770126.1 poor

- end -

25 Dec 2002

Deities

Aspects of God Almighty, that keep the Divine informed regarding the conduct of the disciples (900923), and exist on every Chakra (820711); If you please others, your Deities will be very happy... because they are all one... within each of you... because they are all related to each other... and they feel unhappy when you try to be unkind to each other (800927)

Now for Sahaja Yogis as I say there should be no ritual... ritualistic things always make you absolutely dead... like early in the morning you start with a mantra... and go on repeating mantra like a mechanical thing... it's absolutely paying no respect to the Deity. But in a proper way... whichever Deity you want to awaken... think of that Deity, try to cleanse it, with all the understanding and deliberations... with respect... with a protocol... and not just to take somebody's name and just go on chanting any mantra you feel... it's not a mechanical thing. Sahaja Yoga is a thing which has to come from the heart... it is heart felt... if you do not do it from your heart it has no meaning (810511)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800927 Lethargy, Chelsham Road good 75

810511 Lord Jesus, Forgiveness, Caxton Hall not good

820711 Nabhi to Sahastrara, Derby good 90

900923 Navaratri Puja - Geneva, Switzerland good 75

- end -

4 Jun 2003

Depression

A left sided person (someone who is too much in the left side), cannot enjoy the fun of collectivity, and can be very negative, and depressive, finding problems everywhere, but it can be cured by putting left hand to the Photo, or to the Mother, and the right hand on Mother Earth (890806); It is Shri Bhairava who is the greatest disciple of Shri Mahakali, and who kills all the Rakshasas (900912)... who exists on the left or moon channel, and acts to cool us down, who destroys negativity, bhoots, attachments, habits, conditionings, depressiveness... and prevents the doing of wrong things (890806; 770215); When you are infested with negativity, with depression, with the attacks of the super-ego, then you have to say 'I am'...' I am going to fight you' (811006)

You shouldn't... try to judge yourself... just gradually rise, appreciate yourself... and gradually you rise, and settle down... on the position that you have achieved. Instead of that, you feel very diffident, and very much depressed, if you start judging. If you all the time start judging yourself, this will not help you... be self assured (920719); Do you suddenly get nervous sometimes... or distressed... depressed. You do get nervous and depressed sometimes... then you shouldn't go, in the night, out alone... not good to travel at night... at least to walk around... after say 10 o'clock (790609.3)

After Realisation, we should become universal, and not get engulfed with our 'Signs'... but they do give us a particular colour in the whole cosmos; They should not create discord. The Spirit is not bound by any 'Signs', or by the 'Stars' - our progress depends on our own desire to be the Spirit, and should not depend on our star signs, which can lead to ego orientation or depression (811103)

Sahajvidya - Depression

Tape References:

Date/Ref - Title - Qual - mins

770215 Talks about Sat Chit Anand, Delhi poor 65

790609.3 Maria's House Tape 3 poor

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75

890806 Shri Bhairavnath Puja - Garlate, Italy good 25

900912 Shri Mahakali Puja, Le Raincy good 50

920719 Guru Puja - Cabella good 65

Chakras affected: Left Side

- Jai Shri Mataji -

Depth

With depth, we start thinking of others around us, then of the world, and not only of ourselves (890725); There is a common belief, that once we get Realisation we should be perfect - it is not so, we have to work it out - to sustain our Sahaja Yoga. We must not take it for granted. Some people come, get their Realisation and just enjoy for 5 or 6 weeks, or months or maybe hours, and then go back again to the same. At the very beginning, ego and superego get sucked in, but then they come back again. But when you start giving this Divine Power to others, you start gradually deepening into your own being, and feeling your source of Joy - life becomes full of Joy and happiness (790507)

The depth of a Sahaja Yogi is to be measured by the way he keeps joyous and happy. A Sahaja Yogi may not be a 'real' Sahaja Yogi... it only depends on... if you are joyous... if you are anxious to give Realisation to others... and you want to share your Realisation... and you just don't want to keep it to yourself... if that is not your condition, then you are still not a full Sahaja Yogi (001231)

Those who are humble... who are kind... will attract more Sahaja Yogis... so it is important to change your temperament. If you try to show off, nobody is going to be impressed by you... if you think you are something very great, nobody is going to look at you. Be very humble, kind, generous... also very joyous. If you are really doing Sahaja Yoga, no sickness can come... no trouble can come... it is a fact... try to understand (001231)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-001231 New Years Puja, Kalwe - see 001225.2 not good 25

-890725 Arrival speech - Melicharg - see 890723 good 20

790507 Sahaja Yoga Introduction good 60

- end -

17 Jun 2003

Descent - Adogati

Adogati is the downward movement (860224); Descent; To go down is easy; Human awareness grows downwards, in the opposite direction to the Divine. First we reach 'Nabhi' (from our starting point of Bhavasagara)... where we start consuming, through attacking and overpowering other peoples and other countries, by imperialism etc... like Columbus... and also by digging out and consuming Mother Earth. Then we reach 'Swadisthan', where we see and go to the stars etc... to no avail - we have to go within. Finally we reach 'Mooladhara', where we become depraved and perverted, with funny ideas about sex. This is decadence... and with one step we are in Hell. On the other hand if we try to go up, without going by Mahalakshmi... we end up at the 'Heart'... and start giving our heart to this person, that person... get into romance... and once again we go down (860303)

The Shuparnaka ideas that come from the decadence that we have gone through, have no relevance to our ascent... and because we have come up (ascended - Ed), we can see the decadence of society. So we have to show our good behaviour, our good dress, and our good conduct... the beauty that has developed within ourselves... and that we belong to a society which has ascended, and that the decadence is over now (850000.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860303 Brompton Square Address - see 860305 good 15

-860224 Delhi University address - see 860504.2 not good 15

-850000.2 Nasik talk - see 850000.1 good 25

- end -

27 Dec 2002

Designers

The entrepreneurs are busy pampering our egos, giving us fashions, hair fashions, clothes, too many choices over simple things like what I will have for breakfast etc. We should not become enslaved by any entrepreneurs - wear what is sensible (910728); These designers... they make the money... befooling everybody... they take out some idea, and sell it for a high price... and if you are a fool, you go and buy that. They are... exploiting you (971004); All this designing... is based on your stupid ego, which makes you buy all these things... to show off your ego... so try to be humble (971004); It's nothing but you are playing into the hands of these entrepreneurs. Once you have established what you require... what is the style you require... finished... then you must grow inside, and not outside (960710); Fashion is madness (971005)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-960710 Airport Talk, Vienna - see 960710 good 40

910728 Guru Puja, Cabella good 60

960710 Airport Talk/Mahalakshmi Puja '96 Vienna/Moscow

971004.1 Nature & Balance, evening before Navaratri, Cabella good

971004.2 MUSIC - Evening Program, Cabella

971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

- end -

27 Dec 2002

Desire

If we do not have an intense desire to ascend, then we cannot ascend. In morning meditation, we must say what is our desire, what is our goal, whilst taking the name of Shri Ganesha - all activity must be surrendered for this goal - this desire may be curbed through the cocoon of 'my-ness' that develops after Realisation, when as a result, we can become half hearted in our ascent (890619)

Some people achieve maturity much faster than others... despite the fact that they may have been ruined by many... but still they do it. What makes it very quick is the left side, what we call Mahakali's power... or we can call it as Iccha Shakti... the power of Desiring. If the power of Desiring is very strong, and comes from your heart... absolutely from your heart... then it works much faster. Once you put your heart to it, everything will work out well... because the whole force is coming from your heart... because in the heart resides the Spirit. So the only judging point is... 'am I doing it from my heart... or... am I doing it superficially' (791009.1)

First thing is to develop the Mahakali Power, and destroy all the nonsense that is impeding or blocking us... just... I don't want it. Then keep attention on the destination (890619); Your desire should be pure (890619); When all external desires dim out, and the real desire to be one with the Almighty remains, then the Kundalini can rise spontaneously. It has happened to very few people - Buddha and Mahavira were human beings, but who achieved Godliness (800609)

Not by facing yourself do you get rid of the desires, but through wisdom (800609); The desires that we get may be for our relatives... for them to get Realisation... or to be cured - it is important to witness them... to see them as you would see anybody else... and don't force Sahaja Yoga on any one of your relatives... and don't force them on Shri Mataji; Then you start thinking of the problems of your country... alright give me the map of your country... finished... that's more than sufficient (821219)

Sahajvidya - Desire

Desire comes from your heart, and you are so built that the Brahmarandra is also your heart. Try to open your heart by projecting it. Your outlook should be how much have I contributed to this... (821219)

You should have only one intense desire within yourself... have I become the Spirit, have I achieved my ultimate, have I risen above the worldly desires... purify yourself; The desire that you have... leave it... then, once you are purified, that area will be covered through your attention... it's very interesting. When you get over it, then only, you can throw light... but if you are inside, your light is hidden, there is no light emitted. Rise above that desire. Every time you get a desire, you rise above it... so your light is emitted on that wider problem that you are facing, that you think should be solved by your Mother (821219)

You have to do only one thing, is to become the Spirit, that's all... is a simple thing. Then to substantiate your purity, your attention should be on the 'other' side - now you are not facing the Mother, you are sitting with the Mother, facing the whole world... the whole attitude will change. The attitude should be, what can I give, how can I give, what is my mistake in giving... I have to be more alert, where is my attention, what am I doing, what is my responsibility... (821219)

Without desire this Universe would not have been created; The desire of God is the one that is the Holy Ghost, the All Pervading Power, the Kundalini within you. The Kundalini has only one desire... is to be the Spirit, and anything else if you desire, the Kundalini doesn't rise (821219); The desire to 'rise higher' creates the bridge of Sushumna across the void, within us, and so allows the Kundalini to pass (860921.1)

I am desireless... because the Divine Power... is working for me... everything... I don't have to desire... it knows. I don't desire anything... but you have to desire... you have to pray... you have to ask... and the wider you become, your prayers will be wider (920229)

Sahajvidya - Desire

Tape References

Date/Ref - Title - Qual - mins

- 890619 Ascent, Mahakali Puja - San Diego - see 890611 good 25
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
- 800609 Subtlety Within - Caxton Hall good 50
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45
- 920229 Shivaratri Puja, Glenrock, Australia good 60

- Jai Shri Mataji -

Destiny

If you leave things to the Divine Power and believe in it, then everything works out for your good... and if it does not, you must know that it is your destiny. You must accept... you must learn to accept, because whatever you have fixed up for yourself, as something very great, is not. So what is the greatest thing you have to achieve is your detachment... then you become Gunatit (980712); You should not insist on time and timings... whatever comes, Sahaja, accept it (760330)

Acceptance will give you a wonderful discretion over your ego. Whatever goes wrong... it's alright... accept it. Supposing you are lost on the way... you should not think like all other people... but think... 'why... Hanumana must have brought me here for some purpose'... accept it... accept the situation. When you accept the situation, you are playing into the hands of the Deities... who are guiding you (880710)

If somebody has complained that you are hot tempered... accept it... just accept it... is a great thing that there is somebody who tells you that. If somebody says you are miserly... accept it... so we must change. If you don't want to change... you'd better leave... that's the main point (810904)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 880710.2 Discretion of Hamsa, 2nd talk - see 880710 good 10
- 880710.1 Discretion of Hamsa - see 880710 good 55
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 810904.1 Advice given by Shri Mataji, Brahman Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 880710 Discretion of Hamsa, Munich
- 980712 To be obedient to the Guru, Cabella

Destruction

Will come from inside, not from outside (810928); In any construction, there has also to be destruction. If there is something that is trying to destroy your construction, then you have to destroy that. We should desire to destroy that which obstructs our ascent - be prepared to destroy. When a flower becomes a fruit, the flower is destroyed. Fix your goal, and do not be distracted, or deviated, otherwise you will not arrive. Our destination and our desire should be to ascend (890619)

Kalki is devoid of any compassion. There are 11 Rudras, 11 destructive, destroying powers absolutely settled in him... which are guarding the beauty of Sahaja Yoga. Anybody who tries to play around with Sahaja Yoga is harmed very badly. Don't try to trouble anybody who is a Sainly person, a good person... nor to play tricks with the Divine. Because Kalki is already on! Be careful about it because once this power comes on you, you will not know how to hide yourself. Not only to Sahaja Yogis, but this I am telling to the whole world today - be careful! Don't take it easy, and do not compromise with nonsensical people - stick onto the 'Right'. The day is very near when Kalki is going to come. Be careful. Do not try to harm others, or take advantage of others, and do not show off your own powers, because once this destruction will start in your life, you won't know how to stop it (790928)

The coming Incarnation is Shri Kalki, who is blemishless, who cannot be blemished - anyone who tries to, will be destroyed. He will come to do the last sorting out. There will be no-one to talk to you... or to listen to you... nothing of the sort. He is coming for the harvest, the last cutting. The time remaining is very short, so better get yourself in the proper shape - and then let him come. He is coming with 11 powers known as Ekadesha Rudra, all placed in the head of the Primordial Being, and he will be manifesting all these in such a tremendous manner, that you would not know how people will be destroyed, and the destruction will be of the worst type you have ever seen. So that's why you try to mature, become the fruits, and be in the Kingdom of God... alright (790530)

Sahajvidya - Destruction

This destruction has already started, and is going with full speed I think all over... through the so many things that are happening. We have got hurricanes... storms... earthquakes... many accidents... and so many destructive things are working out... which are the outcome of Kalki incarnation. But at the same time, there is another work going on, of the same incarnation... is the resurrection of the people... such people can never be hurt... nothing can happen to them... they will always be saved... because they are under the protection of their Mother (000206)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 890619 Ascent, Mahakali Puja - San Diego - see 890611 good 25
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790928 Kundalini/Kalki Shakti/How Realisation... allowed... develop
- 790928.2 Kalki/Talk all chakras [duplicate better quality not complete]
- 810928 Shri Mataji in America, NY day 5 good 80
- 000206 Shri Shivaratri Puja, Pune, India good 15

Detachment

Develop detachment... but... not to be irresponsible; Detachment is from within... when we are 'not bothered'... and is to be seen in generosity (821101); It comes when our attention gets fixed up with our Spirit, and we drop out other unimportant things. Our Spirit is everything to us. A detached person is a loving person (800727); You are at a stage where you have to detach yourself from matter (800927)

When Sahastrara is open, you learn one thing... detachment... it just happens, that you get detached... you see everyone... you watch... you know... you are close to... but you are a detached person... it is a state of mind that you achieve when your Sahastrara is open... in that state you are dealing with people, with problems, with situations... but you are not involved in it... there is no involvement. The greatest thing about this detachment is that you are not affected (980510)

Unless and until you develop detachment, the deeper powers of Mahalakshmi do not come up... for example, even in the smaller things, like... having connection with me... even that one... is to be a detached thing... even to say Aarti... or to do something to come forward, that 'I' have to do it... even to invite me to dinner... or any small thing, that 'I' should do it... is also an attachment... if it works out, well and good... if it does not work out, well and good. You must say that... 'Mother, you come'... but if I cannot come, there should not be the slightest feeling of unhappiness... but should be accepted. This detachment has to be developed for your Mahalakshmi power... then, you go beyond (800127.2)

This feeling that you have, that only if you 'feel' for another person you can help them, is a kind of an attachment... it doesn't help. So to have detachment in no way means that you do not feel for the other person... you do feel... you feel the agony of that person, the trouble of that person, of the whole society sometimes, and of the whole country... but that feeling is so detached, that the All Pervading Power takes over (980510)

Sahajvidya - Detachment

First we must have full faith in the ability of this All Pervading Power... as soon as you are detached, you say 'you do it'... finished... once you say that, the whole thing changes completely, because you transfer all your responsibilities, all your problems to this Divine Power, which is so powerful, which is so capable, which can work out anything (980510); But whenever you think that 'you' are going to solve this problem, 'you' are going to do it, then alright the Divine Power says 'alright, try your luck'... but if you can really put this problem to the Divine Power, it will work out (980510)

You should not get stuck into anything... if you are detached, then everything works out very well. But if you are attached, you just get worries and problems... your life becomes miserable... but if you become detached, then nature takes over... and you feel extremely relaxed (950625); This detachment, you can just practice... that you can see yourself in the mirror... and know that you are not this reflection that you see... but that you are much more than this reflection is (950625)

So if you develop a detachment through thoughtless awareness... God will take over... he will do your work... you should have faith in God... that he's Almighty... he does everything... he looks after everything... why should we worry... this is a very good way of life... is not to worry. You have gone beyond now... beyond time... beyond the three gunas... beyond thought... so whatever you have been doing, through your thought waves, and your mind... you stop it. So one should be prepared to surrender completely... absolutely... to the Will of God (950625)

Jai Shri Mataji

Tape References:

Date/Ref - Title - Qual - mins

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed upon SYogis how maintain them, Bordi good 30

800727 Guru Puja, Hampstead - (include: Statutes of Sahaja Yoga) good 70

800927 Lethargy - Chelsham Road good 75

821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105

950625 Richmond Park talk - Richmond Not good 45

980510 Meditation is the only way, Sahastrara, Cabella good 60

Devanagari

The phonetic language used by the Devas, based on the Bija Mantras, the sounds made by the Kundalini when She rises and passes through the different chakras (790000.1); On the Vishuddhi chakra we have to pay full attention... it has all the 16 vowels of the devanagari script emitting out of the sound of the shakti, the Kundalini, that is passing through it... so all the vowels are heard on this chakra. Without the vowels in the devanagari, you cannot write anything... vowels are the sustenance... are the power that supports every consonant... so it's important that our vowels have to be fully nourished and respected (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

790000.1 Bija Mantras and Shaktis on Kundalini - Ashley Gdns good 40

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

The Devi

The Devi... the Goddess... the Adi Shakti (891008.1); The Mantra for the Devi, for the Adi Shakti is "Om Twamewa Sakshat Shri Nirmala Devi Namoh Namaha", and may sometimes be said in this short form. It is said in this short form, in order to establish the Mother as the Devi. It may be said 7 times (791009.1); The Kavach... is the bandhan... or protection of the Mother, the Devi (920000); The photo of the Devi's Feet is the strongest for correcting problems (841005)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-891008.1 Destroy those demons within, Margate - see 891008 good 45
791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
841005 Farewell to Mother - Chelsham Road good 50
920000 Diwali Puja, Rumania

- end -

10 Nov 2002

Dharma

Righteousness (960910); Religion (850806); The central energy or power (810330); Dharma gives you the balance, the establishment into proper behaviour, into proper understanding, into proper living, but it doesn't give you the completion of your journey (871219); We have a dharma of a wife, of a husband, of a member of society... all of them have their own dharmas. Shri Krishna says 'leave them... leave them to me, and I'll manage'... this we have to learn... is to say that it is the Divine Power which will solve our problems. This is for human beings a very difficult state, and this state can only be achieved through meditation (980510)

There are ten dharmas, the Ten Commandments, in the Void area within us, looked after by the ten Primordial Masters. It is our 'attitude towards others', other people, their things, their wives, daughters etc. This is all 'related to others'... is dharma... is completely without rationality, is simply to be accepted. Fanaticism is against dharma (781005)

As I have said many a times... there are ten valencies that human beings have got... but apart from that, there are many dharmas. Like the first dharma is your love for humanity. But you start with Shri dharma, the dharma of the woman, how she should live... get married... look after her children... and what should be her behaviour. Then there is Patni dharma, the wife's dharma, and how she looks nice... if she gives up her dharma, then she is a prostitute. Then is Pati dharma, how should be a husband, how should he behave towards his family, how he should pay attention to his wife, to the whole entire family, the whole you can say 'Pariwar'... all the relations and everyone... that is his dharma. Beyond that is the Satya dharma, how much he sticks to truth. Then is the dharma of Creativity... and then we have also of politics, Rajkara dharma. Now we also have Rashtra dharma... is that of your country... when you have to fight for your country you should... but you should not be aggressive on another country... it's not right to dominate other countries... nor you should bring bad name to your country... it's very important (971102)

Sahajvidya - Dharma

When we are enlightened, we automatically become dharmic. If someone drinks some water that has been vibrated, that person also becomes dharmic. In the West, we observe five of these dharmas, and in India are observed the other five - so we each are lacking some (781005); The five left side dharmas are corrected by taking vibrated salt, and the five right side dharmas are corrected by taking vibrated sugar (781005)

If there's a tradition of dharma... then what happens... that the fat cells in our stomach get the experience... get charmed with the sense of virtue, of righteousness, of goodness, of innocence. Also, with the Kundalini awakening... your dharma is 'built in' - and your cells are charmed by that... and so you use that power to enlighten your brain, which surrounds actually as auras your heart. But if that is not so... it's like a dead... another cell going in the head... and then experiences in dirty things... in doing something that is destructive (850310)

Adharmic things would include such things as cabarets, adultery, undignified behaviour, alcohol, wrong Gurus, reading bad books, fanaticism, denouncing religions, materialism etc. (781005)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871219 Complete your Realisation, Aurangabad - see 871219 Good 25
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 871219 Complete your Realisation, India
- 960910 What State you have to reach, Diwali, Lisbon, Portugal good 55
- 971102 Lakshmi & the Maya of Money, Diwali Puja, Lisbon good 55
- 980510 Meditation is the only way, Sahastrara, Cabella good 60

Dharma Yuda

Means the war of religion... but not the way people are fighting it. Our Dharma Yuda is that we are standing on dharma... and dharma means not religion, but it is 'Vishwa Nirmala Dharma'. There's a negativity... we can call it Adharma, which is fighting... so you stand on your Dharma... unless and until you are dharmic, you cannot have any achievements in Sahaja Yoga (010321)

There is a war going on between the Divine, and the Satanic Forces (known as Devils, Rakshasas, Asuras) who have come in the garb of religion, as the false gurus, the so called God-men and God-women, to demolish the Kingdom of God in the hearts of human beings. And this at the time when we are about to achieve our ultimate goal - to enter the Kingdom of God. These Satanic forces have gone into the minds of the seekers. We cannot see them, or understand just how dangerous they are. But we have to fight them, and for this we must be courageous and cheerful, wise and centred, without feelings of guilt - full of enthusiasm and valour (800630); We are on a warpath. There is no time to waste on holidays, family etc. - ask for wisdom (850408); We fight not with a sword, but with a shield (860305); Today the war is within ourselves, not without... we are not realising how it is building up within ourselves... for example cancer is the physical war within ourselves (800809)

You have to do the work of God, you have to fight the anti-God elements, the satanic elements... now, the forces are gathering in such a way that the sorting out will start. You are not responsible for your families any more. Your responsibility is to yourself, to be the Spirit... your responsibility is to Sahaja Yoga, is to understand Mother better, is to understand this mechanism within you, how it works out everything, to understand how to become the Guru yourself, how to be a dignified and a glorified personality, to be a respectable person, and not a cheap personality. Everyone of you is worth the whole Universe - if you want to rise to that height, to that magnitude, it is within you to prosper - but those people who still want to live on a very low level cannot (821219)

In these modern times you must know that all these evil things are also lingering in your heads little bit, here and there. So the Sahaja Yogis which are today here, have to realise that all these things are surrounding us... and these evil forces are also there. There are some within us... some are without... so it looks to be a very difficult task... but it's not... because one condition, if you can understand... is that you have to recognise me. I know, I'm Mahamaya... I'm really very clever at it... but I'm truthful... but still I'm Mahamaya... so to recognise me what should we do... if we recognise, then you are protected. And the cleansing is the simplest thing in Sahaja Yoga... is to be collective. If you are not collective... then know that something wrong with you... if you are collective... if you are enjoying the collective, then you should know that you are clean... no blemish is there... you are absolutely alright (911013)

Now the second part of this Mahamaya business... I had to be very close to you... I had to be extremely close... to talk to you... to have a rapport... to tell you everything about Sahaja Yoga... to make you absolutely aware of yourself. This had to be done... and with all these complications within your mind... within your heart... within your body... I had to work it out. To come close in the real form would have been very dangerous... so one had to be a Mahamaya. But despite that, if you could recognise me... to understand me... that I am Divine Personality... an Incarnation... that's all the Deities want. Then they'll look after you in every way (911013)

So the problem today is very delicate - there are no absolute Saints... there are no absolute bad people... such a mixture... a confusion - that is what this Kali Yuga is... these modern times are. The only way to get rid of them is to surrender... that's the only way... there is no other way out... because when you surrender... the spirits, the negativity, the satanic forces just disappear. They have no interest in a person who is surrendered to God. They cannot surrender. If they surrender... they'll also become Saints. All the time to think... 'what are my catches... what are my

negativities' is not going to help you... just surrender all these ideas that are coming to you... and you will find that all absurd ideas will run away. This is the easiest way to get rid of your problems... is just to surrender (801019)

The growth will only come when the surrendering comes... and one has to know that the powers are tremendous... it is beyond your conception... outwardly you cannot understand. Under such circumstances... the best thing is to surrender yourself - now what do you surrender... is your ego and your superego (801019); You have to receive the Blessings... and to receive the Blessings, you have to just surrender... it is so simple... the easiest way to solve all your problems is to surrender... just say... 'I surrender'... for Realised Souls, this should be their mantra (801019)

Also, as you are Realised Souls, all the Divine forces... all the Divine Deities... all the Eternal Beings, Chirenjivas... all the Angels and Ganas... all of them are looking after you... but they know one thing... those who are surrendered... and those who are not. You just surrender the problem... and you will be surprised... the answer will come in such a miracle. Just surrender... do not take any responsibility upon yourself... just surrender... because... how far can 'you' go in the solution... up to your rationality... beyond that you are your Spirit... and the Spirit is connected to the Divine... so best is to surrender (801019)

In a prediction from an astrologer Bhrigumuni, it is said that there might be a third world war... but that the great incarnation who is also predicted, will interfere; There is a danger of a third world war, and it is inevitable, but it may be avoided, if people develop love for each other with this Mahayoga (820130)

Because of the atom bomb, which is very protective, nobody can think of having a big war now. Even the cold war will gradually stop, when they are fed up (830113); War does one good thing sometimes... that people get out of the materialistic attitude. Lots of bad things are there... but this one thing I have seen... when the

war shakes a man... he thinks 'what's the value of all these things I've been fighting for'. But if you get Niraaanda... after that you don't want to have any joy from material gains... from material things... you just do not want (850502)

War is absolutely like madness... even animals won't fight like that... you are even worse than animals when you think of war and killing each other... this should not be done, and it has to be stopped completely. Nobody has right to kill anybody unless and until he is attacked (000423)

Dharmatit

So now you have become dharmatit... means you have entered into the Kingdom of God... into the Virata's conditions... and there your condition is such, your state is such that you are dharma... if you try to do Adharma, you suffer... if you try to do wrong you suffer... I don't have to tell you to be righteous... there's no need... I don't have to tell you to tell the truth... or don't steal... I don't have to tell you all these things. You will follow Christ... or Krishna... automatically... sahaj. You become the dharma of Virat... now what is the dharma of the Virat... of Shri Krishna... is collectivity (860823)

When the attention goes to the Spirit, you become Dharmatit, that is beyond dharma, beyond your human nature - whatever you do is religious... whatever is your endeavour, it is religious, is done in a religious manner. Dharma becomes part and parcel of you - you just don't do wrong things, and you don't have to follow any disciplines of dharma (980321)

Adharma

Lacking in righteousness, or dharma (800727; 781005); Mother Earth can punish us if we do adharmic things - for example earthquakes, hurricanes etc. (790422); Adharmic things would include such things as cabarets, adultery, undignified behaviour, alcohol, wrong Gurus, reading bad books, fanaticism, denouncing religions, materialism etc. (781005)

Sahajvidya - Dharma Yuda

Tape References:

Date/Ref - Title - Qual - mins

- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 860305 Wimbledon Address - see 860305 good 45
- 850408 Easter Puja, Hounslow - see 850408 poor 40
- 830113 Saraswati Puja, Dhulia, see 830113.1 (5 Pujas from India) good 25
- 800630 What is happening other Locas, Caxton Hall, see 800630 good 25
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 800630 What happening in other Locas/How.. prove existence of God
- 800727 Guru Puja, Hampstead - (incl. Statutes of Sahaja Yoga) good 70
- 800809 What are we inside - B'ham good 30
- 820130 Predictions on Sahaja Yoga, Durga Puja, Sholapur good 25
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 850408 Easter Puja/Ganesha Puja, Children - Hounslow/B'ham
- 850502 Niraananda, Vienna Ashram good 60
- 860305 Wimbledon address/Brompton Square
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 980321 75th Birthday Puja, Delhi good 55
- 000423 Easter Puja, Istanbul, Turkey good 60
- 010321 Mother's Birthday Puja, Delhi good 50

- Jai Shri Mataji -

Diabetes

Diabetes is a common disease of modern times, and doctors cannot cure it, but we can cure it no doubt. Diabetes is caused because there is one centre, called the Swadisthan which manifests the aortic plexus within us, and which looks after the pancreas, spleen, kidneys and liver (790720), but also looks after the production of fat cells for the use of the brain (890801); Now... when you are thinking, the cells of the brain are replaced every minute... by the fat that is in your stomach... by this centre of Swadisthan (821008); Then... when you start planning too much, or thinking too much this Swadisthan is given such a lot of work, that it stops supplying energy to the pancreas. Control of the Swadisthan is di-verted... away from the organs... to the provision of fat cells for the brain... and as a result we get diabetes... from an unhealthy pancreas; But if you could give a balance to that centre by giving power to it, you can cure diabetes very easily (790720; 890801; 870500; 811005)

You see... why you develop diabetes... and then as a result of diabetes, you develop bad eyes... the reason is that in diabetes, the fats are not consumed properly... and they are not supplied sufficiently to the brain... to the optic lobes. The brain is made of fat cells... and that is why you get these troubles - if the fat cells can be used for the eyes... then there is no problem (840214); Butter is important for the Swadisthan, which converts it for the use of the brain cells (811005); Without carbohydrates, fats and butter cannot be retained by the body (830202)

Loss of eyesight could be due to two things only... it could be due to diabetes, or to some possession (811006); A person whose eyes are open, but he cannot see... is affected by the Subconscious and Collective Subconscious, from where the spirits attack (830209)... is a left side disease (800517.2) - one type of bhoot... is the one that makes a person blind, even though their

Sahajvidya - Diabetes

eyes are open and normal to look at... the left Swadisthan will be catching. There are 2 types of blindness here - it could be a bhoot, or it could be diabetes, or it could be a combination of both. Ask if he has diabetes. If he does not have diabetes, then it is definitely a bhoot (800517.2)

A person who thinks too much, plans too much, and thinks he is responsible for the whole world affairs... in this myth... develops his ego to a great extent... he uses his right side Swadisthan too much... and because of that there is an effect on the left hand side Nabhi... the left Nabhi catches... and then he develops all the problems of the left side in the organs... so you neglect your wife... you become harsh to her... are unkind to her... your left side starts becoming weak... and makes your spleen and pancreas very weak... and that's why you get diabetes; First of all... the Swadisthan can't look after the liver, so you develop a liver. Then on the left hand side it is absolutely useless, so you develop diabetes. Diabetes is caused by over thinking... absolutely. Diabetes is not caused by sugar by any chance, I can tell you... of course you should not take too much also, I mean too much of everything is wrong... but you must take sugar... it's important for your liver (811006; 890801; 790609.3)

If you want to solve your problem of diabetes, you have to develop your thoughtless awareness, which you get when Christ is awakened within you. Diabetes is absolutely curable through Sahaja Yoga (811006); Sahaja Yoga can cure diabetes... by giving you a balance... it's a question of balance (790609.3); People who lead a very temperate life, do not suffer from such a disease like diabetes (790720; 890801); Also can be the result of working too hard, for material, physical things (790507)... or, if we are hectic, and run about too much, we can get heart attacks, leukaemia, liver problems, diabetes etc. (830131); A disease of the right side (830209)

- Jai Shri Mataji -

Sahajvidya - Diabetes

Tape References:

Date/Ref - Title - Qual - mins

-870500.1 Untitled talk - see 870503

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

790507 Sahaja Yoga Introduction good 60

790609.3 Maria's House Tape 3 poor

790720 Cardiff Public Program good 30

800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

811005 Beauty that you are - Houston good 70

811006 From Krishna to Christ, Houston (A New Age has started) Not good 80

830131 Nabhi Chakra, Delhi good 80

830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80

830209 Problems of Left, Right and Centre - Bombay good 65

840214 Shri Mataji talks to the English - Bordi poor 75

870500.2 Australia PP [PP video set 5/1] good 35

890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Chakras affected: Right Swadisthan; Left Nabhi

Diarrhoea

Should not make you weak. Diarrhoea is important sometimes... to cleanse you out... it's important; It is alright because it is a parasympathetic activity... it's cleansing you see; Some of you have had some Gurus, and that's why also the void acts very fast... it must be the first time of visiting (to India - Ed), and then with this Guru trouble, the void must be showing off; Diarrhoea, if you get it 20 times, that's sick; With diarrhoea and also vomiting... it's the drugs, and bad Gurus, and things, that spoil your void, and when you come to Sahaja Yoga it comes out in this way. Let it be, it's better; After Puja if it's happening, it's very good... it should happen after Puja (881221); Is a left side problem (830209)

Dahi... used in the night, won't be good... in the morning is alright... but buttermilk is better than Dahi... it's much more soothing... there's nothing like it; Coffee just stops it, but it's not very sensible to give a shock to your system... coffee is not a curative, it just stops diarrhoea... but it's better to let it be cleansed out... unless and until you are absolutely very weak. There is also something called 'Electrol' that you can get (in India - Ed) (881221)

For those who are in the centre, their main disease is in their excretion... and their all kinds of vomiting... if they eat at a place where they should not have eaten... or if they eat a wrong type of food or a wrong type of liquid... they have to immediately go and vacate it... either they'll vomit, or they'll have diarrhoea (830209)

Ajwain Dhuni... you all should have it, it's a very good thing, ajwain. Also those who are having diarrhoea can have it, it's alright... it just clears you out completely; Mango juice is not so good for people who have diarrhoea - the Indians know... that it's very hot, and creates heat in the stomach, though it's very tasty; Milk... can give you diarrhoea; You people take too much tea... it's very injurious for the intestines... so much tea... is very wrong... plus milk with it... milk gives you diarrhoea. Limit your tea taking... or if you have to take many cups of tea, see that it is a very light tea. Water should be increased... more of water, less of tea; If you see how much our Mother takes tea... She may even take 10 cups... just to please us, but no sugar and no milk (881221)

Sahajvidya - Diarrhoea

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

830209 Problems of Left, Right and Centre - Bombay good 65

980706 Holland Park School, London 1998 good

Chakras affected: Left Side; Void

- Jai Shri Mataji -

Diet

It's not such an emphasis on diet, that you should eat this... or, only by dieting... supposing you are a liver patient... so we give you some sanctified or vibrated sugar to eat... white sugar. Now doctors will say... 'don't take white sugar'... but we have cured so many people of liver troubles... also migraines... and this and that... and so many problems of allergies are to be cured. Now for that, of course, we say for about a month you just don't eat some fats... you see that's alright... but paying too much attention to... eat this... or eat that health food...this food... that food, that's not good... it's too much attention diverted to food... but you should know the basics... that if this is the problem with you... then what you should eat... that's all... so it's not such an emphasis on diet, that you should eat this... or... only by dieting... (821008)

Also... we don't use any herbs or anything... we at most can sanctify some water, or salt, or sugar... these basic things, that's all... we don't use any herbs or anything... that's not needed now any more (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

- end -

10 Sep 2002

Diffidence

If we do not practice whatever we have, then we lose it... and become diffident. And then we don't practice... and again we lose it, and we become like any ordinary human being (811103); When a Guru does not feel the vibrations properly, he becomes diffident about giving Realisation. Realisation has to be given, but it should not be done with diffidence (860706)

What I have seen... that we are very shy... shy about Sahaja Yoga... we are little shy to talk about Sahaja Yoga - you have to do it... you should start talking openly about it... if I was shy like you, Sahaja Yoga would not have spread. One should not feel shy about Sahaja Yoga... otherwise what happens... that it just melts away with you... don't feel shy... you should talk about it... wear the badge... with the badge people will ask you questions... 'who is this one'... then you talk to them... any way you like, you should expose yourself... and that will work out better (000507)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860706 Guru Puja, Gmunden - see 860706 good 55

811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75

860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria

000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Digestion

The Nabhi looks after our digestion on the physical level... it also looks after our balance, our ten commandments, which are given to us by the Primordial Masters... and through this centre we evolve (790722); At the level of right Nabhi, right sided people may have problems of digestion (830209)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

790722 Leeds at Jim's House poor 45

830209 Problems of Left, Right and Centre - Bombay good 65

Chakras affected: Right Side; Nabhi

Dignity

Sahaja Yoga should be in the centre. There is a difference between childish and childlike... you can be innocent like a child, but you're matured... and both the things make a special dignified personality of such a person. All these things come from this Right side power, when you use it properly. Unless and until you have this established, you cannot impress other people by your behaviour. Other people, new people who come to you should see this majesty... this royalty within you... which you are enjoying as a blessing from God Almighty (810511)

Live with your dignity... cheapish things, frivolous things, useless things should not be there (860504); We have to understand our own dignity, and the first thing is to understand that Sahaja Yogis are the ones that God has chosen. When you are chosen the first, you must also realise that you are the foundations - you have to be strong... and forbearing. Sahaja Yogis are the first lamps... that are going to enlighten other lamps in the world (760330); Pratishta (800102)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

-800102 God's Love, Patkar Hall - see 800102 Poor 50

-760330.2 Deities on various Chakras, Delhi - see 800102

-760330.1 Gudi Padwa, Delhi - see 760330 good 30

760330 Gudi Padwa, Delhi/Transformation, Bordi

800102 God's Love, Patkar Hall/Deities on various Chakras, Delhi

810511 Lord Jesus, Forgiveness, Caxton Hall not good

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

Diplomacy

The essence of diplomacy is the benevolence, of the whole of humanity (890814.1); The essence of diplomacy is to put an absurd condition, and befool a person... so that when he reaches the point, and understands that it's absurd... then he gives it up... otherwise he will not (810330); Shri Krishna... the Incarnation of Divine Diplomacy (811005)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55

810330 Vishuddhi & Agnya, Sydney Poor 170

811005 Beauty that you are - Houston good 70

- end -

28 Jun 2003

Dirty Diseases

You will be amazed... that in the western countries, the percentage of impotent people is so high... unbelievably it is like that... they talk so much about sex... and do 'other' things... it's all talking... so much of impotency is settled in these western countries... and the diseases, the dirty diseases... which are caused by these indiscriminate sex activities are so much... that they have to be guarded against (791202.3); I told... this is all wrong that you are doing... it will have a very bad effect... it's not natural. If promiscuousness is good then why does it give diseases... if it is natural... then why does it give you problems... simple question - there's a kind of an ego that we can do it - but why fight with the Nature (870500)

What is sex... any Tom, Dick or Harry can do sex... are you now sex points... if you do it in a wrong way... you will have diseases... you will have impotency... no children will be born to you if you misuse it (790200.1)

It is not permitted to have adulterous life in any religion whatsoever... because adulterous life brings forth all kinds of problems for the sex... for spoiling the last chakra - people can become impotent... or, over excited... or could become suffering from all the troubles of this centre... for which you know the diseases... so one has to lead a very clean wonderful married life. When I say this in the west, people really don't like it... but I am your Mother... I have to tell you the truth. Whatever you have done is done... finished... doesn't matter... but now you should come to your sanity... because there are all these horrible satanic diseases waiting just to work it out (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-870500.1 Untitled talk, Australia - see 870503

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

-791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0

-790200.1 Talk to westerners & about negativity - see 790200 poor 65

870500.2 Australia PP [PP video set 5/1] good 35

- end -

27 Oct 2003

Disciple Principle

The Primordial Disciple Principle within us is there so that we can receive the dharma, and when we do, it then becomes the Guru Principle. The Disciple Principle is represented by the Sun and the Moon, and presided over by Shri Buddha and Mahavira. Is within the Void area (781005)

These two disciple elements, were first born to Shri Ram and Shri Sita, as Luv and Kush. They were born many times after that, as Buddha and Mahavira, as Adi Shankaracharya and Kabira, as Hassan and Hussein - the grandsons of the Prophet. They have been incarnating, saying to the people, that 'this is extreme, leave it... and come again in the centre, be in the centre... be the perfect disciple' (790530)

The disciples are the conveyance of the Guru (811103); The disciple has to have a strict discipline, if he is to become the Guru (840906); Before now, disciples remained as disciples, and there was no need to grow so as to become Gurus. Now it is different, and it is necessary to know, to learn what to do. There are 16 stages to cross, to become the Guru (821101)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

781005 Dharma [+ further 30 mins - Qual. not good] good 40

790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55

821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105

Discipline

Sahaja discipline is... that which is done for the benevolence of another's and one's own ascent (890814.1); You should not be strict, or discipline too much in the ashrams... because you are Realised Souls; The Spirit gives the light... and so you can see so clearly... and so can discipline yourselves (980321); You have to be your own Guru... this means that you have to be strict with 'yourself' (910728); After Realisation you have to be disciplined people (850629)

And now, what is the subtle point of the right side... is... discipline... not the artificial military or regimented discipline... but the inner discipline - is the good behaviour... like what time you get up in the morning... how we greet the morning... that special time, when the Sun throws it's real rays of Divinity. By discipline, I mean... a certain amount of respect for yourself... like, not to jabber too much... or like, some people go without bathing the body, for months together... or if say, you like to see pornographic books... then you have no respect for yourself (781002)

Without doing anything... without saying anything, you got your Realisation... you got it Sahaj... in a very simple manner... you didn't do anything about it... absolutely Sahaj... so you have no business to be harsh, horrible, hot tempered or strict gurus. But it crawls up, I have seen sometimes... quite a lot of military business starts... in Sahaja Yoga also... that cannot be... no disciplining is needed. The way we deal with others is... by... kindness... sweetness... concern... that's what your Mother has given... concern (920719)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55

781002 Knots in the 3 channels, Caxton Hall poor 90

850629 Guru Puja - Paris (Strong correcting tape) good

910728 Guru Puja, Cabella good 60

920719 Guru Puja - Cabella good 65

980321 75th Birthday Puja, Delhi good 55

Discretion

So it comes to the discretion how to use your Ida Nadi and Pingala Nadi and discretion to understand what is good and what is bad... what is good for you... what is benevolent... what is good for the collective... what is good for your ascent (880710)

Intelligence cannot give you discretion as far as the conditioning is concerned... discretion of the Ida Nadi is Intuition... if you develop that discretion within you, through your meditative powers, you develop Intuition... and Intuition is nothing but is the help of the Ganas which are surrounding you... if you learn to take help from the Ganas, you can become very intuitive. Of the whole of Sahaja Yoga, I would say 50% of that is based on intuition... and for that you have to develop a proper sense of Shri Ganesha. Ganesha is Ganapati... the master... the chief of all the Ganas - so the Ganas give you intuition (880710)

Then, acceptance will give you a wonderful discretion over your ego. Whatever goes wrong... it's alright... accept it. Supposing you are lost on the way... you should not think like all other people... but think... why... Hanumana must have brought me here for some purpose... accept it... accept the situation. When you accept the situation, you are playing into the hands of the Deities... who are guiding you (880710)

And above all, the vibrations part, which you have to see... if you do something... and if the vibrations are going down, then of course... 'I'm a Sahaja Yogi... to me vibrations are my ascent' - is the most important thing. So to develop discretion on the right hand side, you have to know your goals, your destination... you must know on what path you are standing... where you are brought... where are you today... you are not like other people. That kind of a discretion you develop within yourself... for that you need pure intelligence (880710)

On one side we have the help of Shri Krishna, to give us the discretion... and on the other we have Christ... in between is placed this Hamsa. So we have two great Incarnations within us, who are the embodiment of discretion... Shri Krishna who looks after the conditioning side of it... and Christ who... looks after the ego side of it (880710)

Sahajvidya - Discretion

Now for Sahaja Yogis, it is important to understand that they have to work out their discretion in a manner that they develop their intuition... I would say the first part would be the intuition... try... experiment... but, going to extremes of everything is wrong in Sahaja Yoga... you have to do everything in moderation... like putting your attention to nonsensical things makes your vibrations absolutely disappear... so with discretion you must have common sense... practical sense (880710)

To improve the discretion... we take vibrated ghee or butter, which is heated up... and put it in the nose. But before that we gargle... with salt... which represents the Guru principle... because... when the principles of Shri Krishna plus the principle of Guru are mixed... the two get integrated, and then the collectivity starts... and as a result of that you get Discretion (850502)

Discretion is higher than debating (830512)... if you want your Spirit to be happy, if you want to keep your attention happy, then keep the attention integrated with your 'being', not with your ego... this is where discretion comes in; Also you have your vibrations there to teach you discretion... better check yourself, and nobody else (801116)

Now... one has to learn... the Mariadas... means the boundaries of your relationships. Shri Rama is known for his boundaries... he doesn't cross the limit... in everything... discretion of the heart should be there. Now there is no word for discretion of the heart in English language... which is Mariada... discretion of the heart is... how far to go (820402)

Those people who are obedient to me are very powerful Sahaja Yogis... you know that... and those who are not, go down very fast. I have seen those who are disobedient, who don't listen to me, who are rude to me, who do not understand the protocol... go down very much in Sahaja Yoga... because what is lacking in you is the discretion, the Mariada... how far to go. You have to be powerful people and the power of a person increases by putting Mariadas - supposing you have wheat, and you spread it, it will spread all over and anybody, birds will

Sahajvidya - Discretion

come and eat it up... it will be finished. But if you put it in a sack, it will have a weight... it will have a size... it will rise in height... is useful... and it will have respect. But the thing that is all spread all over will never be respected. Nothing works out without Mariadas... you have to keep your Mariadas. All our ideas of freedom are to be bound by Mariadas... if the freedom has no Mariadas, it is abandonment... it is a nonsense... it is not going to help (820402)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880710.2 Discretion of Hamsa, second talk - see 880710 good 10

-880710.1 Discretion of Hamsa - see 880710 good 55

-830512 Hampstead - see 840802 (Video)

801116 New Age - Plaw Hatch Seminar good 70

830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25

850502 Niraananda, Vienna Ashram good 60

880710 Discretion of Hamsa, Munich

820402 Shri Rama's birthday - Chelsham Road good 70

Discrimination

Sahaja Yogis are Realised Souls, are knowledgeable. You are different to others. Not to put down or discard anyone, but to know that they are not the same as you are. They have to become like you... they can become like you. They are not your enemies... they can come to this side... but, they are not the same as you are. This must come into you so that collectivity becomes strong. So discretion is very important. One of the very great basics for our growth is to discriminate. Trust Sahaja Yogis... a Sahaja Yogi is your brother, your sister, your companion, is everything... (801116)

We must discriminate between good and bad... if you cannot do that, then you will be in trouble; Do not sympathise with negative people. Negative people will always sit together, and egoists will also sit together, because they can talk to each other better. Be careful... be on the watch out... where are we sitting... between the negatives or the over positives... where are we... we have to be in the centre... we must discriminate and find out what is happening (871220)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871220 Attention on Quality, Rahuri - see 871220 good 20
- 801116 New Age - Plaw Hatch Seminar good 70
- 871220 Attention on quality - India 87/88

- end -

26 Apr 2003

Disease

Many new diseases started in the last 25 years (i.e. since around the middle of the 20th century) (830127); Sickness comes if there is something wrong in the 'Principle', that builds up the human being. Basically there are two principles which affect the body, and the third principle affects the evolution - the first principle of the left sided... if it is in danger then we develop lots of diseases due to lethargic organs... but the right sided people have a very overactive personality, and have overactive organs (830209)

Disease... is the exhaustion on all the centres - because they are the underlying forces of all the plexuses that we have - when they get exhausted, the plexuses get exhausted... then we develop diseases... physical, mental and emotional (790608.1); If there is sickness, it means that there is something wrong - if one is working for God, then one must be healthy (790416); There will be no problems with health, if the centres are cleared (790507)

Doctors only know the physical side of human beings. So the problem you have... doctors will say there is nothing wrong with you... until it manifests it's physical side... so if there is any problem... we will know first... and doctors will know much later - maybe it will be so difficult that they may not be able to do anything about it (810511); There are many doctors in Sahaja Yoga, and they have seen with their own experiences that many patients who were supposed to be incurable are cured. Many drug addicts got right overnight, without paying for it, and without taking any medicines... just through their own power of Kundalini (980705)

I found there were people who got cured of many diseases... but most of them got lost. Some of them, who were drug addicts gave up drug addiction... drinking, also they gave up... and smoking they gave up. I never said a word, that you give up this, or give up that - I knew that once the Kundalini rises, they will... automatically give up... and it happened. And that's how people became so clean, so beautiful, and started enjoying their life. Christ cured twenty one people... I don't know how many thousands have been cured by Sahaja Yoga (000507)

Sahajvidya - Disease

The antibodies... called 'Ganas' in Sanskrit... are under the control of the sternum bone, by which they are produced, and fight off 'attacks', or diseases... are ultimately under the control of the 'Centre Heart' chakra (MME)... where til the age of twelve years, we develop our antibodies... which later on in life go into the whole body... into the circulation and fight our diseases... and... fight our emotions (790722); If you are having compassion for others... then you don't catch - you catch because you don't have compassion. A mother never gets a disease from her child... she'll never get a disease from her child... it's a fact. In the same way... when you really 'love'... you'll never catch anything (.0011)

In Russia, the scientists are very open hearted... the scientists at the time of Stalin, were all arrested, and whilst in confinement they developed the subtler side, and discovered about the auras that human beings have, and from these auras that you could diagnose their diseases. One scientist there has said that he has proved it, that you have to go to a physical vacuum state, which Jung has described as thoughtless awareness, for Reality to be understood (980705)

The left sided person, the Tamoguni... get lots of psychosomatic diseases (980712); Imbalances of the Left Swadisthan can result in lethargic organs, resulting in: allergies of the skin (liver), nervous problems, cancer and leukaemia (840313); A lethargic liver gives you allergies... all kinds of allergies come to people through their lethargic livers (830209); Diseases that may result from lethargic organs, include: cirrhosis; rashes; allergies etc (830131); Organs can be lethargic if we eat too much carbohydrate type of food - in which case, we should take more proteins. There is no harm in taking meat (830131); Those who have lethargic temperament... have a left side imbalance, develop clots in their blood, and low blood pressure... and these clots can cause paralysis... on the left hand side (830209; 830129)

Sahajvidya - Disease

Left side diseases include: emotional problems and misery, fearfulness and nervousness, schizophrenia, colds, diarrhoea, lethargic hearts, swellings in the body, gout, troubles of the joints, lethargic livers resulting in allergies, blindness with the eyes open, cancer, muscular dystrophy, osteomyelitis, poliomyelitis, tuberculosis, blood clots, paralysis caused by blood clots, low blood pressure (830209); Sinus is a left side problem (800517.2)

The Collective Subconscious... is a very dangerous zone. If you go to a guru who practices the left side, or take to clairvoyance, i.e. to someone who uses dead spirits, then you can get all sorts of diseases including cancer (830302); Tantrikas... which is the misuse of the Kundalini (920621)... and are those who control dead spirits... are very bad, and lead to incurable diseases (830129)

When you enter into the Collective Subconscious... any one of these spirits... these busy bodies... can catch hold of you... and once they catch hold of you, you are liable for any of these diseases. Especially, I have seen... if there's a possessed person of course... they become mad... they get epilepsy... all these are possessed people. Epilepsy can be cured... all such mental problems, depression... can be cured... it's not difficult at all... but one must know that if you are possessed, you must really work it out... and see to it that it goes away from you... and that you become your Self. Multiple Sclerosis... a disease of the left side... so far I have seen three cases in England, which have been cured by Sahaja Yoga... and all of them had either the wife or husband possessed (821008)

Those who go headlong into wrong paths may suffer from funny heart troubles, palpitations, insomnia, vomiting, giddiness, irrelevant talking etc. It is very serious to go to wrong gurus (830204); Amongst their followers, diseases like cancers, leukaemia, psychosomatic problems, madness, can occur, and can lead to Ekadesha Rudra problems (830129); The jumping from one Guru to another... and which has disturbed the Kundalini, is very wrong. All these Gurus give diseases, like cancers, and the Kundalini gets damaged. Even the private parts get damaged by these Gurus (790530); Guru shopping is a fashion... is nothing deep... is a fashion (860707.1)

Sahajvidya - Disease

Sahaja Yoga has one problem in the West... that people don't want to hear that you should be moral... they find it very difficult... but it's a fundamental thing that we have to be moral people. Now they are seeing the results of it... that they have got AIDS... they have got all these diseases... all these troubles - from that they are learning that our Mooladhara should be alright (890617.1); A catch at the left Mooladhara is a very dangerous thing (850806); All incurable diseases come from disturbances in the Mooladhara - e.g. myelitis, cancers, schizophrenia etc. Diseases that can result from Mooladhara problems include: multiple sclerosis; muscular dystrophy; some cancers; some schizophrenias; Aids and some stupidity (900828; 860907)

Sin against the Mother... the problem in the West... is an insult to the Mother Power of God (830131)... the biggest sin of modern times... which is immorality, and which produces cancer which is also heat producing, and is also called the 'Sin against the Goddess'. Results in psychosomatic, or physical diseases, such as Aids, cancer etc... with delayed punishment (941009; 830113.2); Such things as perverted sex habits, alcohol, drugs, internal stress from anxiety or fear of oppression (MME); Is not difficult for you to get out of it. Attention is to be kept pure. If the attention is not pure, then there will always be attacks by any nonsensical thing which has no meaning in your ascent (821219)

Organs can be Active type, if we eat too much protein type food - in which case we should take more of vegetarian foods (830131); Supposing you are a right sided person, then what happens to you... you become overactive. Overactivity gives you fatigue... gives you all kinds of diseases... such a person is very speedy... he cannot sit in one place for two minutes, all the time jumping, and he creates problems for himself and his family. This is Rajoguna. The Rajoguni has an opinion of his own about everything... he goes on forcing it onto others. But if you see his own life, he is a complete misery... he cannot carry on with people... he cannot talk to people, and there is a very big gap between himself, his Spirit, and his being (980712); On a full moon day, we are overactive, even in the sleep state. As the moon grows, the activity starts, in the night also (821101)

Sahajvidya - Disease

When ego develops too much, you become Ekadesha Rudra problem (800907), and is one of the greatest hurdles to the Kundalini entering the Sahastrara (830204); Problems with Ekadesha Rudra... (if we think I am OK, I can look after myself, I don't believe in God...), and which come from Right side of void with right side diseases like heart attacks. The cure for problems with Ekadesha Rudra is to give up wrong ideas, and wrong Gurus, and by accepting that Sahaja Yoga is the only way; Beat with shoes (830204; 840916; 970316)

Right side diseases include: aggressive ego, hot tempered and obnoxious, overtalkativeness in old age, overactive hearts, palpitations, asthma, constipation, cirrhosis of the liver, unhealthy skin which is sallow, diabetes, leukaemia, kidney problems, high blood pressure, uterus troubles, barrenness in women, digestive troubles, paralysis caused by brain damage and overdevelopment of Mr ego (830209); Heart Attack... can result from too much right side activity (870500)

I feel the whole West suffers from one simple disease... that is they do not know how to respect anyone... with their ego, they want to judge everyone, and condemn everyone... so get out of it, and tell yourself 'I don't know anything' - don't think that you know everything... respect each and every person... not for what he has read, or what he has learnt, but because he is a great Soul; Respect every Sahaja Yogi from your heart, because they are made in the form of Shri Ganesha - we'll not make fun of them... we'll not laugh at them - as long as they're in Sahaja Yoga, we have to respect (840902)

For those who are in the centre, their main disease is in their excretion... and their all kinds of vomiting... if they eat at a place where they should not have eaten... or if they eat a wrong type of food or a wrong type of liquid... they have to immediately go and vacate it... either they'll vomit, or they'll have diarrhoea. Other problems they may develop include: swellings on the body, arthritis or pain in the joints, low breathing, low blood pressure, temporary tiredness, throat troubles, drying up of the liquid in the body, headaches and pressures on the sides of the head, all these from fighting the negativity in the persons they are with (830209)

Sahajvidya - Disease

Tape References:

Date/Ref - Title - Qual - mins

- 870500.1 Untitled talk - see 870503
- 861223 Nasik - see 861221 good 15
- 860707.1 Press conference, Vienna - see 860707 good
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790416 Living work of God, Easter, Putney good 45
- 790507 Sahaja Yoga Introduction good 60
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790608.1 Maria's House Tape 1 not good 50
- 790722 Leeds at Jim's House poor 45
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800907 How to know where you are - Chelsham Road good 120
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 830127 Spiritual Roots, Delhi [I'm here... plea for God]+25 mins Q&A good 50
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830131 Nabhi Chakra, Delhi good 80
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 840313 Intro Talks - Delhi and Hampstead
- 840902 Ganesha Puja talk, Switzerland [French translation] good 55
- 840916 Ekadesha Rudra Puja, Rome, Italy good 60
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 870500.2 Australia PP [PP video set 5/1] good 35
- 890617.1 Mahakali Puja, Vancouver / Vancouver Public Program good 15
- 900828 Ganesha Puja - Austria good 30
- 920621 Kundalini Puja, Cabella good 55
- 941009 Navaratri Puja, Cabella - video says 941008] good 55
- 970316 Power of Rudras and desirelessness, Delhi good 15
- 980705 Royal Albert Hall 1998 good 50
- 980712 To be obedient to the Guru, Cabella
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

- Jai Shri Mataji -

- end -

4 Jan 2003

Disturbances

In your meditation, disturbances should not upset you at all... any disturbances whatsoever (871224)

All these things like disturbing, moving about, showing-off, trying to be overpowering, or very forward person, or bumptiousness all come from left Vishuddhi. Because you want to overcome your left Vishuddhi, so you do it, and then it is added to (850901)

If you see somebody who you don't like, or who has been harsh to you, or cruel to you... you get annoyed... disturbed - at that time... say 'I forgive'... you have to say 'I forgive' if there is disturbance. A Sahaja Yogi is to be known by his character... by his righteousness... by his behaviour... the behaviour of a Sahaja Yogi should be extremely peaceful... Sahaja Yogis who are just rushing up and down... upset... are not Sahaja Yogis (850310)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871224 We are here for our ascent - Poona - see 871213 good 30

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

Divine Force

The All Pervading Power that has brought us to Sahaja Yoga, to our Mother. Automatically we are pushed into, or brought to that point, by some sort of Divine Force, which worked it out, which is Sahaj. We may not realise it, but think how you came to Sahaj... how I got this... (980320)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

980320 Felicitations, Delhi good 55

- end -

27 Jun 2003

The Divine Mother

The All Powerful, Adi Shakti, the Goddess, who is the source of all the Powers, who is beyond all the Powers, who is the pure Power of Sadashiva, of God Almighty, who alone gives Moksha or Self Realisation, who destroys the demons to protect and save Her children from negativity (900923)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

900923 Navaratri Puja - Geneva, Switzerland good 75

- end -

12 Jun 2003

Divine Plan

The 'abode' of Kundalini is called as Mooladhara, and is represented in the Universe as this Mother Earth, and in the Puja is represented as the Kumbha (830821); Today, in this modern Sahaja Yoga, we are actually at the level of Mother Earth... because as they say, it is the age of Aquarius... and Aquarius is the same as the Kumbha... is the Mother Earth (830821)

Also the consciousness of human beings, not only men but women also... is moving more towards the feminine expression of life... today we have to understand that it is time for the motherly qualities to develop. Even a man, when he becomes motherly... he only, becomes a great man (830821); So the quality of a woman as a mother... she is the power... is most important to ignite Sahaja Yoga (830821); Now how she ignites, I'll tell you (830821)

Say there is a zero... it has no meaning - in the same way God Almighty has no meaning... til you put some sort of a 1 or 2 before it... it's a zero... it has an existence, but it has no capacity, or power to express itself... so it's a zero. Like that we should say, the masculine growth is a zero (830821); Another analogy is like... the high power lines going over your head... til this high power thing is not connected to the earth, it has no meaning at all (830821)

Now in a woman, the womb of a woman... if it expresses the Kundalini in the gross... that means the Mother Earth is also like the womb. Now what does the womb do - it receives... the sperm... which is just a frivolous act of man, or you can say, just his aggression... and she then nourishes it, looks after it, corrects it... and allows it to grow... not in an aggressive way, but in a very compassionate and a sensible way, til it is expelled out of the womb when it is grown up. This is what today's Sahaja Yoga is... that now the Mother Earth is the one who is

Sahajvidya - Divine Plan

symbolised within you as the Mooladhara... is symbolised as the Adi Shakti here, sitting down before you... to nourish you... to make you grow into new personalities... into mature personalities - this concept we must understand. So the women of the West must understand that the nonsensical ideas that they have taken from men, must be completely discarded... they have to become women first... they have to be like this Mother Earth... who allows you to do what you like... with her (830821)

So on both the sides of men or women, we have to understand... if you are a man, and if you are a dominating man, it's alright... but if you are a woman, and if you are dominating, then it's a difficult thing for Sahaja Yoga to cure... you have lost your quality of being a woman... at least you have to be a woman to begin with. Now the men have to be compassion, kind, considerate... never subservient... never subservient. The women have to be... great, large, receptive, receiving and nourishing. So a woman must try to be a woman, and a man must try to be a man (830821)

Now see what is the situation of a man, as a masculine effect on the development of consciousness. As manliness was expressed, we have developed science, we have developed all this knowledge... all those things which are outside. Now everything is ready... now the feminine nature has to rise now. Now everything is ready, it has to just spark... all the chakras are ready... now awaken the Kundalini. Kundalini is as important as the other chakras are... so now awaken the Kundalini (830821)

You have to become one with the whole... and to do this, you should try to give up your individualistic attitudes... the attention is now on the upbringing of the child within you... the spirit... which you have to nourish, through the Kundalini - where is the time for other nonsensical things. So now in you,

Sahajvidya - Divine Plan

the motherhood must take over... rather than the fatherhood... the attitude should be like a mother towards the child... which you have got now with you. Those who are absolutely useless will be thrown away gradually... that's what Mother does... they can be thrown away... you don't have to worry about such people... but you must worry about the whole... you have to take up responsibility... those who do not, are not the people who have yet matured their child... the spirit (830821)

We must assume our own nature, in all dignity, and in all pride... not to feel in any way lower down. The whole preparation has been made for this Aquarian Age to come in... to bring in the Kundalini... upward... and to make the whole thing work out in such a way that the left and right meet... and you all become ignited... enlightened (830821)

Now see how Mother Earth herself was created. First the movement of the energy started flowing... now this is a combined energy alright... then this energy went round and round and round... and when it consolidated, there was a big bang. When this big bang took place - now this is the manly work I should say, in a way, manly style, because still the Mother Earth is not produced - so then these little fragments again went round and round... and with the momentum they became roundish... out of them the Mother Earth was selected. On the Mother Earth, out of the water came the life... the carbon came in... and a human being was created. Then 'man' went round and improved the societies, or whatever was possible, with their ego... and, finished now... now they have done their job you see... now they are on dole you can say. Now the womb or we can say the Kundalini, which has been waiting all these years, was resting, waiting for that time. We call it the blossom time has come... at that time the Kundalini has to rise and ignite in such a way that the completion of the whole work takes place... it's simple... do you understand now? (830821)

Sahajvidya - Divine Plan

So there is no competition between men and women, but the style of work is different... if you understand that, then only this kind of revolution will take place... and not a rebellion. So the revolution has to take place, and the revolution is only possible when we understand that what part is left out now to be done... and that part is now Realisation... awakening of the Kundalini... for that your feminine qualities are going to help you... not your masculine qualities. Now the understanding and the wise perception would be such that... what do we have to do now to change the mode and the style of our lives (830821)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830821 Mother Earth - Surbiton good 50

- end -

10 Sep 2002

Divine Power

You must have full faith in the ability of this All Pervading Power - as soon as you are detached, and you say 'you' do it... finished... once you say that, the whole thing changes completely, because you transfer all your responsibilities, all your problems to this Divine Power, which is so powerful, which is so capable, which can work out anything (980510); But whenever you think that 'you' are going to solve this problem, 'you' are going to do it, then alright the Divine Power says 'alright, try your luck'... but if you can really put this problem to the Divine Power, it will work out (980510)

You must believe that there is Divine Power... it thinks, understands, it organises... above all it loves you. This Divine Power has to be understood... that it is now your own, and that you are in the realm of this Divine Power, where you won't have any problems whatsoever... if you leave things to the Divine Power, it will all work out. It is something to be understood very well... that the power within you... what you have... understands... and understands you also. It is in a way a power which is your own power, but you cannot control it. It knows about you... whenever you are falling... when you are doing wrong - the same power which protects and loves you like a mother, will correct you and bring you to the right path (980712)

I can't understand people using their rationality to understand Sahaja Yoga... how can you understand this great power with your limited rationality. I can explain to an ant about your politics... but I cannot tell you how this Divine Power works. I was asked one day to what extent it goes... to what dimensions... it is infinite... you cannot calculate... if you put two mirrors facing each other, and put some object in between, you cannot calculate how many reflections you will get. Even that... you see... but you cannot calculate... and here I'm talking about something that does all that... which creates all this. You cannot calculate all the molecules and the atoms of one element... but I'm talking about somebody who has created them... and who in every molecule pulsates (800721)

Sahajvidya - Divine Power

Tape References

Date/Ref - Title - Qual - mins

800721 Auspiciousness - Caxton Hall good

980510 Meditation is the only way, Sahastrara, Cabella good 60

980712 To be obedient to the Guru, Cabella

- Jai Shri Mataji -

Doctors

Doctors only know the physical side of human beings. So the problem you have... doctors will say there is nothing wrong with you... until it manifests it's physical side... so if there is any problem... we will know first... and doctors will know much later - maybe it will be so difficult that they may not be able to do anything about it (810511)

There are many doctors in Sahaja Yoga, and they have seen with their own experiences that many patients who were supposed to be incurable are cured. Many drug addicts got right overnight, without paying for it, and without taking any medicines... just through their own power of Kundalini (980705)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

810511 Lord Jesus, Forgiveness, Caxton Hall not good

980705 Royal Albert Hall 1998 good 50

- end -

30 Apr 2003

Domination

The question of domination, whether of the woman dominating the man, or the man dominating the woman, is absolutely out of the question in Sahaja Yoga. There is going to be no domination of any kind, but one has to see that the left side is on the left side, and the right side is on the right side, and should not start demanding what the other side has got, like the men wanting to have children, or the women wanting to grow beards and moustaches (871230.1)

So on both the sides, of men or women, we have to understand, that if you are a man, and if you are dominating man, it's alright... but if you are a woman, and if you are dominating, then it's a difficult thing for Sahaja Yoga to cure... because you have lost your quality of being a woman... at least you have to be a woman to begin with. Now the men when they are dominating, they have to understand that they have to be compassion... to be kind... to be considerate... but never subservient... never subservient (830821)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871230.1 Marriage, Kolapur - see 871219 good 45

830821 Mother Earth, Surbiton good 50

- end -

28 Jun 2003

Doubting

A negative activity which can lead to, or result in cowardice (891008.1); There is no time for you to doubt anything. Do not waste your time. If you are still doubting, it is better to give up (760330)

On one side we have the doubting people... and on the other side, the fanatics - those who try to adhere more and more, to the teachings, had to become fanatics. So... these two types... one doubting... another fanatic... both had not known God... both had not achieved Reality... and they criticised each other... because both of them did not know what truth was (800505)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-891008.1 Destroy those demons within, Margate - see 891008 good 45

-760330.2 Deities on various Chakras, Delhi - see 800102

-760330.1 Gudi Padwa, Delhi - see 760330 good 30

760330 Gudi Padwa, Delhi/Transformation, Bordi

800505 Sahastrara Day, Dollis Hill Good

- end -

27 Mar 2003

Dreams

The reason why we have dreams is that the Unconscious within us, the Atma or the Kundalini is trying to guide us to the right path - and this it does through dreams. But these are misunderstood, because we are confused. When we are sleeping we go to the depth of the Sushupti level, and there touch the Unconscious, but when we come out, we touch our Subconscious or maybe the Supraconscious, and this confuses whatever experience we may have had at the Sushupti level, with other things connected to our sub or Supraconscious, and we don't remember, or don't understand, and we forget it. A Realised Soul goes to the Sushupti and sees exactly what he has to know (830203)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830203 Agnya Chakra - Delhi (+ Q&A: 22 mins) good 55

- end -

17 Jun 2003

Clothes/Dress

In Sahaja Yoga we have to be particular about how we dress up... that our dress should be decent, dignified, and decorous... that should in no way show our vulgarity... we should look after our chastity... and our morality... which is meant for both women and men... not only in dress, but even in day to day life... it is important (930721); Now your clothes, because you are Saints are very important... you are not vagabonds, or tramps, you are not on the streets... you have to wear dignified dress. I have told everyone of you that wear something dignified, not undignified... it has to be majestic... because you are saints now... selected by God... so the dress need not be absurd or something funny, but should give you dignity. See the vibrations of a dress... wear your country's dress. You need not wear somebody else's dress, but the interest should be that it gives you a dignity and a sense of respectability. It is to preserve your respect that you are to wear a dress... that is the utility of a dress (800927); At random we buy things... we buy clothes. If you can, use your vibratory awareness to buy your things... to see what you should buy, what would look nice - because beauty and auspiciousness go hand in hand... they are not 'two things' (800927)

All things that are in us... if they are auspicious, we'll have a 'presence'... wherever we'll stand, people will know we have a presence... this presence is a blessing of the 'matter' to us. So you must respect matter... in the sense, what clothes you wear - throwing clothes on the ground, throwing here and there, living like a donkey, like a pigsty is not the way a Sahaja Yogi should live... he has to be orderly, he has to respect his clothes. But it should not be that you respect your clothes so much that you throw away 'others' clothes... they are Sahaja Yogis also... you have to respect each other, because you are all Saints (800927)

Sahajvidya - Clothes

It's very natural to be a person of dharma... small children mostly have it... for example, children feel very shy to take out their clothes... in the presence of others... they feel shy. You should be shy... and humble... and respect your body... it's very important in these modern times... when exposure of the body is regarded as a great achievement of women. It's absolutely absurd that men should be attracted to women... and women should be attracted to men... and on the road - this adharma is the worst... it's a curse. All these limited types of attractions end up in troubles. Whatever is not good for you, you should not do... I don't have to tell you... that you don't do this, or you don't do that (970823.1)

Fashion is madness (971005); You see the fashion is to expose the knees... it's very dangerous, because you can get both the Nabhis... in this cold weather... or hot weather... either you catch the right Nabhi, or the left Nabhi... and what is there in the knees, to expose. So for Sahaja Yogis it is important that they must decide... 'now, that's all finished... no more' (960710); People wear dresses which are above the knee... but the knees are very important chakras... you should keep them closed... otherwise... you will have knee trouble; Also, you shouldn't wear sleeveless dress... there are two very important chakras... if you expose them... then you'll have problems (970823.1); I find on the streets, women walking with very short clothes... with that, what will happen... your Nabhi chakra will be caught up... and you will have problems with money (960716)

It's so absurd... I just can't understand... like in England, it is so very cold... in Scotland even worse... but people don't wear anything when they sleep... I mean that's easiest way to get sick... they don't wear undershirts. Then the most fashionable dresses... are the dresses where you cannot see any cloth anywhere... I mean, it's all missing. The women... the way they dress up... I'm surprised... this is the best way to get sick. They wear such big

Sahajvidya - Clothes

heels... this modern generation in the West... they are going to develop such terrible diseases... their legs will become swollen up... not only varicose veins... such big heels they wear. God has created you with such care... what are you doing to yourself - little heels are alright... but to have heels of this height... this is the best way to spoil all your nerves... and circulation (.0011)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 960710 Airport Talk, Vienna - see 960710 good 40
- 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
- 800927 Lethargy, Chelsham Road good 75
- 960710 Airport Talk/Mahalakshmi Puja '96 Vienna/Moscow
- 971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

Drinking

Poor people drink much more than the rich people do (800927); It goes against one's awareness... Mohammed warned against drinking (830131); The worst for Lakshmi Principle is drinking... is alcohol - they say in India, that a bottle comes from one side, and the Lakshmi runs away from the other. Sahaja Yogis don't need to drink... they give up drinking... and thus the Lakshmi Principle can be established much more easily (960716)

The Mother never says 'don't drink', but you yourself, after Realisation just give it up, because... you start feeling the Joy (790507); I never tell 'don't drink'... you go ahead... have cancer... then come to me. Have your liver absolutely shattered... be a drunken fellow... then you come to me. When Realisation takes place... immediately the priorities change... absolutely... you'll be amazed. Then they say 'Mother we can't drink'... I said what happens... they say 'we vomit'; You see... if you get the nectar of life, then you don't run after frivolous things... useless things (790608.1)

Alcohol... was not intended for us to drink, but was provided for us as a polish. Gin is good for polishing diamonds. However if we drink it, then our liver suffers, being also polished, and so preventing the transfer of the heat into the blood. The result is that we become hot tempered and angry. We also can become confused and wobbly when we drink alcohol, which is against our attention (810328); Alcohol was denounced by all the Primordial Masters (810330)... is that which is drunk by those who are not the Devas (970600); Alcohol is the rotten wine - you have to rot it for days together, and the more rotten it is then it is regarded as something very expensive (871225)

- Jai Shri Mataji -

Sahajvidya - Drinking

Tape References:

Date/Ref - Title - Qual - mins

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 871225 Tapasyas - Poona - see 871219 good 25
- 790507 Sahaja Yoga Introduction good 60
- 790608.1 Maria's House Tape 1 not good 50
- 800927 Lethargy, Chelsham Road good 75
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 830131 Nabhi Chakra, Delhi good 80

Chakras affected: Nabhi

The Drop

The drop... has to become the Ocean (890611); When the drop becomes the Ocean, then it doesn't think it is a drop... it thinks it is a part of the Ocean. In the same way, once you grow up, you become very collective; Like a painter has a brush and is nicely painting - it's the painter that's painting. But if the brush starts thinking "I" am the one who is painting, it's stupidity (980706)

All the Incarnations who came, were part of the Sahastrara, part of the Brahmachaitanya, of the Adi Shakti, and when they came, they gave Realisation to some very good people, who then got dissolved in the ocean of love, and were then lost into that. Just as the drop dissolves in the ocean, so they took to Mona, to silence... they disappeared (870503.1); Kabir... said "when the drop becomes the ocean, what can you say, you are lost, you are no more there, you are finished" (870408)

We are all collective... we have to know everything among each other... and we have to live like one family, all over the world. Once you develop that kind of a love for everyone, then you will be surprised, you have become a great personality - that means... the drop becomes the ocean (960716)

Advaita... means 'one personality'... completely integrated (830204); This is Advaita... where you become 'one' - all the religions teach Advaita... means... 'where there is not the other'... Anand... you become 'one' with that... with the whole ocean. A drop becomes the ocean... all the powers of the ocean are there for the drop... that's what it is. There are some who say... 'we believe in Dvaita'... why... 'we don't want to get lost'... I mean... you are not lost... you become the whole... but they want to keep that small limitation you see... and what is that small limitation they want to keep... it's called as Mr e-g-o... which is a myth (800721)

Sahajvidya - The Drop

When working or when we are doing any action, we should develop the witness state, and indulge into work in thoughtless awareness, saying 'I am not doing it' (800517.2); Separate yourself from yourself... become the Spirit... identify with the Spirit... and tell off the ego-self. Address yourself, your ego-self, as though you are Mataji talking, and tell yourself off; Know that your 'drop' (i.e. 'you') has fallen into the ocean, and thus has become the ocean - but don't forget the first step (i.e. the drop falling into the ocean) (800517.2); When the attention goes to the Spirit, then you become Gunatit, beyond the gunas, Kalatit, beyond time, and Dharmatit, beyond dharma, and then you become like the 'drop' in the ocean (980321)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 870503.1 Sahastrara Puja, Australia - see 870503 good 45
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800721 Auspiciousness - Caxton Hall good
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 980321 75th Birthday Puja, Delhi good 55
- 980706 Holland Park School, London 1998 good

- end -

28 Jun 2003

Drugs

Drugs can be right sided or left sided... LSD and all these, take you to the right... Supraconscious areas... where you can see the auras and things like that... where you start seeing things, and becomes disintegrated (821007; 811005)... and the left side stuff is like Hashish... which make you miserable afterwards... you laugh and laugh, and then you become emotional - all these things are imaginary... they are not Reality... Reality is in the centre... is in the present (821007)

Cocaine... is a right sided drug... 15 million people are taking cocaine, in America; People taking cocaine can be cured (850528); Strong things like 'Crack' which have within them sulphur dioxide, which does not go anywhere, but just rushes into the limbic area, has a strong affect on the Sahastrara. The limbic area is a hollow space having within it cells sensitive to joy and happiness. These cells now become numb, and so ordinary music cannot be heard - it becomes necessary to shout and scream, but as soon as the Kundalini enters the limbic area, She soothes it down (890801)

Wherever they are using all kinds of black magic, and producing all kinds of drugs... if you do all these things to harm people, then Mother Earth gets into volcanic conditions and volcanoes start bursting out (860803); In places... where there may be all sorts of black magic, or drugs or witchcraft, or false gurus or all kinds of devilish things, then the Mother Earth gets into volcanic conditions, and her anger can be so great, that she can destroy thousands of miles; The eruptions harm collectively, and sometimes some innocent people are also killed in that (860803)

The modern curses in the West are worse (than the ones in India - Ed)... because they are not 'troublesome' at all... on the contrary they show as if you are on top of the world, as if you are very successful, and your attitude is... 'what's wrong'; The industrial revolution has already cursed us... we are eating food from tins... our milk is from hybrid animals... we have divorce, drugs... then our job or our business is the most important for us, and also things like

Sahajvidya - Drugs

putting colour in your hair, sitting in the Sun burning your skin, behaving indecently, indecorously - that seems to be the modern thing. What's wrong... nothing is wrong, just you go to hell that's all... just take 2 running jumps and go to hell... but leave Sahaja Yoga (880106); In England, all the seekers are lost by drugs, hippyism... all such nonsense (980510)

Diarrhoea... should not make you weak. Diarrhoea is important sometimes... to cleanse you out... it's important; It is alright because it is a parasympathetic activity... it's cleansing you see; With diarrhoea and also vomiting... it's clearing out... that's good for you... it's the drugs, and bad Gurus, and things, that spoil your void, and when you come to Sahaja Yoga it comes out in this way. Let it be, it's better; After Puja if it's happening, it's very good... it should happen after Puja (881221); Can be cured by saying: "Mother, You are my Guru" (800727), or by saying the mantra for the Adi Guru (800517.2); Like... drinking too much is against dharma... taking drugs... telling lies about other people... stealing... killing somebody... are against dharma... all these 10 commandments. So when you try to disobey them... and go on disobeying all the time... then it works that way... so be careful about your dharma (0.0012)

Many have given up drugs when they got Realisation (790507); I found there were people who got cured of many diseases... but most of them got lost. Some of them, who were drug addicts gave up drug addiction... drinking, also they gave up... and smoking they gave up. I never said a word, that you give up this, or give up that - I knew that once the Kundalini rises, they will automatically give up... and it happened. And that's how people became so clean, so beautiful, and started enjoying their life. Christ cured twenty one people... I don't know how many thousands have been cured by Sahaja Yoga (000507)

Sahajvidya - Drugs

There are many doctors in Sahaja Yoga, and they have seen with their own experiences that many patients who were supposed to be incurable are cured. Many drug addicts got right overnight, without paying for it, and without taking any medicines... just through their own power of Kundalini (980705); There are no 'don'ts' in Sahaja Yoga - there is no need to say 'don't take drugs...' etc. Automatically they drop out (e.g. drinks, drugs, prostitution etc.) (980320); We don't say "don't", because half the people will run away... but it just happens to you. And you save money because you are not wasting it on anything, because there are no drugs... no smoking... and no drinking (980705)

The Nabhi can be upset by alcohol, drugs and some medicines also. In the centre of this chakra is the Lakshmi, by which we have balance, and a sense of satisfaction, and exert no pressure on others. The Lotus is the symbol of this centre, being pink (the symbol of love), fragrant, soft and receptive to all that is harsh and crude (810328); In the Supraconscious, they saw so many things... they saw the chakras... they saw Vishnu... Garuda... you can see stars... you can know about stars... about astrology... by going to the right side. In the Supraconscious... you can see lots of things... because the Supraconscious area is made of all the elements. But most of them just took to drugs... and they went to that area, where they saw lights, eyes... and this and that. Also even dowsing, for water comes from the same... but you get possessed... and then you are nowhere... you are not yourself... it's somebody else (831001)

One thing they can do is to put a candle near their left Swadisthan, a little far... and put one candle before the photograph... and put left hand towards the photograph, and right hand on Mother Earth... it works... and the candle at the back should be kept little far away because it makes sound, it goes this way, and that way... it burns. Those who have been taking drugs, not LSD, but other drugs, the drowsy people who feel sleepy, whose brains are destroyed by drugs... all those people can benefit a lot by this... do it every day (860504)

Sahajvidya - Drugs

When people take drugs, what they are doing... they are seeking the truth. As you start taking any drug, it creates a habit, and this habit is created by the left side channel... and to make this habit... any habit, alright... the one who is suffering from these habits has to be empowered... and that power is only possible when we become the Spirit (890617.2); You develop habits on the left side... all your habits should be under your control. The habits we have formed through drugs, from drinking are very dangerous habits. Also people have their attention here and there, attracting people... is one of the ways we allow our attention to fritter away... this attention has to be brought under control. When it happens, just point your eyes down, keep your eyes down (871219)

Habits come to us... like, we cannot sit on the ground... these habits should be got rid of... but for that you shouldn't waste your energy getting rid of these habits... on the contrary, if you put your attention to your Spirit... to what you have achieved... to where you are... gradually you will find your habits will drop out. Like... we have had terrible alcoholics, who could not give up... and they have given up... we had people who have taken drugs... they have given up without difficulty. There are higher vices, and bigger vices which people have given up... and some vices which one cannot mention, that people have given up... and this happens when your attention goes to your Spirit... automatically your detachment works out... means your attention has felt definitely that 'oneness' with Reality... otherwise why are you getting detached... but for that it is essential that your attention should be on your Spirit (781002)

- Jai Shri Mataji -

Sahajvidya - Drugs

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 880106 Swimming in the sky of joy - G'pule - see 871220 good 25
- 871219 Complete your Realisation, Aurangabad - see 871219 Good 25
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 781002 Knots in the 3 channels, Caxton Hall poor 90
- 790507 Sahaja Yoga Introduction good 60
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 811005 Beauty that you are - Houston good 70
- 831001 Santa Cruz interview good 45
- 850528 Kundalini Power and Creation, Los Angeles good 45
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 860803 Bhoomi Devi Puja, England good 20
- 871219 Complete your Realisation - India
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 980320 Felicitations, Delhi good 55
- 980510 Meditation is the only way, Sahastrara, Cabella good 60
- 980705 Royal Albert Hall 1998 good 50
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Chakras affected: Right side or Left side; Void; Nabhi; Swadisthan

Dryness

A drop or two of ghee in each nostril, twice a day, will help the Hamsa, and correct a bad Hamsa, which can result from dryness in the home and at the workplace (870408); Dryness of the throat, may be due to psychological tricks, like 'I'll not talk to her, or I'll not speak'. This type of behaviour can lead to a dryness (800517.2)

People who are in the 'centre' may suffer from the drying up of the liquid in the body, if they have to fight the anti-God elements very much... so a kind of dryness can develop in their peritoneum... that's why it's nice for them to eat some ghee or butter. They must rub their fingers and hands... with ghee or butter... to soothe it down, because the heat from the other people can make them dried up (830209)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

830209 Problems of Left, Right and Centre - Bombay good 65

870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45

- end -

10 Sep 2002

Dust Particle

Shri Mataji wrote a poem in Her childhood, called...

"To be a dust particle"

"I want to be a dust particle, which moves with the wind... goes everywhere...

Can sit on the head of a king... or can go and sit on a little flower, and it can go and sit everywhere...

But I want to be a particle of dust, that is fragrant, that is nourishing, that is enlightening...

I should be... a dust particle... so that I'll permeate into people... "

(830113)

Tape References:

Date/Ref - Title - Qual - mins

-830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25

830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India

830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60

- Jai Shri Mataji -

Dwapar Yuga

The Yuga or 'Age' when Krishna came (820402); The second Age in the cycle of Yugas or Ages, each of thousands of years in length, when people start to lose some of the great qualities that they had during the first or Golden Age, and leading to Kali Yuga, the Modern Times characterised by Confusion and Conflict (MME)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

820402 Shri Rama's birthday - Chelsham Road good 70

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

12 Jun 2003

Dwijaha

Twice born (860125; 830302); One who has known Brahma, is Self Realised, is genuinely twice born. The Sanskrit name given both to birds (born first as the egg, and then as the bird), and also to Realised Souls (born first as humans, and then as Realised Souls) (890801)

In Sanskrit the word for a bird is Dwijaha... means 'born again'... and also for a Brahmin, who is born again... but those who call themselves Brahmins are not Brahmins... they just call themselves Brahmins. Those who say that they are born again should feel the All Pervading Power of God around them... if they cannot feel it, they are not born again. So all this self certification, self deception, and deception of others is just a money making process (840622)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

840622 South Bank Polytechnic, London good 40

860125 Interview in Madras [1st half better quality] not good 85

890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

- end -

5 Apr 2003

Dynamism

We have to be very busy people, because we are now employed by God (821101); So much dynamism and so much humility... what a combination, and that's what you have to manifest; The more you work... the more you assert yourself... you'll find that humility and obedience are the only things that will help you carry out your work... and you'll become humbler and humbler (890423); Dynamism is going to impress... be alert and dynamic, and work it out. The justification for doing nothing is very clever: "oh our ego will come up" - is very clever (890611)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-890611 Dynamism and ascent, Connecticut - see 890611 good 55

821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105

890423 Archangel Shri Hanumana - Margate good 45

890611 Dynamism, Virata Puja, Connecticut, USA

- end -

10 Sep 2002

Ears

Mohammed taught the saying of 'Allah ho Akbar', with fingers in the ears, because the fingers used are those that are linked to the Deity of Vishnu, and because the Deity of Shri Krishna becomes Akbar (830202); Allah ho Akbar... is said with fingers in our ears for the correction of the Vishuddhi Chakra (820711)

To clear out most of your problems about Vishuddhi... you have to put your fingers into your ears, and say 'Allah ho Akbar' 16 times... put your head back. 'Allah ho Akbar' has two things in it... first is of course the Vishuddhi... but then also the collectivity... and... is for when there... is the problem of... saying aggressive words, of sarcastic language, of all kinds of things that breaks the collectivity... for... the problem where... when you speak, you hurt others (850502); There is also the mantra of Radha Krishna, or Vitthala... and is for where there are... problems of ears, nose and throat... or where you get bad colds... or where you get your attention diverted (850502)

Olive oil can be placed in the ears to prevent drying out (870408); Oil is the one that helps you... in your ears, if you can put some olive oil, heated up... with one garlic piece in it... that's very good for the ears. So the oil is the one that keeps your Vishuddhi alright (850502)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

820711 Nabhi to Sahastrara, Derby good 90

830202 Vishuddhi Chakra, Delhi (+ Q&A: 5 mins) good 80

850502 Niraananda, Vienna Ashram good 60

870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45

Earth - Ground - Clay

Mother Earth is created out of the 5 elements: Earth, Fire, Air, Water, and Ether (781005), and is used to clear the subtle system (830121)... Mother Earth sucks all our problems (800609); If you sit down on the ground, and put your left hand towards the photo, or the Sun, and the right hand on the Mother Earth, and say the Shri Ganesha mantra, or the Atharvasheersha, your left side will be cured - if you take vibrations on the left side, then you clear out your Mooladhara in such a manner that the problems of Mooladhara are solved. So try to sit on the ground as much as you can (881207), and clear your Mooladharas (830104); Is also used for correcting the right side (830121)

Now... this principle of Mother Earth works... the subtle... because it's a Mother... and that gives you all the nourishment... and makes you grow... healthy. And this is how this subtlety works, of the Mother Earth... she is the one who is the giver of birth to all these flowers, and all these trees... but she also plays a big part in us... and she is our Mother (981216); And so many subtle things of this Mother Earth come into us... and one of them is gravity... and so a person becomes very attractive... not in the physical sense... but in the spiritual sense. Such a person attracts others... they feel attracted... and they feel something special is about this person... this is one of the qualities of Mother Earth. If she had not kept us attracted... we would have fallen off, with her movement. Also, other qualities of the Mother Earth start manifesting within us... and we become very... extremely, tolerant and a patient person. Look at the Mother Earth, how much she tolerates our nonsense... how many wrong things we do against her... but still she tolerates (981216)

Sitting on the ground, cross legged, is the best for Self Realisation (900811.2); To clear the Mooladhara, try to sit on the ground as much as you can and try to meditate with your left hand towards the Sun and the right hand on the Mother Earth, especially in Maharashtra, which is a special place for the Mooladhara chakra (881207)

Sahajvidya Earth - Ground - Clay

I like you people because you are sitting on the ground... it's very good... for meditation if you can sit on the Mother Earth, it will be extremely good, because the special quality of the Mother Earth which also I have unfortunately, is that I suck your problems... she too sucks your problems, and when she sucks your problems, you get rid of them without any difficulty. If you cannot say sit on the ground, then you take a stone, or some marble, or something which is natural, on which you should try to sit. But if you sit on the plastic and do your meditation... I don't know what is going to help you... the plastic? That's why I request you always to use natural things... natural things can absorb your problems very well (970525)

Here in India we use the clay, to clean our hands, because the clay here is very good... just use the clay nicely... and clean your hands - it's very important (881221); Also you can put the clay on the stomach to take out the temperature... it's a natural way (881221)

The soil... the clay of Maharashtra... every particle is vibrated... it is a very important thing... the vibrated clay from Maharashtra... I myself went, before the Puja, to select it... so that they could give it as a present to you. It's a very important thing... a very great thing... that's the most important thing you are taking from here. All other things are of a utility of a very gross nature (.0011)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 800609 Subtlety Within - Caxton Hall good 50
- 860803 Bhoomi Devi Puja, England good 20
- 881207 Why do we come to India-Dec 88/1 - India
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- 970525 Respect the Mother Earth, Cabella good
- 981216 India Tour '98 - tape 1 - The Elements Not good 20
- 981216 The Subtle Elements

- end -

5 Jan 2003

Earthquakes

This destruction has already started, and is going with full speed I think all over... through the so many things that are happening. We have got hurricanes... storms... earthquakes... many accidents... and so many destructive things are working out... which are the outcome of Kalki incarnation. But at the same time, there is another work going on, of the same incarnation... is the resurrection of the people... such people can never be hurt... nothing can happen to them... they will always be saved... because they are under the protection of their Mother (000206)

The Mother Earth is so innocent... whether you are good or bad, she gives you fruits... she looks after you... of course up to a point... after that she may bring forth some sort of calamity, like an earthquake or something (930721); Human beings have been so stupid to exploit her to the maximum... not only that but she bears lots of nonsense upon herself... but then a time comes where she becomes explosive... she starts consuming people inside her... then you see the earthquakes, the droughts, this and that... people get engulfed (830821)

Mother Earth feels so elated to see her manifestation into these beautiful green trees. She is the one who changes all the seasons. Rutumbhara means the attention which changes the seasons. All the seasons are created by her just to please us. Yet what do we do to please her - we exhaust her, torture her, we take out everything from her, pollute her, do all sorts of nonsensical things... and then she gets angry. Then we get volcanoes, earthquakes, and get all types of things happening... (830723.3)

Why we are suffering in this beautiful planet is because we do not respect what we have to respect the most - Mother Earth is to be respected... meaning that whatever is created on this Mother Earth by the movement of the Earth, by the sea, by all the elements, has to be respected. So to respect the Mother Earth, people do Bhoomi Puja... because if she is not being

Sahajvidya - Earthquakes

respected, maybe there could be an earthquake... which means that the Mother Earth understands, knows and acts. It acts in such a manner that human beings don't understand why such things happen... the understanding of Mother Earth about Saints is very great... she knows who is a Saint... she knows the feet of a Saint. So we should not curse the Mother Earth for any mishaps on this earth... if people are saintly, they will always be protected by Mother Earth... she will always try to give them whatever they want (970525)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
- 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
- 830821 Mother Earth, Surbiton good 50
- 970525 Respect the Mother Earth, Cabella good
- 000206 Shri Shivaratri Puja, Pune, India good 15

- end -

10 Sep 2002

Easter Egg

Represents the second birth... Self Realisation (840731); Is linked to that which is written in the Devi Mahatmyam, where it is said that the Goddess created Mahavishnu out of an egg, suggesting the idea of the second birth (810330); Radha, in the Vaikuntha stage, created this great personality of the 'Son of God'... the greatest of all... this Mahavishnu... who incarnated on this Earth as our Lord Jesus Christ. She created him like an egg, out of which one half was kept as the seed, as Shri Ganesha, as the Spirit... and the other half was created as Jesus Christ. See the symbolism of Easter... like an egg... people knew about it somehow... why do we have Easter Eggs. The egg was nothing but the egg of the Divine Power, which had to manifest this Divine Power on this Earth (811006)

On Easter Day we give an egg... it has the same symbolism... that we are the 'egg'... and we have to become the bird. So just now, at this stage when we are human beings, we are just limited like an egg... to grow up to a point where you can become the bird. A bird is first born as an egg... and then it grows and matures... and then suddenly it becomes a bird... and that is the parallel of Realisation (820514)

We offer eggs during Easter... but what is the meaning of offering eggs... why should we offer an egg... first of all... because the egg can go into a transformation... it can become a small chick... it can be born again... it has that capacity... so when you get this egg as a symbol of Easter, it means that 'you' can become a different person, a reformed person... a great spiritual person you can become. Secondly, if you read the story of the birth of Shri Ganesha... and then you proceed on, you'll be surprised it's written that it was called as Brahmanda... means the egg of the Brahma, that came into existence... and half of it became Mahavishnu, means the Christ... and half of it remained as Shri Ganesha (000423)

- Jai Shri Mataji -

Sahajvidya - Easter Egg

Tape References

Date/Ref - Title - Qual - mins

-820514 You must become the Spirit - see 820514 good 45

810330 Vishuddhi & Agnya, Sydney Poor 170

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

820514 You must become the Spirit/Puja on Fighting Asuras

840731 Middlesborough PP [PP video set 4/1,2] good

000423 Easter Puja, I stanbul, Turkey good 60

Eating

Too much of eating is very common in this country (England - Ed)... you all should have fixed portions. Too much eating is very bad... not eating is bad... but little eating is good (810904); For the Hamsa... avoid eating anything that is sharp or sour (MME); One has to be a normal person, eating the right proportions of proteins, carbohydrates and fat (830209); When you eat, you don't understand that this tongue belongs to a Sahaja Yogi... you shouldn't hanker after anything... like if somebody likes tea, he'll go on taking 15 cups... that's no good... or if he's fond of one sort of food, he won't take another food. Thinking too much about food all the time... asking for food and organising food all the time... that spoils your Vishuddhi very badly (800127.2)

With eating also there are problems: We can test the tongue, by going on a bland horrible diet, just to test the tongue. Is food important? Is the tongue fussy about food? Does it start watering? To overcome these problems, starve yourself, reduce what you eat by half - your intestines will go down. But don't think about food. This 'starving' is for Westerners, because the people of the East already do regular fasting. For them the correction is to eat. Best day for starving is Thursday, the Guru's day - and to start with a ½ day (821101)

When we are eating our food... if at that time... we are also reading the newspaper... or, if say we get onto a bicycle with a sandwich in our hand... which is even worse... and we are rushing to work... and, we get so frantic - then in this way... if we are eating our food in such a hurry, and in such franticness... then we are out to get trouble with the spleen... and we can get blood cancer... and among young people is very common. Now if the mother... or the father... is of that temperament... the children might be born with blood cancer; Many cases of blood cancer have been cured... but that is not our job - it happens spontaneously as a by-product of Kundalini awakening (820514)

Sahajvidya - Eating

Once you have used your hands for eating, or your spoon for eating... if it has touched your lips... it is Jhutha... whatever is like that is not to be eaten... once you have eaten something, or touched something with your lips, it is finished, in India. In India, they are very particular about this. In Marathi, it's called Urtha, and in Sanskrit it's Utistha. So whatever is like that is not eaten (840118)

Normally one should never eat anything that is kept overnight... but now they have got fridges... so you can keep it for two days, three days at the most (971102)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-820514 You must become the Spirit - see 820514 good 45

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed upon S Yogis & how maintain them, Bordi good 30

810904 Advice given by Shri Mataji, Brahman Court poor

820514 You must become the Spirit/Puja on Fighting Asuras

821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105

830209 Problems of Left, Right and Centre - Bombay good 65

840118 Spontaneous talk, Vaitarna not good 35

971102 Lakshmi & the Maya of Money, Diwali Puja, Lisbon good 55

MME = Meta Modern Era by Shri Mataji Nirmala Devi

Eczema

Yesterday we had somebody who had very bad eczema... all his hands were absolutely charred and horrible... both the hands... and I asked him to put his hands towards me... maybe he might have been cured only by putting his hands... but I had to make the mark of cross and swastika on his hands... and it cleared out. So he saw me doing something... otherwise... 'oh it might have been a coincidence' (810511)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

810511 Lord Jesus, Forgiveness, Caxton Hall not good

Effort

You cannot put in any effort to achieve a living thing like Self Realisation, which is spontaneous (811005), but effort is needed later on to maintain it (840702); It is necessary to put in an effort after Realisation, not before. Before, you cannot do it... but after Realisation you have to look after yourself... to look after your being (800809)

People who are mediocre think that gradually they will be alright, and that they'll come up... but I would suggest that you should make all out effort... to become strong Sahaja Yogis (871219)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871219 Complete your Realisation, Aurangabad - see 871219 Good 25
- 800809 What are we inside - B'ham good 30
- 811005 Beauty that you are - Houston good 70
- 840702 Hampstead Public Programme [sound quality very poor] poor 40
- 871219 Complete your Realisation - India

- end -

30 Apr 2003

Ego

The balloon at the upper end of the right side channel or Pingala Nadi, that gets bloated as a result of those things that make us feel happy (831001), the balloon at the left temple, and round to the front of the head, that gets sucked in, and reduced when we forgive, and thereby creates a space for the Kundalini to pass (890801); The ego is responsible for our funny behaviour towards others. The problem with ego is that people do not find it out til they really suffer badly, because the ego is something that doesn't give trouble to the individual, so much as it does to the society (800809)

If we can see our ego working, then we can get rid of it - not to fight the ego, but to surrender it - is the only way to get rid of it (791118); Make your ego be challenged... not to get into temper... try that your ego doesn't react... that can be achieved very easily if you try... in the mirror, look at yourself, and laugh at yourself... make fun of yourself (860504); The ego covers the heart, and is to be surrendered (850528); The biggest problem (850806); The main problem (791118); That is quite happy to hurt others, and allows you to do things which are inhuman, and can get inflated by any sort of achievement or recognition (MME/p176)

Ego can result from many useless things, including money, intelligence, etc., and has absolutely wrong ideas about one's value. Ego people try to do everything through intelligence - are such a drag, and boring, and is very prevalent in the West. With ego, see what makes you happy, see what you plan about life (800517.1); Which lets us think that 'We' can do this or that (840702); Which lets us say cutting and hurtful things, without regard for others. Ego ends in stupidity, and foolishness, because we forget about God, and also about our relationship with the 'whole' (781218); It is complete ignorance about yourself that gives you this ego (800517.1); In simple words, this ego is nothing but absolutely wrong ideas about one's own value, by which you think that 'I am everything' - what are we... we cannot even sprout a seed (800517.1)

Sahajvidya - Ego

If you try to overpower matter, getting overactive with matter, making everything properly, over efficient with the matter, then your ego develops, and when your ego develops, you go into violence - because if you produce more, you have to be violent about it... otherwise you do not know how to sell it. You become a sort of an aggressive businessman, or country, which tries to overpower other nations with their material advancement... you become materialistic and such people have no heart... they are just dried up... the only thing they understand is money, money... money (800927)

In India, nobody thinks 'I am right' - nobody thinks like that. Once you start thinking 'I am right, and that person is wrong, I am doing alright, he's wrong'... finished. The worst thing that can happen to human beings is ego... the worst thing. Possession is better... at least you feel the pinch of it... but ego you never feel the pinch... you never feel there is ego in you... and you feel you are the most correct person (800927)

The ego part, that I must overpower everybody, I must get this... I must be able to rule everyone (980510)... if you have right side problems, then you have to say 'I forgive' (811006); Can be resolved by rejecting the feeling of being 'in charge' (941105.1); 'Pulling one's ears', and asking for forgiveness, can help to reduce the ego (781218); The mantra for the ego is 'Kshum' (781218), or the Mahatahankara mantra (791118); If we say 'Not I... but the Divine that is doing it...', or 'I am not doing anything...', then the ego does not come up... and we become humble (960505); If we have ego, we should raise the left side, and put it to the right side... there's no other way out... you have to work it out with your hands (830121)

Ego can project in any direction: a) if forwards, it tries to overpower, or dominate others, b) if to the right side, it becomes Supraconscious, and starts seeing things which are absurd, foolish, stupid, c) if to the left side, it starts seeing yourself as a big man, a very great personality, as a big Christ... d) if backwards,

Sahajvidya - Ego

that is the very dangerous one, when people become gurus, which are ruining others, though they have lots of defects in themselves, and they try to pull others into this horrible stuff - is called as absolutely Naraka (830113)

Now how to overcome higher attachments... which is also... in a very subtle way... is ego... like there are attachments that I should write a book on Sahaja Yoga... or I should paint something for Sahaja Yoga... or I must earn for Sahaja Yoga... I must do this for Sahaja Yoga... this is also... is ego... that I should be the leader of Sahaja Yoga. Then there are jealousies... if Mother says this is not good you feel hurt... if Mother says this is good you feel happy... that means you are still at a very subtler state of ego, where you think that whatever you say should be approved by me. That is something is very subtle we do not understand, that if Mother is not approving of it, there must be basic Divine reason... otherwise why should I not approve of it. We must know that it's all the work of God, and we are just channels in the hands of God (850310)

- Jai Shri Mataji -

Sahajvidya - Ego

Tape References

Date/Ref - Title - Qual - mins

- 941105.1 Diwali Puja, I stanbul - see 941105 good 35
 - 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
 - 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
 - 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
 - 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
 - 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
 - 791118 Where... stand in SY/How get in Med'n, Dollis Hill see 791009.1 good 45
 - 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
 - 800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50
 - 800809 What are we inside - B'ham good 30
 - 800927 Lethargy, Chelsham Road good 75
 - 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
 - 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
 - 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med' tn) good 60
 - 831001 Santa Cruz interview good 45
 - 840702 Hampstead Public Programme [sound quality very poor] poor 40
 - 850310.1 2 Public programmes, Sydney
 - 850310.2 Shri Devi Puja, Sydney good 40
 - 850528 Kundalini Power and Creation, Los Angeles good 45
 - 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
 - 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
 - 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
 - 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
 - 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
 - 960505 We must feel responsible, Sahastrara, Cabella good 55
 - 980510 Meditation is the only way, Sahastrara, Cabella good 60
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Ekadesha Rudra

The 11 Destroying Powers: firstly a) the 5 on the Left side of the head (if we think I am ok, I can look after myself, I don't believe in God...), and which come from Right side of the void, with right side diseases like heart attacks, and secondly b) the 5 on the Right side of the head (if we bow to wrong Gurus, submit to wrong ideas), and which come from Left side of the void, with incurable diseases like cancer, and c) the 11th is the Virat/Vishnu in the centre; The 11 destructive powers of Shiva; All these powers are in one Deity or Personality, that of Mahavishnu, or Christ. The cure for problems with Ekadesha Rudra is to give up wrong ideas, and wrong Gurus, and by accepting that Sahaja Yoga is the only way; Beat with shoes (830204; 840916; 970316)

The 11 powers include the powers from: Ganesha; Bhairava; Hirenyagarbha (the collective Brahmadeva); Kartikeya; Hanumana; Mahavishnu (Christ); Buddha; Mahavira; Shiva/Parvati; Sadashiva/Adi Shakti; and Virata. The powers of Eka Desha Rudra can be destroyed by misidentifications (830204; 840916; 970316), and may form a ridge... across the upper part... of the forehead (820711; 840622); When ego develops too much, you become Ekadesha Rudra problem (800907); Eka Desha Rudra disorders also come from touching the feet of wrong gurus all the time, and when they begin to set in, the 11 powers of destruction go against you (830129); Is one of the greatest hurdles to the Kundalini entering the Sahastrara, and comes from Void, and covers the Medha, the plate of the brain, so the Kundalini cannot enter into the Limbic area (830204)

Ekadesha Rudra is on your forehead... if you bow before any wrong guru... you catch your Ekadesha Rudra (810904); To neutralise... a guru, who has been a bad guru... you have to surrender to the Real Guru - if your guru is a real guru... then you surrender to the Mother of your real guru... because your real guru is also surrendered to this - so all the gurus are to be

Sahajvidya - Ekadesha Rudra

surrendered at the Lotus Feet of your Mother. Christ is a real guru... he is. The Christ you know of... is to be also surrendered at the Lotus Feet of your Mother... because he is also my son... Brahma, Vishnu, Mahesha... all of them are my sons... Adi Shakti created all of them... She is the Mother of all the Gurus... of all the Prophets... of all the Incarnations. She exists... and after her... only Parabrahma is (810904)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 800907 How to know where you are - Chelsham Road good 120
- 810904 Advice given by Shri Mataji, Brahman Court poor -
- 820711 Nabhi to Sahastrara, Derby good 90
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 840622 South Bank Polytechnic, London good 40
- 840916 Ekadesha Rudra Puja, Rome, Italy good 60
- 970316 Power of Rudras and desirelessness, Delhi good 15

- end -

12 Apr 2003

Electromagnetic Force

The energy of the right side, which created the Universe, and produced the physical part of Creation. The electromagnetic force became Prana, and later when we become Realised, it becomes Pranava (850528)

These communications that we have... loudspeakers... TV... radio... all these things where we catch onto the ether... is all the blessings of Hanumana and are available to people who are right sided... only the right sided discover these things of the space... like cordless telephones or telegraphs where we don't use any wires. So without any connection through the ether he can manage. Wherever you see the electromagnetic forces working it is worked through Hanumana's blessings... he creates electromagnetic forces. So now we can see that as Ganesha has got the Magnetic force in him... he is the Magnet... then we can say that the Electromagnetic is the one which we call as Hanumana's force on the material side of it (900831)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850528 Miracles (+ Facing Seeker's questions) see 860725 good 10

850528 Kundalini Power and Creation, Los Angeles good 45

900831 Hanumana Puja, Germany good 45

- end -

19 Oct 2003

Elements

The 5 elements, earth, fire, air, water, ether (781005), await your asking, your orders. All the Angels await - you just have to ask their help. That is what a mantra is, the awakened calling, the authority applied with the word, and which awakens all these forces. Just ask the fire to take away your problems - it takes away. Ask the sea to take away - the whole thing is sucked in, and then the Mother Earth also sucks all the problems (800609); Water... Light... every element can feel the Divinity. All these elements are within us. The highest of all is Light, and is governed by Lord Jesus Christ. Light has an effect... Light shows things that are correct (861225)

Some of the things are sucked by the Mother Earth... some are sucked by the flame... can be the flame... can be the fire... the Sun also sucks in... the sky also... depends on what centres you have in problem... on what problems you have... alright. But on the whole, the Mother Earth is the most gracious thing... she helps the maximum I think (821008)

The power of love acts on the 5 elements - it can settle the pollution problems... it can help you with your programs, your ventures, your meetings... anything that you want to do (980706)

Matter is made out of 5 elements... the 5 elements have made this body of ours... and are on the right side of the human being. These 5 elements either push you towards the left side or they pull you towards the right side (800927); These 5 elements create the 6 chakras within you... the chakras are created out of these 5 elements, and they give us a support to have the Deities... an Asana, a seat for the Deities to come in (800927)

Sahajvidya - Elements

If you have too much of one element in you, you have to reduce it. For example, if you have too much of light in your head, means you are egoistical... or if there is too much air in your body... then you have to use this air that is outside, to take away the surplus. All the five elements that have created these centres, can be corrected, manoeuvred, adjusted, balanced, put into complete coordination and integration... by the techniques of Sahaja Yoga (790722)

We are made of 5 elements... so when you get your awakening... when the Kundalini reaches the Sahastrara... and opens out your Fontanelle Bone Area... you become 'one' with the Divine Power... and the Divine Power itself starts flowing through you... a connection is established. Now when this Shakti starts flowing through you... then what happens... the subtle part we should understand... is like this... that these 5 elements we are made of... gradually start breaking into the subtler form of which they are made (981216)

So as it is said... in the Bible, that 'the Word is God'... now what is this Word... is a silent, we can say... a silent commandment... but from that Word comes... according to Indian Philosophy... is another thing that we call as Bindu... or we can say the Word becomes Naad, a sound... and then it becomes the Bindu, means, one small dot you can say... and then from this dot you see, all these 5 elements start coming, one after another (981216)

The first element that comes out is Light... and we should understand that how light pervades Sahaja Yoga so much... and you see the light everywhere... so the first element which is light you can say... and the subtlety of the light is radiance... for example a person who gets Realisation has a face which is very radiant... so radiance is the subtlety of light... and so this radiance starts showing on your face... starts expressing itself... and with that radiance, people get

Sahajvidya - Elements

impressed... and they start thinking something special about this personality which has radiance. Now we have seen my photographs also... many a times you will find lots of light around... that is nothing but the light in me which is giving radiance... because the light becomes subtler. So this is the subtle growth within you that takes place... your faces also start shining... they too have radiance... a kind of different complexion. This radiance is to be understood... is the subtle of the light, of which we are made (981216)

Then after this, from the light, comes the second thing, which we call as Vayu in Sanskrit... meaning the Air. So the air that we have, which is this gross... air... what is the subtle of air is this Cool Breeze that you get. So this Cool Breeze is the second thing, that you get... subtler and subtler... when your growth takes place, all these subtle things start expressing themselves (981216)

Then comes Water... Pani... and what is the subtle of water is... I mean... which makes the skin... the hard skin, soft... the skin becomes soft... this is another sign of a Realised Soul. But then a person, who is a Realised Soul becomes very soft, very delicate... when he talks to somebody, in his voice there is warmth... or I should say... in your dealings with others... you should be like the water... which is mobile... which is cooling... soothing... cleansing. So this also becomes a part and parcel of your being, once you become a Realised Soul (981216)

Then you have another thing... we call it as Agni... means the Fire. So you also have fire... but it is a very silent fire... it doesn't burn anybody... but it burns all the wrong things within you... whatever wrong things you have, it burns... and it burns the wrong things in other people also. For example a person comes with a great anger towards you... what happens, that this anger becomes cooled down with the fire that is there. Moreover, a Realised Soul cannot get burnt... the fire cannot...

Sahajvidya - Elements

burn... the burning cannot come to him... it is very important to understand... also if you are doing something wrong, it may burn you... but if you are a good Sahaja Yogi... and I should say a perfect Sahaja Yogi, fire will never burn you. We have an example of Sitaji... that she went into the fire... nothing burnt her. So this is what one has to understand... that once you get to the subtleties... of the fire, and the water... both of them, become sort of Divine. For example, the water which you touch... which you drink... in which you put your hand... that water becomes vibrated... means the subtlety of the water comes in it... the coolness... the curing power also comes in that water (981216)

Then lastly is the Mother Earth... it is most important is the Mother Earth. There's a photograph, taken in Russia, where the Kundalini is in the Mother Earth... clearly it is there. Then, for example, I have seen flowers, if you keep them in my room, they bloom... they can become very big... never people have seen such big flowers... I am doing nothing... I am just sitting there... and what happens to the flowers. You see now... there is... this principle of Mother Earth works... the subtle... because it's a mother... and that gives you all the nourishment... and makes you grow... healthy. And this is how this subtlety works, of the Mother Earth... she is the one who is the giver of birth to all these flowers, and all these trees... but she also plays a big part in us... and she is our Mother (981216)

And so many subtle things of this Mother Earth come into us... and one of them is gravity... and so a person becomes very attractive... not in the physical sense... but in the spiritual sense. Such a person attracts others... they feel attracted... and they feel something special is about this person... this is one of the qualities of Mother Earth. If she had not kept us

Sahajvidya - Elements

attracted... we would have fallen off, with her movement. Also, other qualities of the Mother Earth start manifesting within us... and we become very... extremely, tolerant and a patient person... but if you are hot tempered and all that, then that Mother Earth principle has not expressed in you. Look at the Mother Earth, how much she tolerates our nonsense... how many wrong things we do against her... but still she tolerates. Shri Ganesha's quality is to tolerate... to begin with... up to a point he tolerates... and in the same way, we too become extremely tolerant and forgiving... is the minimum of minimum that should happen to all Sahaja Yogis who have vibrations (981216)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-861225 Pawana Dam - see 861221 good 10

-821008 We don't have to suffer, Bedford, see 821007(Video) Good

790722 Leeds at Jim's House poor 45

800609 Subtlety Within - Caxton Hall good 50

800927 Lethargy - Chelsham Road good 75

980706 Holland Park School, London 1998 good

Emancipation

The 4 lines or methods that we can dedicate ourselves along for our emancipation, are Meditation, Puja, Prayer, and the most important, the greatest advancement is done by your giving... giving the 'Universal' through your universal being (760330); Sahaja Yoga is for the emancipation of all the humanity. It's not for one country, another country... it's not for one person, another person... it's for the whole humanity (980706)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-760330.2 Deities on various Chakras, Delhi - see 800102

-760330.1 Gudi Padwa, Delhi - see 760330 good 30

760330 Gudi Padwa, Delhi/Transformation, Bordi

980706 Holland Park School, London 1998 good

- end -

20 Jun 2003

Emotions

Those people who use the right side too much, can become very imbalanced... they do not see to the left hand side... they do not see that they have an emotional being also within them, which is being starved, and they freeze the left side, and by that they get heart attack (790720); If man has no emotional feelings, no love, then he is not complete (951224)

If we are emotional types, where family is everything, we can become crazy... because others do not reciprocate (830131); The emotions that we have should have no guilt in it. So not to use all words that show our guilt, but rather words that show our humility (850901)

Cancer is caused, mostly which I have seen, in people who are left sided... not so much in people who are right sided, who are aggressive... but those who are emotionally disturbed get this trouble. So far I haven't seen one patient of cancer who has not been emotionally very much inclined... so it's more a case of emotional disturbance (821008)

The cold is a left side problem, and indicates emotional problems... in girls, crying, whilst in men coughing or sneezing for no reason at all - coughing and sneezing to show our pitiable condition. To cure the cold, look into your emotional life. If there is too much attachment to mother or father, and if they misbehave, or do something so that the child feels hurt, then he may get colds. Any attachment that makes you foolish, or hankering after someone, creates similar troubles, especially with the 'Romeos'. It can be corrected by getting proper understanding, that we are just trustees of our children, that we should be detached, and not get these romantic feelings. On the other side, if we move to the right side more, we get dry feelings, a dry throat - we cannot speak (800517.2)

- Jai Shri Mataji -

Sahajvidya - Emotions

Tape References:

Date/Ref - Title - Qual - mins

- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790720 Cardiff Public Program good 30
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 830131 Nabhi Chakra, Delhi good 80
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75

England

What is the role of England in the whole Cosmos? We are specially born in this place for a particular type of special work we have to do, as an instrument of the Divine... not doing yourself something, but as an instrument. Like a painter has a brush and is nicely painting - it's the painter that's painting. But if the brush starts thinking "I" am the one who is painting, it's stupidity; When the drop becomes the Ocean, then it doesn't think it is a drop... it thinks it is a part of the Ocean. In the same way, once you grow up, you become very collective (980706)

England is the heart of the whole Universe (840731; 800721)... of the world... whatever happens in England gets known all over the world (800721)... from here everything circulates (800809); Is Sadashiva's Country (850806), which has to become Jerusalem (801027); Only Blake has told of Jerusalem... he could see that vision... he was that sensitive... the way he has described, talked of the glory of this country. All this inertia, this lethargy that is settling into this country is because of our foolishness, and stupidity. You are the most dynamic people... in your spiritual work you can be very very dynamic. You are the ones who are going to throw away all the shackles of nonsense... and you are the ones who are going to recreate a beautiful arena for the whole world... that's why I'm here. I've been here for 6 years... and again I am here for 6 years... perhaps... I hope so. I hope something substantial will be done in all the parts, where the English who are my children... who are the Saints of the past, who are born in this country... and will receive this... and settle into it, and not waste your energy in the ego as your forefathers did... they just wasted their life (800809)

I was happy to learn that the great poet of this country, Blake... had prophesied about me... and it's so beautifully done... that he said that England is going to be the Jerusalem... means that this is going to be the pilgrimage... the venue has shifted. He has said that the furnace will be burning in Surrey Heath, where I came first... and then he mentioned Lambeth Vale, where we have got our

Sahajvidya - England

Ashram... where the foundations will be laid - we have laid the foundations... and that Jerusalem is going to be in England... not in India... and you are the people responsible for this Jerusalem (801019)... that which England, the Heart of the Universe, must become... where people will come to worship (820710)

Only Blake has told of Jerusalem... he could see that vision... he was that sensitive... the way he has described, talked of the glory of this country (England - Ed). All this inertia, this lethargy that is settling into this country is because of our foolishness, and stupidity. You are the most dynamic people... in your spiritual work you can be very very dynamic. You are the ones who are going to throw away all the shackles of nonsense... and you are the ones who are going to recreate a beautiful arena for the whole world... that's why I'm here. I've been here for 6 years... and again I am here for 6 years... perhaps... I hope so. I hope something substantial will be done in all the parts, where the English who are my children... who are the Saints of the past, who are born in this country... and will receive this... and settle into it, and not waste your energy in the ego as your forefathers did - they just wasted their life (800809)

The English are very conditioneda people (850408), and are very frightened people (810330); England has to make great effort, has to be more open, and giving... because we are in the Heart... and there has to be circulation. Not to be insular (860305); When I say English I mean all the English people, not Wales or anything different (810802); The English, or British, have to realise that these quarrels of Ireland and Scotland... all will finish off, because it is working on wrong grounds... it is not proper. We are all one, not only in this country, but in all the countries... we are all one (980706)

In England, all the seekers are lost by drugs, hippyism... all such nonsense (980510); Comfort is one thing for the English to avoid completely... especially, bathroom addiction is too much in English people I have seen... they are very bathroom conscious. One should just form such habits, that within 10 minutes you should be out from the bathroom (800927)

Sahajvidya - England

Groupism is a very bad characteristic, especially of the English... they always form a group wherever they go... and it's so troublesome sometimes. This kind of false superiority is not going to help us... we must face ourselves. It's false... so we should never form a group... just mix up with other people... talk to everyone (891203); English... have to learn to love (0.0011); Englishmen are very good husbands no doubt... but... they are like cabbages sometimes... that part I don't like. One should understand that as a husband you have to get things corrected (950625)

In England, I've worked the most. In India, I've not worked so hard. And all the efforts I've put in, in England... is because England is very important... is the heart... and the heart should not fail. We have to sustain it... we have to humble down. We always say... to humble down in your heart (840214)

Please try to learn the English language, because I cannot learn 14 languages (871219); English language is not a very soft language... it's a very humorous language, but the humour sometimes cuts you out... that's the defect of the language (920209); The English language has one very good quality... that they can laugh at themselves... the language has found out ways and methods of how to laugh at yourself... that's something beautiful about English language (800927)

- Jai Shri Mataji -

Sahajvidya - England

Tape References

Date/Ref - Title - Qual - mins

- 920209 Ganesha Puja, Perth - see 920209 good 35
- 891203 Farewell talk, Shudy camps - see 891008 good 35
- 871219 Complete your Realisation, Aurangabad - see 871219 Good 25
- 860305 Wimbledon Address - see 860305 good 45
- 850408 Easter Puja, Hounslow - see 850408 poor 40
- 820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)
- 801019 Puja Fighting Asuras, Durga Temple, Hampstead - see 820514 good 15
- 800721 Auspiciousness - Caxton Hall good
- 800809 What are we inside - B'ham good 30
- 800927 Lethargy, Chelsham Road good 75
- 801019.3 Spreading Sahaja Yoga in Europe
- 801027 What happens after Realisation, Caxton hall good 60
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 820710 Derby PP [PP video set 4/3,4] good 55
- 840214 Shri Mataji talks to the English - Bordi poor 75
- 840731 Middlesborough PP [PP video set 4/1,2] good
- 850408 Easter Puja/Ganesha Puja, Children - Hounslow/B'ham
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 860305 Wimbledon address/Brompton Square
- 871219 Complete your Realisation - India
- 920209 Ganesha Puja, Perth/Red Hill, Canberra
- 950625 Richmond Park talk, Richmond Not good 45
- 980510 Meditation is the only way, Sahastrara, Cabella good 60
- 980706 Holland Park School, London 1998 good

Enjoyment

The capacity of enjoyment only comes when your Sahastrara is absolutely open... otherwise the capacity to enjoy is much less. But after getting to Sahaja Yoga, you'll stop all these activities, and leave it to your Sahastrara to work it out... and it works out... you don't have to rush... you don't have to be so competent... you don't have to write down everything... you don't have to think of planning everything... because everything works out... and it works out beautifully. The only thing that one has to do is to accept whatever is happening for our good... even in small small things (930508)

Today is the day to make a big determination... that you will start enjoying your collective spirit... which was opened on 5th May 1970... everything for the collectivity... then the enjoyment will be maximum... you will never feel that you have sacrificed anything. But still you are more identified with your own enjoyments... and your own ideas of enjoyment... you still do not enjoy that collective spirit... you still like... in companionship... in company with each other... you enjoy it more like people who are not in Sahaja Yoga... very low grade... just want to take advantage... and have a nice time... and all that... that type of people are not going to make much mark for us. You all must be connected to God individually... so that you are all connected among yourselves (800505)

If we don't want to enjoy what we have, and we want to have something else, then we can never be happy - we have to enjoy what we have. This is how the laws of economics work, by making you feel you want more and more. After Sahaja Yoga these economic laws should no longer work... only the Divine Laws (860921.2)

The husband should enjoy his own wife, and not the wives of others - this is a stupid thing... your wife or husband, like also your family etc. is your own, your 'part and parcel'; Whatever your virtues are, enjoy those virtues. Those who enjoy their virtues are great men, and don't feel unhappy, but are proud of their virtues (860921.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800505 Sahastrara Day, Dollis Hill Good

860921.2 Role of Belgium and Holland, Mechelen good 65

Enlightenment

Self Realisation (831001); That process which occurs as the Kundalini is awakened, and rises to unite with the All Pervading Power... and which first works on the physical being... then the mental... followed by the emotional... and finally the Spiritual being (801027)

The heart has got seven auras around it... which get enlightened by the Spirit... it's a very instantaneous or you can say simultaneous happening. But, before that... when the Kundalini rises... there are the seven centres represented on the seven seats in our brain... all the Sahaja Yogis know where they are. So when these centres are enlightened... the auras start shining in the heart. And 'this' centre is actually the seat of the Spirit... the Spirit has moved from there and has gone to the heart... that's why in childhood you'll find there's an opening here... it's a very soft bone called as the Fontanelle Bone, the Talu... because the Spirit comes out from there and is settled on the heart. You know Spirit also comes out in the night sometimes... goes round and sees... it's so (800721)

So when the Kundalini rises... first these centres get enlightened here... then in the brain... then the auras in the heart start getting enlightened... ultimately, when this centre which is the centre of the heart here, in Sahastrara, this point... when this gets enlightened, then the Spirit also gets enlightened fully... and then these auras become doubly shining... then the auspiciousness in many dimensions starts expressing itself. But to keep that light on... one has to keep the Kundalini over here (800721)

Then what happens... then we are ruled by our hearts... rather than by our brains. And the more you depend on your vibratory awareness... the more you use your heart, your Spirit, not your brain. The more you use your brain... again you go down... because it

Sahajvidya - Enlightenment

is taken over now by the Spirit. But if you can... just leave it to your heart to work it out... and don't think... because you are in thoughtless awareness after Realisation. And if you try to maintain that state... pay attention to your heart... let your Spirit emit itself... so that it clears out completely the confusion of the brain and everything... then you'll be amazed that you cannot lose your vibrations... you cannot lose your Realisation (800721)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800721 Auspiciousness - Caxton Hall good

801027 What happens after Realisation, Caxton hall good 60

831001 Santa Cruz interview good 45

- end -

17 Jun 2003

Entrepreneurs

The entrepreneurs are busy pampering our egos, giving us fashions, hair fashions, clothes, too many choices over simple things like what I will have for breakfast etc. We should not become enslaved by any entrepreneurs - wear what is sensible (910728)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

910728 Guru Puja, Cabella good 60

Epilepsy

The result of possession (790616); When you enter into the Collective Subconscious... any one of these spirits... these busy bodies... can catch hold of you... and once they catch hold of you, you are liable for any of these diseases. Especially, I have seen... if there's a possessed person of course... they become mad... they get epilepsy... all these are possessed people. Epilepsy can be cured... all such mental problems, depression... can be cured... it's not difficult at all... but one must know that if you are possessed, you must really work it out... and see to it that it goes away from you... and you become your Self. Multiple Sclerosis...a disease of the left side... so far I have seen three cases in England, which have been cured by Sahaja Yoga... and all of them had either the wife or husband possessed (821008)

These people suffer from epilepsy, who follow this horrible False Guru business - they pay for becoming mad (830302); It is very dangerous to go near things... that deal with the dead, and may result in cancers, epilepsy, heart attacks, accidents, financial ruin etc. (810330); People who go to the left side can see a lot of things - it is very common, and is very dangerous. You should not deal with that area (830302)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

790616 Dr Johnson House, Birmingham not good 55

810330 Vishuddhi & Agnya, Sydney Poor 170

811004 Becoming the Truth - Houston [+PP video set 5/3] good 30

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

Epithelial Cells

Butter is needed for the Vishuddhi... and if the throat is drying up, and there is coughing... can be taken on a hot drink or with soup... or you can take a little ghee or butter on top of a cup of on hot milk or hot water...when it lines the epithelial cells of the throat and trachea - it soothes down all your sites... Krishna is soothed by that. Is also good for sinus problems, and can be administered warm with a dropper, to the inside of the nose for 3 to 4 days... one drop in each nostril, morning and evening... where it lines the inner dry and cracked membranes... butter is softening in it's effect (810330; 830202; 850502; 870408); The ghee can be kept in a small bottle, which may be heated in hot water prior to use (870408); To keep Vishuddhi OK, we can do the following... eat the butter... take it on hot water, so that it lines the epithelial cells, and clean throats every morning by gargling; Protect the throat from cold conditions, and if we speak, speak of Sahaja Yoga (830202)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

810330 Vishuddhi & Agnya, Sydney Poor 170

830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80

850502 Niraananda, Vienna Ashram good 60

870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45

Chakras affected: Vishuddhi

Ether

Akasha. The 5th element, through which all collective work is done. If a Realised Soul puts attention on something, then it gets done, through the ether. Miracles are also done through the ether (781005); The sky is... Ether is... Shri Krishna's nature (860823)

When clearing the right side... by putting the right hand towards the photograph... what happens is that your right hand gets the vibrations... and the heat is pushed towards your left... and passes out of your left hand... into the ether (880921)

The subtle of the ether that we have is under the command of Shri Hanumana... he is the one who is the Lord of this ether... the subtle of the ether... or the causal of the ether. All the communications that you find, like we have within ourselves of the ductless glands... like pituitary is using ductless glands... is through Hanumana's movement... because he can go into a Nirakar... he can go into a formless state. Also these communications that we have... loudspeakers... TV... radio... all these things where we catch onto the ether... is all the blessings of Hanumana and are available to people who are right sided... only the right sided discover these things of the space... like cordless telephones or telegraphs where we don't use any wires. So without any connection through the ether he can manage. Wherever you see the electromagnetic forces working it is worked through Hanumana's blessings... he creates electromagnetic forces. So now we can see that as Ganesha has got the Magnetic force in him... he is the Magnet... then we can say that the Electromagnetic is the one which we call as Hanumana's force on the material side of it (900831)

- Jai Shri Mataji -

Sahajvidya - Ether

Tape References

Date/Ref - Title - Qual - mins

- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 880921 Speech at Ammonk Ashram, New York good 35
- 900831 Hanumana Puja, Germany good 45

Evil

That which definitely exists, and comes often in the garb of the Divine, and which is to be fought. Which gives disease and problems... which results in torture and crooked behaviour. Which is often more powerful in these days than the desire of man to rise above it. The time now is to decide... 'that' which you want (840702)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

840702 Hampstead Public Programme [sound quality very poor] poor 40

- end -

12 Jun 2003

Evolution

Evolution is from the carbon stage, and amoeba stage through the fish and reptile stages, to the present day, at Sahastrara (830129; 790616); It is still going on - this is not the end. So far, it is spontaneous (781115); Evolution takes place only through your seeking... when you start seeking something... then only, you evolve (831001)

We must think... why we have evolved from amoeba to this stage, as a human being. Now if you are evolved, there must be some purpose... there must be some method that God must have placed within us... so what is that thing within us... is the Kundalini, this residual force, which is placed in the triangular bone, which rises, passes through all the chakras, and pierces through the brain... and enters into the subtle being that we are... by which we get connected to each other. You all are like, say, pearls... and there is a string going through you... but you cannot feel the string - you are on the pearl... your attention is on the pearl. So supposing by any chance it happens... it's a happening... your attention goes on the string, then you can pass into everybody. In the same way, the Collective Consciousness is established within you... it's a happening... which has been promised long time back... by all the Religions, and all the Scriptures (790618)

To transform ourselves, there has to be some evolution - you have to become collectively conscious. It is an actualisation within yourself... it is a living process... it takes place spontaneously. First of all, in evolution, there has been one leader... we can call them as archetypes you can say. Such a person can decode the information of symbols and everything, and can help others... without taking any money. If we are dealing with the living process of evolution, we have to know that in spiritual life, whatever is going to happen, must relate to the scriptures... to all the scriptures... must relate to them... not to just one scripture, like the Holy Bible, or the Holy Koran... but... to all of them (860707.1)

Sahajvidya - Evolution

It's like... butter is made out of... we call it 'curd' - so, they churn it... when they churn it... what happens... some butter comes out... and the rest remains as buttermilk. To separate it, they put a big lump of butter in that curd, and then they churn it... now all the butter gets around that big lump, and it gathers into a bigger lump you see. But, there are some particles of butter... which are left behind - if they do not stick to this big lump of butter, they are thrown away with the buttermilk. So those who do not come up to Sahaja Yoga, who are not up to the mark, will be all thrown out... no doubt... that is a fact... you have to come up to the mark. And you should not worry about those... you should have no attachment for such people (810524)

They have to come in Sahaja Yoga... or they will go out of circulation absolutely... you see Sahaja Yoga doesn't accept... it rejects more than it accepts... it is a judgement going on. You can talk to them, because they are Realised... you can give them bandhans... work on them... they are the people in whom you could be interested... but they have to work it out... they are lost otherwise (810524)

Today is the time for people to become the Spirit - this is the blessing of the 'Blossom Time'... and people have to become the Spirit. This is an essential step today, to become the Spirit. This is an evolutionary process. All the religions have talked about it. Without it you cannot achieve the Peace, the Joy, the Love... but first... you have to forgive (980320)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860707.1 Press conference, Vienna - see 860707 good

-781115 Evolution - see 780911 good 45

790616 Dr Johnson House, Birmingham not good 55

790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50

810524 Subconscious, Supraconscious, Chelsham Road not good 70

830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70

831001 Santa Cruz interview good 45

980320 Felicitations, Delhi good 55

Exercise

Those who are thin, should stop their mental exercise... they should go into thoughtless awareness... beat yourself with shoes... do all things that are possible... all the Nirmal Vidyas. Those who are fat people should take to exercises... bodily exercises. Those who cannot sit on the grass... should learn how to fix up themselves... on the grass. Try to fix up your Mooladharas. All that is possible, you should do... is to make your body, mind... and your emotions, so well prepared... you see become master of that... and that is why exercise. Every day, you must do some exercise. Those who are too much thinking should do mental exercises... those who have too much physical problems, should do physical exercises (810904)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

810904 Advice given by Shri Mataji, Brahman Court poor

- end -

17 Jun 2003

Experience

Sahaja Yoga is learned through experience, and through nothing else - you have to experience, and then believe into it. Those who have penetrating intelligence, penetrating love and emotions, penetrating movement of the understanding, they experience and learn... experience and learn. This is the process of the penetrating type of concentrated attention. The experiences of Sahaja Yoga are the good conditionings, and to get these 'best' experiences, the first condition is of Rutumbhara Pragnya, where we have to be of that level that we get these experiences... otherwise we will be mundane type of person all of the time... and this starts with our meditation, and with the Samadhi 'seed', sprouting into the new dimension (830723.3)

We have had experiences of things working out, of many miracles happening before our eyes, but still it can happen that our attention has not settled down with these experiences. Old experiences and identifications continue - the filth of that is still on our being. Change everything - become a fresh new person - assume your position, as a Sahaja Yogi (830723.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830723.3 Purnima Seminar, pt 3 Assume your position, Lodge Hill good 65

Explosive

When we get our Kundalini rising for the first time, it is never like an explosive feeling, and should not be confused with this, which is in fact something quite different... with this there are never any vibrations, but on the contrary, there is heat. With Kundalini awakening... there are vibrations, and never this type of explosive stuff. These two things should never be confused (790314)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

790314 Early Sahaja Yogi experiences - Sahaja Yogis and Mother

Chakras affected: Sympathetics

Exposure

People who are possessed get exposed in Mother's presence, because there is light, and in the light, negativity gets exposed. That is the danger... that going in the light you get exposed. Some people who are otherwise normal in Sahaja Yoga also... but once they come before me, they just stand, and something goes wrong with them - because there is lot of negativity within them (871230.1)

Some people who are hypocritical, or who have wrong intentions, or who are negative and lethargic, or have lost their awareness, also can get exposed. Now if you are not aware enough, not alert enough, then you must know that you need 'real' correction... you must assert yourself, work it out, tell your leader... 'there is something wrong with me and please correct me' (871230.1)

How can you have all these nonsensical ideas for money... and for power... I just don't understand. Of course we need money... for work for everything... but there is no need to run after it, or hanker after it. I am surprised... even after so many years of my hard work... there are still some people working out some stupid stuff... and they should know that they'll be exposed in no time - this is the year of exposure... absolutely. If you have no love for Sahaja Yoga... if you have no love for your Mother... you'll run after those nonsensical things... and make some mess of yourself... if you want to destroy yourself, you can go to some other fields... but not in Sahaja Yoga. In Sahaja Yoga, you have to be really dedicated and honest - you should enjoy your honesty... you should enjoy your love... your generosity... everything (010321)

You'll be exposed no doubt... but then, where will you go... what will be your position. After coming to the Paradise of Love... if you are still bothered about these nonsensical things... then you will jump very fast into the Hell... I can see that very clearly. This is the year of exposure... and be very careful. Nobody will be spared this year... what to do... though it's my birthday, I have to tell you... it won't keep quiet. You know there are certain powers which

Sahajvidya – Exposure

flow... and different different years I find a different type of power starts flowing... and this is the time when 'Power for Exposure' is going to be there. Whether you are a leader... or if you are not... if you are making anything dishonest, you will be exposed... and you will be rightly punished. Sahaja Yoga might not punish you... but there are so many ways that this power works out. The first thing is what we call Alakshmi... means, at that time when you are punished, you will be surprised... you will become bankrupt... you will have no money... you will be exposed... you may be in jail. So though it is a very auspicious day... I must tell you not to be inauspicious (010321)

First and foremost quality of a Sahaja Yogi is that he has to be absolutely honest... he has not come here to make money... or to make power... but he has come to rise into the new, beautiful world that we are creating. What is the quality that you have imbibed in Sahaja Yoga, except that you have started some business, or something like that... it is very sad... but there are people who are still ruined in the mud of all these things. You have overcome so many things I know... you have achieved so many things I know... which is not possible... humanly impossible things you have done... you have got over all this nonsense... but still there are some people among you, who still are in the stinking mud of nonsense. I want you all to be my decorations... in the whole world they should see that you are my children... and that you are of such values... such great understandings. You are my children... I have really worked for you... in the sense... every minute... every moment of my life, I have thought of you. I wanted to work it out in such a beautiful manner that you become really good people... ideal people... special people... with understanding (010321)

The Kundalini will do what is needed to correct you... up to a point she will do... and afterwards when she finds it is not possible to correct you... then I don't know what will happen - if you try to behave like a very ordinary useless person... then you cannot stay in Sahaja Yoga... you will be thrown out (010321)

Sahajvidya – Exposure

On this auspicious day, I have to request you to be auspicious... not to do anything inauspicious - they call it protocol. There are small small things which show you are auspicious... very very minute subtle things that shows you are auspicious... which you don't have to learn... automatically, spontaneously it comes... and you enjoy your auspiciousness because you are holy... because you are Nirmal... and you enjoy that quality within you. Then you have to show that you have grown up in Sahaja Yoga... that you are very deep... and you are a very senior person. I have seen some little children also... they are so grown up, and so sensible. But if you are still running after nonsensical things... if you are still full of lust and greed, then better you leave Sahaja Yoga... and find some other area where you can do that. It is something surprising how people do not understand their position in Sahaja Yoga... your growth has been on the whole very good... I know there are many people who are wonderful Sahaja Yogis... who are really great Sahaja Yogis... and they have every right to call themselves Sahaja Yogis... or Maha Yogis... but that is only possible, and perceptible if you really grow up inside... and your Spirit shines like crystal clear ocean of love (010321)

A person who is frightful... who is very strict... who talks very rudely... is not a Sahaja Yogi... no way... but the one who looks out... cares... loves... and is very generous is the real Sahaja Yogi. You are people of special qualities and those qualities must be shown in your life. I have never put any restrictions on you... do what you like... whatever way you want to do it, you can do it... I have never been bothering... even about money or anything... but that is a testing ground where you are standing. Some people are still at a very elementary stage I know... I know I have not told them... because I know this is the year they'll all be exposed, no doubt. Then what is the use of doing something in which you'll be exposed... and that the whole world of Sahaja Yoga will look at you as a criminal... or as a person who doesn't need any respect (010321)

Sahajvidya – Exposure

If you are here... to gain lots of ascending steps... you have to have your eyes upwards and not downwards... you must see what steps there are... you have to climb up those steps... and with those steps where do you enter... I will tell you... in that beautiful garden... fragrant garden of your Self... which is so beautiful. Instead of that... if you are lost in the mire of the world, as so many are lost... then why have you come to Sahaja Yoga. Give up those nonsensical ideas... try to take to Spirituality... pure Spirituality - purity is the word... purity you must have... and that purity within, you can easily establish with Sahaja Yoga (010321)

Your witness state has to improve... witness state has to be projected so much... that this conditioning and ego of reaction will finish off... you will have no more reaction... but you will just witness... and the knowledge that is 'real', comes always... always... through witnessing. If you do not know how to witness, then whatever knowledge you have, is nothing but through your ego or through your conditionings... it is not Absolute Knowledge... so to get to Absolute Knowledge about anything, what you have to do is to reach the point of Absoluteness... where you are absolutely clean, pure, Nirmal. Now don't condemn yourself if you have some defects... there have to be... you are human beings... but all these defects, with your power of spirituality, you can overcome. For that what have you to do... first is introspection... trying to find out... you separate yourself with your Spirit... and say... 'hello Mr... how are you'... start with that... 'hello... what are you up to'... and you start seeing yourself outside... and eradicating, removing all that is not yourself (010321)

Self is absolutely self satisfied... it does not need anything to satisfy itself... it is satisfaction personified... it just sees... watches... witnesses... it knows. And you don't have to tell or to express too much... it is self-expressing... if... if you are a clean person... if your desires are clean... and that you just have pure desire to ascend. So again I have to talk about Kundalini... that you must have a Kundalini completely establishing itself within you... completely expressing within you... and enlightening your Self...

Sahajvidya – Exposure

such a Kundalini should be there... and only possible if you do not put hurdles in her growth - if you allow it to grow... it grows and it works out. I see sometimes when you are overjoyed, you dance and sing... that's something really very good... but all the time your Spirit should dance, at the smallest things... at a little thing that is made... say something artistic that you see... a gesture of kindness... a gesture of gratitude... you feel it - that depth of feeling (010321)

Shivaji Maharaj... he was a great soul... who had such great principles... and such a beautifying life... in his language... in his attitude, and everything. With all that he was a very brave person. Once you have this, you will not deter from doing anything that is important... you will not go round and round... but you will know how to find the solution, and how to work it out. This will happen to you, if you really know yourself... you will have such powers of courage - you will not be daredevil, but with wisdom - courage and wisdom you will have... your Spirit will give you lots of wisdom and lots of courage. There's no struggle... and no fight... just standing with courage and doing whatever is right... and that is possible because you have now the connection with the Almighty... you have the connection with the Paramchaitanya... and that will work out everything (010321)

Dharma Yuda means the war of religion... but not the way people are fighting it. Our Dharma Yuda is that we are standing on dharma... and dharma means not religion, but it is Vishwa Nirmala Dharma. There's a negativity we can call it Adharma... which is fighting... so you stand on your Dharma... unless and until you are dharmic, you cannot have any achievements in Sahaja Yoga. I have seen people who are say abroad... and they have funny ideas... and they will come and tell... 'Mother, I have a wife, but I am in love with another woman... so what should I do'... I said... 'you get out... that's all... just get out'... or the wife might say... 'Mother, I am having relations with another man... and what should I do'... I said... 'you get out... that's all... you get out of Sahaja Yoga... you are no good for Sahaja Yoga... and Sahaja Yoga is no good for you (010321)

Sahajvidya – Exposure

Also in... say (a country - Ed)... they have problem of dishonesty... they have become so corrupt... I can't believe it. I was there... years back, and had never heard of corruption... now they have become so corrupt... and that also enters into Sahaja Yoga - they will be just found out and will be punished... not by me, by you... but by their own Kundalini. So every country has it's own speciality, as far as doing something wrong. We are not here to do anything wrong... we are not going to express ourselves as wrong people... but we are here to prove that we are perfect... we are wonderful people. I think all of you understand me... that today I am little worried about people who are dragging Sahaja Yoga downwards... and they should understand... that I understand everything... and when they'll be harmed, they should not blame me for that... it is obvious that they are nowhere near Sahaja Yoga... Sahaja Yoga purifies you every day - you see one experience... you see one person... or some events... and it purifies you... that's the sign (010321)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871230.1 Marriage, Kolapur - see 871219 good 45

010321 Mother's Birthday Puja, Delhi good 50

- end -

28 Jun 2003

Extremes

'Extremes' are against the Divine - for example, saying the mantra, or taking the name of Shri Rama once only, with feeling, is sufficient (830129); One should never go to extremes in anything - only in the middle or centre can Sahaja Yoga be worked out (830131); Going to extremes is not Sahaja Yoga style... ascent is (850310); Too much of anything is not good (830302)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70

830131 Nabhi Chakra, Delhi good 80

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

- end -

10 Sep 2002

Eyes

Must be steady in meditation (811005); Eyes must be pure and loving. Soothe the eyes, by looking at the green grass, by looking at the ground, instead of always looking at every man or at every woman; Entities can enter into the eyes, as in 'flirting'; 80% of attention is through the eyes, so it is very important to protect the eyes. Nervousness can be cured if our eyes are pure - the eyes express the whole of our being (781218)

One has to try to get very pure eyes... thou shalt not have adulterous eyes... this is what we have to follow... all of us... and our attention has to be alright... for that this Raksha Bandhan is a very good thing. This attention goes out with many other things also... like aggressiveness... can be possessiveness... but the main thing is this... that if you do not have lust in your eye, then 50% you are alright... and half 50% is greed... for which you have to work on the Nabhi chakra... for which we will work it out on Diwali day (860818); Without even our knowledge, our eyes are turned to things that are very gross, and which take us downwards (850000.1)

If the eyes are flickering before Mother, or before Her Photo, when they are closed, then this is indicative of a problem, and the eyes should then be kept open (791203); Keep your eyes open... I am sitting here... where are you going to meditate... meditate on me... keep your eyes open... just keep your eyes open (850504); When I am speaking... you should not keep your eyes closed... but when you are meditating you can close your eyes (.0012)

Another thing is... when taking Realisation... you have to keep your eyes shut... if you keep your eyes open the Kundalini won't rise above this centre (Agnya - Ed). This is absolutely the other way round... in hypnosis they hypnotise through your eyes... so keep your eyes shut and just be relaxed... and don't worry about others (821008; 821007); We have to close our eyes... because the eyes take our attention outside... whilst the attention is going to be sucked, inside (790722); Beforehand... see that there's nothing hanging on your neck... very heavy... or something tight here... or you can little bit loosen your knots would be better... because Kundalini has to rise (821007)

Sahajvidya - Eyes

The eyes are dilated when the Kundalini rises, and sparkle all the time. Respect the eyes and give up all that is impure in the mind. With a glance of the eyes, you can give Realisation, can raise the Kundalini, can bring peace and joy into others. There is a big difference between the eyes of a Realised Soul and someone who is not yet realised (781218)... there is a sparkle in the eyes, when Shri Ganesha is awakened, and there is no lust or greed... but... a glance... can purify thousands (860907); As Realised Souls, you now have got a 'glint', a kind of light in the eye... and that light shows that you are Realised Souls. But to keep it up, you have to look at things which are not anti-God, which are not dirty, which are not filthy... which are not against Sahaja Religion... Sahaja Culture. If you can manage that, it is going to help you a lot (880921)

Steady your eyes... put your eyes on the Mother Earth... and put rose water and netranjan and all that in the eyes... and also use the light... all the time... those who are left sided should use as much as possible, the lamp, lights and things like that... I hope you all have got these things in the house... good ghee lamps should be burnt for people who have left side problems... and see me through these lights... not through the electrical lights - I don't think wax is so good... but you can get ghee very easily in England... use that ghee, and put your eye onto the photograph through that light... I'm sure it will work out (840214)

Ghee is very good for the eyes, you see... you see, why you develop diabetes, and then as a result of diabetes, you develop bad eyes... the reason is that the fats are not consumed properly, and the fat for the brain and for the eyes is not supplied sufficiently (840214)

Now eyes are very important... and eyes in a way are very much looked after by Vishuddhi... because the muscles of the eyes are looked after by Vishuddhi (860823); The Vishuddhi... controls the outside of the eyes and also the balls of the eyes (790722)

Sahajvidya - Eyes

You must have noticed that there are some people who come to me... their eyes go on like this... those who are keeping the eyes open all the time are having Supraconscious bhoots... and those who are flickering their eyes are having the Subconscious bhoots (860823)

Some people have a habit of keeping the eyes in an angle all the time... they never see you straight... they think sometimes it's fashionable... and some of them have such eyes that they'll go on looking and pouring their greedy eyes onto others, or their lusty eyes onto others... this is the worst thing you can do to your eyes... because such people easily can become blind. Such people may have trouble of the eyes... specially reddening of the eyes can come to such people very much (860823)

So one has to be careful to keep the eyes very pure... the eyes of a Yogeshwara... who was Shri Krishna. He played with Radha - he married 5 women who were the 5 elements - 16000 women he married... they were his 16000 powers... but he was Yogeshwara... he had no lust in his eyes, in his mind about that at all... he was beyond that... he had no lust in his eyes about these women that he had. Of course I don't expect you to be Shri Krishna... but you have your wife... those who do not have wives, must look forward to a wife... that you'll get a wife and think of a wife who will be your own, so that your eyes will not fall on every woman (860823)

Some people have a habit of showing anger with the eyes... and the angry eyes are another dangerous thing to do with your eyes... because they can become mesmeric. If you start putting your eyes onto something and concentrating on it, your eyes might become mesmeric... means bhoots will start coming out of your eyes. First of all you catch bhoots in your eyes... they settle down there... and then they will be falling on other people as bhoots... it's a very very dangerous thing to go on looking at something continuously with concentration (860823)

Sahajvidya - Eyes

Tape References:

Date/Ref - Title - Qual - mins

- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 860818 Raksha Bandhan, Hampstead - see 860823.1 good 20
- 850000.1 Mahaganেশa Puja - see 850000.1 good 10
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 790720 Cardiff Public Program good 30
- 790722 Leeds at Jim's House poor 45
- 791203 When You meet Me - Caxton Hall good 35
- 811005 Beauty that you are - Houston good 70
- 840214 Shri Mataji talks to the English - Bordi poor 75
- 850000.1 Mahaganेशa Puja and other Talks - India
- 850504 You have to be in Nirvikalpa, Vienna good 50
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 880921 Speech at Ammonk Ashram, New York good 35

- Jai Shri Mataji -

Face

A person who gets Realisation has a face which is very radiant... and radiance is the 'subtlety' of light... so the first element, which is light you can say... and the subtlety of the light is radiance... and so this radiance starts showing on your face... starts expressing itself... and with that radiance, people get impressed... and they start thinking something special about this personality which has radiance. Now we have seen my photographs also... many a times you will find lots of light around... that is nothing but the light in me which is giving radiance... because the light becomes subtler. So this is the subtle growth within you that takes place... your faces also start shining... they too have radiance... a kind of different complexion. This radiance is to be understood... is the subtle of the light, of which we are made (981216)

Light... is absolutely detached. Look after your light, otherwise it will extinguish. When it is established, others will see the light on your face. The light of love never burns, but dissolves all that is bad, turns away from what is wrong, has patience, and expels the darkness, within and without (871024)

When you are responsible, you will be amazed... you will drop out most of your habits... automatically. Once you take the responsibility of Sahaja Yoga on your shoulders... immediately all the dimensions of your new life will open out... knowledge will pour into you... a new style of understanding will develop... the subtleties of life will open out before you... the joy will pour onto you... you will feel as if the Ganges is flowing over your Sahastrara... but you have to be responsible. Responsible also means that others should be given a chance... and when you start leading a responsible Sahaja Yogi life... thousands of evolved Souls will hang around you... you'll have a different light on your face... you will be amazed... when you speak, you will be amazed at how you are speaking... how things are happening... how things are working out. You are very few people on the stage - behind the stage there are thousands. The sense of

Sahajvidya - Face

responsibility can only come through your freedom... this is the problem of Sahaja Yoga. So in Sahaja Yoga... we have to be responsible (770126.1); Ultimately our own lives, our own faces will convince of the truth, that the Divine is there (800629)

Joy... expresses in your eyes, in your faces, in the atmosphere, in nature... it cannot be expressed in words... and this is what we all have to achieve, and for that we have to know that we are not going to bow down to anything that puts our attention into shackles. Mother has freed us... let us spread our wings (880106)

So do everything in silence... in thoughtless awareness... that's the main point. Try at least to see my face without thinking... my face itself makes you thoughtless... on the photograph you can watch my face without thinking... and it will work out. Silence your mind (800907); We also should watch Mother without thinking (800609); A Photo of the Face will not work to correct the grosser problems - for that a Photo of the Feet works much better. The Face is for the seekers (800517.2); "My face is such a funny thing, that if you watch it for a long time, you will have no thoughts... today it happened, I went to the tailor, and he just looked at me, and he didn't know what he was doing. My husband said 'Is he stunned or what?' " (800609)

The face is controlled by the Vishuddhi chakra (790722); The Vishuddhi... controls the lymphatic system, ears, outside of the eyes, nose, neck (811004; 810330), throat, face (820711) and teeth (880710)... and all the mastoid muscles, the tongue, the cheeks and also the balls of the eyes (790722); The Vishuddhi looks after the cooling function - the liver gives heat, whilst the cooling is done by Vishuddhi. If the Vishuddhi is good, then there is a bloom on the face, a glow, a sparkle in the eyes (830202)

It is Shri Ganesha who creates the child within the mother's womb... he selects the face... the colour... everything. With his magnetic power he manages to attract the right type of genes... he does all such important things for you... all the time busy... never rests... so full of joy and hard work (840902)

- Jai Shri Mataji -

Sahajvidya - Face

Tape References

Date/Ref - Title - Qual - mins

- 880710.2 Discretion of Hamsa, second talk - see 880710 good 10
- 880710.1 Discretion of Hamsa - see 880710 good 55
- 880106 Swimming in the sky of joy - G'pule - see 871220 good 25
- 871024 Light of Love, Diwali - see 871024 good 25
- 800629 How do we prove the existence of God, Dollis Hill, see 800630 good 20
- 770126.1 Bordi Attention - see 770126.1 poor 40
- 790722 Leeds at Jim's House poor 45
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800609 Subtlety Within - Caxton Hall good 50
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 811004 Becoming the Truth - Houston [+PP video set 5/3] good 30
- 820711 Nabhi to Sahastrara, Derby good 90
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 840902 Ganesha Puja talk, Switzerland [French translation] good 55
- 871024 Light of love, Diwali/Press Interview, Milan
- 880710 Discretion of Hamsa, Munich
- 981216 India Tour '98 - tape 1 - The Elements Not good 20
- 981216 The Subtle Elements

Faith

We must have faith... not blind faith, but that based on experience (811103)... because you have seen it (800518); Sahaja Yoga gives you experiences, and then you believe into it... and that is open, enlightened faith. This is the real faith... no conjecture... no just talking about it - in actual life, you see these things happening (801116); This is the faith... that you have got Realisation through Sahaja Yoga... that it's a tremendous power... that there is All Pervading Power which is absolutely dynamic... that you have that power flowing through you... that you are giving Realisation... and that your Mother is something special (800518); Is not a blind faith (891008.1), but an enlightened faith (950320.1); A spiritual state of one's being, when you are part and parcel of Reality, when nothing can affect you (961020); Shraddha (891008.1; 950320.1; 961020)

To develop this faith, you have to first of all tell yourself rationally... clearly... 'don't you see... this is happening... can't you see it is rising... can't you understand'... think how wonderful it is... how great it is; The power of faith is the greatest becoming power... it is beyond analysis, beyond thought... your awareness rises higher, and these small little, little things which have become subtler, start departing from you. This is the third state of awareness; Faith is the 'recognition'... it is only going to work out by how much faith you have. This faith then starts encompassing also what I say... means absorbing... not criticising... not repelling back... but absorbing (800518)

Bhakti is only possible if you have faith... that's the thing... is the faith... which is challenged nowadays by all kinds of stupid and horrible people... the intellectuals... also by science... and by this and that church. So your faith has to be absolutely... absolutely untarnishable... so when this faith in God is absolutely established within you... that there is God Almighty... he's Almighty... and that I am the messenger of that God... just this understanding, when it becomes absolutely formed in you... then you are in Guru Pada (920719)

Sahajvidya - Faith

Today, we must remember one thing... that we must have complete faith in the Kingdom of God... and in the power of God Almighty... complete faith (920719)

The protocol of these photographs is important, to start developing that faith. Keep one photograph with you all the time, respect it... Mother's attention is there. And have that understanding that, 'that's Mother with us...' you'll be amazed how things work out; All of you require more faith... and more faith... and more faith... so the faith is going to work it out (800518)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800518 Old Arlesford, Winchester - part 3 (The Real Becoming) good 30

801116 New Age - Plaw Hatch Seminar good 70

811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75

920719 Guru Puja - Cabella good 65

False Gurus

Those who are Rakshasas, sinful people (801027); Who are criminals, are anti-God, anti-Christ people, who hanker after money... who must be given up (830129); People... who say that they are representing God... or who say that they are God... or say that they have the powers of God... should be able to connect you to God - if they cannot connect you to God, then they are absolutely useless (790530); There are so many now who have come to misguide you. They are taking money for misguiding you, for giving you sins. They are nicely booking you up for a trip to hell - they themselves are nicely booked there. People feel very hurt when I say about them... but they are not gurus, they are Rakshasas (790928); They are able to spread fast because they are not part of a living process (870516)

Mostly these gurus look after your purses... or your wives maybe. Their lives are blackened by their ill deeds... they are evil people, devils... some of them born again to test your intelligence. They may come as anything... but they are evil doers of the worst types. Not only that they will go to Hell, but that all the disciples of theirs will go to Hell (870513)

Those who go headlong into wrong paths may suffer from funny heart troubles, palpitations, insomnia, vomiting, giddiness, irrelevant talking etc. It is very serious to go to wrong gurus (830204); Amongst their followers, diseases like cancers, leukaemia, psychosomatic problems, madness, can occur, and can lead to Ekadesha Rudra problems (830129)

They are to be beaten with shoes (791118); Mantras for false Gurus include "Sarva Asatya Guru Mardini" (791203), and "Sarva Asura Mardini" (800517.2); Those who have been to any gurus should put their right hand on their heart, because your Spirit is your Guru... who resides in your heart (830302)

Sahajvidya - False Gurus

What I'm asking you your mantra for... because once you give up your mantra, you give up your misidentifications. Why I asked you... I would like to see how much you are still identified with him (a false guru - Ed)... if you are still identified with him, I cannot do anything about it... because evil is evil, and good is good (790618)... these mantras are the names of devils (790618)

What you have to do when you start feeling anything... anger against say some very devilish guru supposing... then you build it up in yourself, and that built up anger within you will neutralise that. You need not say it out loud... you need not talk about it... but that built up anger will little bit trouble you also... because it has little bit reaction... but when it is released it will have an effect... and such a person cannot stand a Sahaja Yogi (850310)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 830302 Public Lecture, Perth, see 830301 (Q&A: 10 mins) good 35
- 791118 Where... stand in SY/How get in Med' tn, Dollis Hill see 791009.1 good 45
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 790928 Kundalini/Kalki Shakti/How Realisation... allowed to develop
- 790928.2 Kalki/Talk... all chakras [duplicate better quality not complete]
- 791203 When You meet Me - Caxton Hall good 35
- 801027 What happens after Realisation - Caxton hall good 60
- 820711 Nabhi to Sahastrara - Derby good 90
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 870513 Melbourne PP [PP video set 4/5,6] good
- 870516 Establishing Foundations, Auckland [+PP video set 5/2] good 20

Family

Together with household matters, the family is the concern of the Left Nabhi, the Gruhalakshmi, the Goddess of the family. If the wife starts to compete with the husband, then the family and children suffer; The most important role of the wife is to produce and care for the children; The family is the most important basis of a healthy society - if the family is destroyed, then all society is destroyed; The family is the nest, for the children to be able to grow up with dignity (810328)

All these relations, such as brother, mother, father, sister mean such a lot to you... because you have chosen them. When you were born, you chose your father, your mother... everyone... you chose all of them... that's how family is very important (790618); The 'Principle' or 'Essence' of the family, and of the marriage, of the household, is the child, for whom all is created (781218)

Your 'kith and kin' are Sahaja Yogis... they are your brothers... and they are your sisters (860818); Your 'relations' are Sahaja Yogis... no other. You are born on this tree of life, whilst they (your earthly relatives - Ed) are not... so we cannot identify with them (871220)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871220 Attention on Quality, Rahuri - see 871220 good 20
- 860818 Raksha Bandhan - Hampstead - see 860823.1 good 20
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 810328 Nabhi talk - Australia [some noises + 15 mins Q&A] good 55
- 871220 Attention on quality - India 87/88

Fanaticism

Fanaticism is against dharma, as for example the denouncing of religions other than one's own; There is only one God, but many Aspects; Religions are like the flowers on one tree, nurtured by the same sap (781005); Fanaticism comes from the word 'finite', we should say. When you go into infinity, how can you have fanaticism - in fanaticism, you 'finite' yourselves... I am this... I am this - that is 'clubbing'... actually it is nothing but ordinary clubbing... like we have 'clubs', like... somebody puts the tableware on the left side... is one of the clubs... another puts on the right side... is another club... it's just like stupid clubbing, that's all (860707.1); It is the fanaticism that makes you so much upset (.0005)... it is not religion - it is a disease (790507); Fanatics say one thing, and do something other (860303); All fanatics are on the right hand side (810928); Fanaticism... identification with one religion to the exclusion of others... can spoil our attention... our awareness... which is based in the stomach (751005)

The Solar Plexus... which is the outer manifestation of the Nabhi chakra (790722)... looks after all the viscera of the stomach... physically - and mentally it looks after other things... like with any extremism, it gets caught up... or with any fanaticism, or for example... starving, fasting, or eating too much (790618)

Give up all superstitions, fanaticisms, and fears... nothing can harm us now... whatever is gone, is gone... is finished - the leaves that fall from the tree don't rise again, and get attached to the tree; What is new that is coming in, is to be nurtured - is the Joy... that dignified, majestic beauty within ourselves. Then we don't get upset, we are not bothered what others say... and others will see that dignity (800517.1)

Sahajvidya - Fanaticism

On one side we have the doubting people... people who are doubting (800505)... a negative activity which can lead to, or result in cowardice (891008.1); There is no time for you to doubt anything. Do not waste your time. If you are still doubting, it is better to give up (760330); On the other side... the fanatics - those who try to adhere more and more, to the teachings, had to become fanatics (800505); The 'real' Religion in man collapsed... Religion is a continuous living process within, which is our sustenance... it's like a ladder, on which we climb, step by step... but not leaving the ladder. So... these two types... one doubting... another fanatic... both had not known God... both had not achieved Reality... and they criticised each other... because both of them did not know what truth was (800505)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 891008.1 Destroy those demons within, Margate - see 891008 good 45
- 860707.1 Press conference, Vienna - see 860707 good
- 860303 Brompton Square Address - see 860305 good 15
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 790507 Sahaja Yoga Introduction good 60
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 790722 Leeds at Jim's House poor 45
- 800505 Sahastrara Day, Dollis Hill Good
- 800517.1 Old Arlesford, Winchester pt 1 (Preparation for Becoming) good 50
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80

Chakras affected: Right Side; Nabhi

Fashionable

Certain habits that we acquire... are mostly because of fashion... and one bad habit we have got is not to say 'no' to anyone... how to say 'no' you see... like somebody is smoking... or drinking... and he forces us... so we say... oh alright (770126.2); The problem is... we are still rising out of this human bondage... to a higher life of Realisation... and we have to realise that we have to give up all these shackles... all these horrible things within us. Your brothers, sisters, your father, mother, husband, everybody... they try to pull you down... if they are drinking, they'll say 'come along, you better have something to drink... you're not social... you're useless... not up-to-date'... that's how a fashion starts. In Sahaja Yoga you are free from all this nonsense... free from money bondage... this is very important. Then we have such a collective sense of accepting nonsense... that has to be dropped off... especially in America... also in England... like becoming primitive... or becoming slaves of fashion (970823.1); Fashion is madness (971005)

Materialism takes away everything that is beautiful, that is good within you... is a kind of befooling that is going on, is a horrible stuff, and makes a person absolutely shameless. For example with fashion, what is the need to run after fashions... just because someone wants to make some money (870503.1); No use also... going to the sea, making your body brown... and then suffering from cancer of the skin... this kind of stupidity is also very much fashionable (970823.1); Guru shopping is a fashion... is nothing deep... is a fashion (860707.1)... seeking is a fashion in the West... but is also genuine in many (790507)

Some people have a habit of keeping the eyes in an angle all the time... they never see you straight... they think sometimes it's fashionable... and some of them have such eyes that they'll go on looking and pouring their greedy eyes onto others, or their lusty eyes onto others... this is the worst thing you can do to your eyes... because such people easily can become blind. Such people may have trouble of the eyes... specially reddening of the eyes can come to such people very much (860823); Hair Colouring can also lead to blindness (870500)

Sahajvidya - Fashionable

First and foremost thing for a Sahaja Yogi is he must have introspection... he must watch himself... if he changes because some fashion has come... or because some people have suppressed him... or just asked him to... or just to please people of cheap values, then he cannot be a guru. He has to station himself properly on the values of Sahaja Yoga (980712)

You say it is a fashion to be guilty. What are you guilty about... I don't understand... what sin can you commit that God's Love cannot cure... he's an ocean of love (790722); What's the use to feel guilty. If you feel guilty, this left side Vishuddhi gets caught up. One must know that God is the ocean of compassion... he is the ocean of love... and he is the ocean of forgiveness (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 870503.1 Sahastrara Puja, Australia - see 870503 good 45
- 870500.1 Untitled talk - see 870503
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 860707.1 Press conference, Vienna - see 860707 good
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 770126.2 Bordi Attention - see 770126.1 poor
- 790507 Sahaja Yoga Introduction good 60
- 790722 Leeds at Jim's House poor 45
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 870500.2 Australia PP [PP video set 5/1] good 35
- 971005 The Main Qualities to imbibe, Navaratri, Cabella good 80
- 980712 To be obedient to the Guru, Cabella

Fashion

The entrepreneurs are busy pampering our egos, giving us fashions, hair fashions, clothes, too many choices over simple things like what I will have for breakfast etc. We should not become enslaved by any entrepreneurs - wear what is sensible (910728); These designers... they make the money... befooling everybody... they befool people so much... they take out some idea, and sell it for a high price... and if you are a fool, you go and buy that (971004); All this designing... is based on your stupid ego, which makes you buy all these things... to show off your ego... so try to be humble (971004); It's nothing but you are playing into the hands of these entrepreneurs. Once you have established what you require... what is the style you require... finished... then you must grow inside, and not outside (960710)

We have to eat our food. Nowadays, there is a fashion of becoming thin, or whatever you may call it... and so many diseases have developed... because women want to eat little. It's not the aim of life to only look after your body... body is not the only important thing. What is important is your Spirit (971005)

First and foremost thing for a Sahaja Yogi is he must have introspection... he must watch himself... if he changes because some fashion has come... or because some people have suppressed him... or just asked him to... or just to please people of cheap values, then he cannot be a guru. He has to station himself properly on the values of Sahaja Yoga (980712)

In Sahaja Yoga we have to be particular about how we dress up... that our dress should be decent, dignified, and decorous... that should in no way show our vulgarity... we should look after our chastity... and our morality... which is meant for both women and men... not only in dress, but even in day to day life... it is important (930721); At random we buy things... we buy clothes. If you can, use your vibratory awareness to buy your things... to see what you should buy, what would look nice - because beauty and auspiciousness go hand in hand... they are not 'two things' (800927)

Sahajvidya - Fashion

Now your clothes, because you are Saints are very important... you are not vagabonds, or tramps, you are not on the streets... you have to wear dignified dress. I have told everyone of you that wear something dignified, not undignified... it has to be majestic... because you are saints now... selected by God... so the dress need not be absurd or something funny, but should give you dignity. See the vibrations of a dress... wear your country's dress. You need not wear somebody else's dress, but the interest should be that it gives you a dignity and a sense of respectability. It is to preserve your respect that you are to wear a dress... that is the utility of a dress (800927)

Fashion is madness (971005); You see the fashion is to expose the knees... it's very dangerous, because you can get both the Nabhis... in this cold weather... or hot weather... either you catch the right Nabhi, or the left Nabhi... and what is there in the knees, to expose. So for Sahaja Yogis it is important that they must decide... 'now, that's all finished... no more' (960710); People wear dresses which are above the knee... but the knees are very important chakras... you should keep them closed... otherwise... you will have knee trouble; Also, you shouldn't wear sleeveless dress... there are two very important chakras... if you expose them... then you'll have problems (970823.1); I find on the streets, women walking with very short clothes... with that, what will happen... your Nabhi chakra will be caught up... and you will have problems with money (960716)

It's so absurd... I just can't understand... like in England, it is so very cold... in Scotland even worse... but people don't wear anything when they sleep... I mean that's easiest way to get sick... they don't wear undershirts. Then the most fashionable dresses... are the dresses where you cannot see any cloth anywhere... I mean, it's all missing. The women... the way they dress up... I'm surprised... this is the best way to get sick. They wear such big heels... this modern generation in the West... they are going to develop such terrible diseases... their legs will become swollen up... not only varicose veins... such big heels they wear. God has created you with such care... what are you doing to yourself - little heels are alright... but to have heels of this height... this is the best way to spoil all your nerves... and circulation (.0011)

Sahajvidya - Fashion

It's very natural to be a person of dharma... small children mostly have it... for example, children feel very shy to take out their clothes... in the presence of others... they feel shy. You should be shy... and humble... and respect your body... it's very important in these modern times... when exposure of the body is regarded as a great achievement of women. It's absolutely absurd that men should be attracted to women... and women should be attracted to men... and on the road - this adharma is the worst... it's a curse. All these limited types of attractions end up in troubles. Whatever is not good for you, you should not do... I don't have to tell you... that you don't do this, or you don't do that (970823.1)

All things that are in us... if they are auspicious, we'll have a 'Presence'... wherever we'll stand, people will know we have a presence... this presence is a blessing of the 'matter' to us. So you must respect matter... in the sense, what clothes you wear - throwing clothes on the ground, throwing here and there, living like a donkey, like a pigsty is not the way a Sahaja Yogi should live... he has to be orderly, he has to respect his clothes. But it should not be that you respect your clothes so much that you throw away 'others' clothes... they are Sahaja Yogis also... you have to respect each other, because you are all Saints (800927)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

-960710 Airport Talk, Vienna - see 960710 good 40

-930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35

800927 Lethargy, Chelsham Road good 75

910728 Guru Puja, Cabella good 60

960710 Airport Talk/Mahalakshmi Puja '96 Vienna/Moscow

971004.1 Nature & Balance, evening before Navaratri, Cabella good

971004.2 MUSIC - Evening Program, Cabella

971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

980712 To be obedient to the Guru, Cabella

- end -

29 Dec 2002

Fasting

To overcome problems, with your tongue and food... you can starve yourself, reduce what you eat by half - your intestines will go down. But don't think about food; This starving is for Westerners, because the people of the East already do regular fasting. For them the correction is to eat. Best day for starving is Thursday, the Guru's day - and to start with a ½ day (821101)

Why does anyone want to fast in the name of God? There is no need to fast - it is not liked by the Mother. Be normal people... do not torture yourselves, or starve yourselves. Starving oneself is left sided, whilst pampering oneself or overeating is right sided (830131)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105

830131 Nabhi Chakra, Delhi good 80

Fat Cells

Diabetes is a common disease of modern times, and doctors cannot cure it, but we can cure it no doubt. Diabetes is caused because there is one centre, called the Swadisthan which manifests the aortic plexus within us, and which looks after the pancreas, spleen, kidneys and liver, (790720) but also looks after the production of fat cells for the brain (890801); You see... why you develop diabetes... and then as a result of diabetes, you develop bad eyes... the reason is that in diabetes, the fats are not consumed properly... and they are not supplied sufficiently to the brain... to the optic lobes. The brain is made of fat cells... and that is why you get these troubles... if the fat cells can be used for the eyes... then there is no problem (840214); Butter is important for the Swadisthan, which converts it for the use of the brain cells (811005); Without carbohydrates, fats and butter cannot be retained by the body (830202)

The Swadisthan... the second subtle centre, which is actually the third centre arising from the Nabhi as on a stalk (810928)... controls the liver, pancreas, spleen, uterus (810928) and part of the intestines and kidneys (870500), and also the ovaries (840313), via control of the Aortic plexus (870500), and converts fat cells in the stomach for the use of the brain (811005); Now... when you are thinking, the cells of the brain are replaced every minute... by the fat that is in your stomach... by this centre of Swadisthan... in the gross expressed as the Aortic Plexus (821008)... and so if the control of the Swadisthan is diverted... away from the organs... to the provision of fat cells... for the use of the brain... this can then result in diseases such as blood cancer, and diabetes from unhealthy spleen or pancreas respectively (890801; 870500; 811005)

Now if there's a tradition of dharma... then what happens... that the fat cells in our stomach get the experience... get charmed with the sense of virtue, of righteousness, of goodness, of innocence. Also, with the Kundalini awakening... your dharma is

Sahajvidya - Fat Cells

'built in' - and your cells are charmed by that... and so you use that power to enlighten your brain, which surrounds actually as auras your heart. But if that is not so... it's like a dead... another cell going in the head... and then experiences in dirty things... in doing something that is destructive (850310)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 870500.1 Untitled talk - see 870503
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790720 Cardiff Public Program good 30
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 811005 Beauty that you are - Houston good 70
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 840214 Shri Mataji talks to the English - Bordi poor 75
- 840313 Intro Talks - Delhi and Hampstead
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 870500.2 Australia PP [PP video set 5/1] good 35
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Chakras affected: Swadisthan

Father

The qualities of the father are at the right Heart chakra. This centre may catch if the father has died and does not want to leave, or if the father is unkind to the son, or if the son is unkind to the father, or the father is cruel, dejected or lost etc. This may result in asthma. To cure it put the hand on this centre and say mantra to awaken the fatherhood (820711)

The 'Father' aspect of God, or Allah, does not do anything... but witnesses the play of His 'Power', the Holy Ghost, the Mother, and is reflected in our hearts as the Spirit (830302); The father's centres... are... on the right hand, that part of the palm at the base of the fingers and thumb (820701)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-820701 The Subtle Body, B'ham - see 820701(Video) 35

820701 The Subtle Body, B'ham / M'dhara, Sw'disthan, Nabhi & Void, Berby

Chakras affected: Right Heart

Fear

That which binds our heart is fear, fear because maybe we have been tortured or troubled by somebody in the past and so our heart is closed, or perhaps we have frightened others and so we are fearful that they may do the same to us. Aggressiveness is malignant and creates a cancer, and then we start reacting. There should be no reaction to anything, and no aggression (870503.1); Sahaja Yoga is a yoga in which fear doesn't play any part (980712)

In the West, everybody is afraid of everyone, even the children are afraid to hug their parents... there is no expression of love - there should be no fear, no insecurity (910728); Give up all that you call as fear... all kinds of fear we have. These are all left sided things... what a left sided man has to know is, that he is now an enlightened soul, and no-one can touch him... leave alone destroy him. Those who will try, will in a very interesting manner be finished... not destroyed, but in a very jocular manner... you'll laugh at that, and enjoy the way things are working out (920621); Every 'Negative' should be afraid of you - even your presence can frighten them (811103)

The fear sometimes comes, that I will be putting up my ego if I do something - that if we assert something or other as right, then we will get ego. Know that you are a Realised Soul, start respecting yourself, and you will not fall into the trap of ego... 'how can I behave like this'... then a kind of dignity develops, and we feel shy of doing something stupid (910728); Tell yourself 'I am a Realised Soul, nothing can make me unhappy, nothing can befool me', and believe it in your heart, let it settle down on your intelligence, and your fears will all disappear, just like that (800517.1); Once you start facing yourself through your Spirit, you won't be so frightened... it is because you don't want to face yourself that you all the time are in that mood of fear (800907); Whatever is against the Spirit is sin... even fear is a sin (830512)

- Jai Shri Mataji -

Sahajvidya - Fear

Tape References

Date/Ref - Title - Qual - mins

-870503.1 Sahastrara Puja, Australia - see 870503 good 45

-830512 Hampstead - see 840802 (Video)

800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50

800907 How to know where you are - Chelsham Road good 120

811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75

830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25

910728 Guru Puja, Cabella good 60

920621 Kundalini Puja, Cabella good 55

980712 To be obedient to the Guru, Cabella

Feet

When someone is being given Realisation... remove the shoes, that is important... remove the shoes... so no pressure is on the feet and nothing between the feet and Mother Earth, and also as sign of respect... (you can keep the socks on)... and place feet separately... put the feet straight on the ground, and apart... because they are two different powers, onto Mother Earth. The reason is this Mother Earth has the power to help us a lot... and to suck in all our problems. Sit straight, in a relaxed and comfortable way... with hands on the lap. Put the Photo with light (a candle) before it... and put both hands to the Photo... [or to Shri Mataji - Ed]... and close the eyes (821008; 821007; 840410; 790530; 790000.2; 791009.1; 830127; 871023)

The understanding of Mother Earth about Saints is very great... she knows who is a Saint... she knows the feet of a Saint. That's why so many things were created - like Moses... he went to the sea, and the Mother Earth came up for them to walk through... it was for Moses, and his saintliness, that the Mother Earth came up and helped. In the same way, when Rama was building a big bridge between Lanka and India, Mother Earth came up as a bridge. So we should not curse the Mother Earth for any mishaps on this earth... if people are saintly, they will always be protected by Mother Earth... she will always try to give them whatever they want (970525)

Early in the morning, when we get up, and we put our foot on her, we should say 'oh Mother, please forgive us because we are touching you with our feet' (860803); Mother Earth sucks all our problems (800609); She sucks in your negativity when you stand on her with bare feet, respecting her and asking her to suck your negativity, with a light in front of you... in front of my photograph (860803); Mother Earth is the one who sucks all these negative forces of the left hand side (880921)

Sahajvidya - Feet

Then everyone must soak their feet daily, and must do daily meditation. For correcting your right side, use the Mother Earth or water or even ice or also carbohydrate or vegetarian types of foods... if we have ego, what we should do is raise the left side, and put it to the right side... there's no other way out... you have to use your hands; For left side, use light or fire or nitrogenous foods i.e. proteins (830121)

The simplest way is... I mean we have found this... that after Realisation, if you go for seven days treatment with soaking feet before my photograph, it works out. Then you start establishing your auspiciousness... and once you have established it... then you don't lose it very easily. Afterwards when you become very strong, you don't mind working on anyone whatsoever (800721); This is our way of life... is to keep ourselves cleansed... this is bathing ourselves. All those things which are filthy within us... take them out. All those who have to be Sahaja Yogis, and have to live in ashrams, have to soak their feet every night, and have to meditate - because your egos pass from each other... it's contamination... complete contamination... try to humble down (800907)

Some people don't do anything... and they're supposed to be Sahaja Yogis. Some people do not even soak their feet in water... do not even meditate... I do not know how they are Sahaja Yogis... I just cannot understand. Everyday you must soak your feet in water... every morning you must beat yourself with shoes... if you have the chance, you should do it... that's how you cleanse... that's a part (800907)

Footsoaking... is a technique used daily for clearing the subtle system (830121), and for only 10 minutes, you have to sit, but with full heart (830204), and is done with salt in water (830129); Everyone must have a regular sitting in the water every day... that's important. You have to soak your feet in the water, because the water is the ocean (830121); Sit with both your hands towards the photograph, and put both the feet in the water, with little bit of

Sahajvidya - Feet

salt in it, for about 5 or 10 minutes. You must allow the vibrations to clear you out... then wipe your feet, and put the water properly into some disposal, and then sit down for meditation. If you can do that every day, even 10 minutes is more than sufficient... you don't have to do anything in an extreme manner (880921)

In terms of Protocol, our feet should not be placed towards the Divine (811004)... towards the Mother (830129); Putting your feet towards somebody is an insult. It is a custom everywhere in the whole world. If you have lost your traditions, it doesn't mean that there were 'no traditions'. The sense of respect has come to us from inside, not from outside... it's not rationality... it has come to us from our Unconscious. Nowhere in the world you will find anybody putting up their feet before anyone whom you respect... it's not a sign of respect. Say my photograph is there, or I am there, now you respect me isn't it... then you would not like to sit with the feet... towards... (791015)

Especially for Sahaja Yogis, no-one should be allowed to touch your feet as a guru - it is a very dangerous thing, and you could go out of Sahaja Yoga as a result (830725); Eka Desha Rudra disorders also come from touching the feet of wrong gurus all the time, and when they begin to set in, the 11 powers of destruction go against you (830129)

- Jai Shri Mataji -

Sahajvidya - Feet

Tape References

Date/Ref - Title - Qual - mins

- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 791015 How Realisation should.. develop, Caxton Hall - see 790928 good 30
- 790000.2 2nd Talk - see 790200 not good
- 790000.2 Shri Mataji working on new people good 55
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
- 800609 Subtlety Within - Caxton Hall good 50
- 800721 Auspiciousness - Caxton Hall good
- 800907 How to know where you are - Chelsham Road good 120
- 811004 Becoming the Truth - Houston [+PP video set 5/3] good 30
- 830127 Spiritual Roots, Delhi [I 'm here... plea for God]+25 minsQ&A good 50
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50
- 840410.1 Porchester Hall poor 20
- 840410.2 Porchester Hall/South Bank Polytechnic, London
- 860803 Bhoomi Devi Puja, England good 20
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
- 880921 Speech at Ammonk Ashram, New York good 35
- 970525 Respect the Mother Earth, Cabella good

Fingers

The fingers are connected to the different chakras (790616); All these seven centres are reflected in our fingers and our hands (790720); Mohammed said that 'your hands will speak', meaning that on your hands, on your finger tips you will feel your own defects, when the Judgement Time comes (871023); If the Sahaja Yogis try to do something wrong, then they know they are doing wrong on their finger tips... or we can ask them to get out of Sahaja Yoga... but that seems to be the worst punishment for Sahaja Yogis... they don't like... why... because they feel 'we are separated from Reality'... all the blessings of the Reality are lost to them (000423); Ghee and Butter... can be rubbed onto the fingers and hands, to soothe them down, because the heat from the other people can make them dried up (830209)

Now when you find that a person has a cancer... on the hands you find that all these fingers (all fingers of left hand - Ed) are burning... sometimes even these fingers (fingers on both the hands - Ed) start burning. If you put your hands toward a person who is suffering from cancer, all your fingers start burning (left and right hands - Ed)... and you start burning here and here (indicating the area on the outer part of the palms, at the base of all fingers, on both left and right hands - Ed). Also you may start feeling a throbbing here (indicating the solar plexus area - Ed)... of course throbbing doesn't mean that a person has cancer, but it's one of the symptoms (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790616 Dr Johnson House, Birmingham not good 55
- 790720 Cardiff Public Program good 30
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
- 000423 Easter Puja, Istanbul, Turkey good 60

- end -

11 Sep 2002

Fire - Candle - Flame

Then you have Fire... we call it as Agni... but it is a very silent fire... it doesn't burn anybody... but it burns all the wrong things within you... whatever wrong things you have, it burns... and it burns the wrong things in other people also. Moreover, a Realised Soul cannot get burnt... the fire cannot burn... the burning cannot come to him... it is very important to understand... also if you are doing something wrong, it may burn you... but if you are a good Sahaja Yogi... and I should say a perfect Sahaja Yogi, fire will never burn you. We have an example of Sitaji... that she went into the fire... nothing burnt her (981216)

An enlightened flame will burn off any impurity, anything that is unwanted in a person - fire is a purifier (781005); Used with the candle to clear the left side subtle system (830121); Is the quality of the right side (781005); Just ask the fire to take away your problems... it takes away (800609); Fire burns, and gives light - it also cooks, and nourishes others. You are the fire and the light, and the controller of the two, and the choice to be either. Better start to be the light (811103)

If the flame of a candle starts flickering in front of the Photo, this is alright, and means that there is a problem, and that it is being corrected by the Photo (810328); Baddhas can be burned off by the fire, by the flame, and are to be seen as the flickering of the flame (781005), while bhoots are also burned with the candle... and may go pop, pop, pop - and that's why the candle has to be put (920209); Behind... he has to be given light... his back Agnya is not alright... tell them to... give light on his back Agnya (950625); If they have a problem with the Agnya, they should use a candle at the back... if their eyesight is getting weak, or is shortsighted (830209); By using a candle in a certain way, we have cured blood cancer (890617.2)

For a person who is left sided, a good ghee lamp should be burnt... and then to see me through that. A candle is nice to look at... but I don't think that wax is so good (840214)

Sahajvidya - Fire, Candle, Flame

Those who went off to sleep... who were struggling at that time... of my lecture... may not have understood. It's a very difficult and a subtle subject... but those who have been like that should look after themselves... should find out. One thing they can do is to put a candle near their left Swadisthan, a little far... and put one candle before the photograph... and put left hand towards the photograph, and right hand on Mother Earth... it works... and the candle at the back should be kept little far away because it makes sound, it goes this way, and that way... it burns. Those who have been taking drugs, not LSD, but other drugs, the drowsy people who feel sleepy, whose brains are destroyed by drugs... all those people can benefit a lot by this... do it every day (860504)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 920209 Ganesha Puja, Perth - see 920209 good 35
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 800609 Subtlety Within - Caxton Hall good 50
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 840214 Shri Mataji talks to the English - Bordi poor 75
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 920209 Ganesha Puja, Perth/Red Hill, Canberra
- 950625 Richmond Park talk, Richmond Not good 45
- 981216 India Tour '98 - tape 1 - The Elements Not good 20
- 981216 The Subtle Elements

Flirting

Roving Eyes... if present, in the husband... then this may result firstly in insecurity in the wife... which then leads to breast cancer (820711); When we develop the left Vishuddhi very strongly, and if we have a bad Agnya, or if there are eyes which are roving, then this left Vishuddhi causes a lot of trouble (860823)

If you 'feel attracted' for any man... think that 'that man has a bhoot, and I also have a bhoot'... only the bhoots attract bhoots... it's as simple as that... it's only the bhoots attract (810904); Why to make your body that attractive to every man, spoiling his attention, and your attention... what is the need... the whole idea is wrong (780000)

Entities are being exchanged in flirtations, and result in wobbly eyes, and also are the cause of those 'attractions' that we cannot explain or understand (781218); In a very gross way, we see that people are attracted towards others through the body element. Any body attraction can enslave you, and cannot give you freedom. It will give you habits for your body enslavement, and will enslave you to your Guru. The other attractions are for food, greed, and lust - materialism at it's worst. Once you start getting used to it, you become enslaved... and not a Guru (860706)

Those who still have those problems that... they want to sleep with other women... and they want to do all these things... who are, on a subtle level, quite on the verge of collapse... they should give up Sahaja Yoga. Best is to leave us alone... we can't have such useless people... so they should give up Sahaja Yoga, and don't trouble us. So all those who are still like that, who are trying to have relations with other women... having their eyes on other women like that... and also all the women like that... all... should give up Sahaja Yoga... and should spare us (860504)

- Jai Shri Mataji -

Sahajvidya - Flirting

Tape References:

Date/Ref - Title - Qual - mins

- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 860706 Guru Puja, Gmunden - see 860706 good 55
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 780000.01 Talk on Easter 78
- 780000.02 How to meditate, Seminar Talk
- 780000.04 God & Creation, Caxton Hall Public Program
- 780000.05 Public Meeting Talk No 1, Caxton Hall
- 780000.06 Public Meeting Talk No 2, Caxton Hall
- 780000.07 Ego, Superego & Subconscious, Finchley Ashram
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 810904.1 Advice given by Shri Mataji, Brahman Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 820711 Nabhi to Sahastrara, Derby good 90
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir

Flowers

That which can best be given to the Adi shakti (810328); The essence of the flower is it's fragrance (811103); Now we must understand that... when you give me flowers... you are asking for 'flowers for your life' (850502)

Supposing we give a flower to God... after all it's God's own creation... 'what' are we giving... when you give flowers, Mooladhara gets enlightened; These flowers when you give to me, they give you two things... flowers are very important - if they are beautiful, then they give to Swadisthan... if they are fragrant, they cure your Mooladhara. Now think of it... you are doing it to improve your chakras (800927)

If you are going to see the Mother... then go to the market, get proper flowers and give them to Her - anything that I find on the road, should I take it... any junk I get... some flowers I get... some bright flowers should I... no... have you given a thought... the thought which comes from the heart, and starts thinking what should I give to Mother, when I am going to see Her - what you do is to go round to see a flower for me... there's a thought... the thought creates the feeling that I have to give a flower to Mother... now where will I find the best flower (840118)

What pleases Mother... very simple things. Very simple things please her... like flowers... but how much attention you have put to it... that we have to give a flower to Mother. Now what flowers she likes... she likes fragrant flowers... from where we should get the fragrant flowers... it's very simple... the shop... be on the lookout... there must be some shop with fragrant flowers... the whole direction changes... you see, you become beautifully attached to me... and I have to gain nothing out of it... but by your attaching yourself to me... 'you' gain something. You have to think that if we have to attach ourselves to Mother, we must put our attention completely, entirely to it - it's not what you give me is important... it is how much heart you put into it (850310)

- Jai Shri Mataji -

Sahajvidya - Flowers

Tape References:

Date/Ref - Title - Qual - mins

- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 800927 Lethargy - Chelsham Road good 75
- 810328 Nabhi talk - Australia [some noises, + 15 mins Q&A] good 55
- 811103 You... grow fast in S. Yoga, Brahman Crt [Fr. translation] good 75
- 840118 Spontaneous talk - Vaitarna not good 35
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850502 Niraananda, Vienna Ashram good 60

Fontanelle Bone Area

Area of the soft bone at the crown of an infant's head (910505); Brahmarandhra (840708); The seat of the Spirit is here, on top of your head, where is the fontanelle bone area... but Spirit resides in the heart actually. Spirit is the reflection of God Almighty... it is the collective being... which resides in your heart (821007)

When you get your Realisation... the Kundalini rises, and passes through the Brahma Nadi... and pierces the Fontanelle Bone Area, which is called as Brahmarandhra... and you become one, with the All Pervading Power. And what is the sign... the Cool Breeze which starts flowing... the Vibrations start flowing (800102)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-910505 Sahastrara Puja, I schina, I taly - see 910915 good 40

-821007 Truth is to be achieved, Bedford - see 821007(Video) Good

840708 To Know the Truth - I Iford [with 40mins Q&A] good 40

910505 Sahastrara Puja, I schia, I taly

Food

There should not be so much attention on food (830131); When you eat, you don't understand that this tongue belongs to a Sahaja Yogi... you shouldn't hanker after anything... like if somebody likes tea, he'll go on taking 15 cups... that's no good... or if he's fond of one sort of food, he won't take another food. Thinking too much about food all the time... asking for food and organising food all the time... that spoils your Vishuddhi very badly (800127.2); We should vibrate our food - the food should carry love, be cooked with love, and be eaten with love, with kind words; It is better to avoid hotel food, which is not cooked with love (830131)

Food can be used to assist in correcting an imbalance in the subtle system, by using more carbohydrates, or vegetarian type foods, and avoiding too much proteins, for a person who is too much on the right side, or the converse for a person who is too much on the left side (830121); We should eat food according to our needs. In general, in the West one should take more to vegetarian foods (830131); Those who are right sided should take to foods which are left sided i.e. carbohydrates, and should become partly vegetarian, and should eat things at the most like chickens, but not fishes or sea food, because they are all hot (830121)

You have to eat that food with some prayer... bless that food, thank God that you have got that food... then the satisfaction comes in better (850421); A Sahaja Yogi eats... thinking... as a human being, it is his duty to eat, that's all... and not for taste... not for greed... not for showing off... in a very simple manner he eats (960716)

Indian food is a heavy food... it's not so light as English food, or Western food, which is very light, easy to digest. But Indian food is not, and that is why we are asked to dance, and to have some exercise, like a little walking so we can digest it. Indians also have this fondness to feed you... they are very anxious to feed you, but don't fall a trap to that... you should say no no no... they themselves don't eat so much (881221)

Sahajvidya - Food

And don't buy any food on the road or anything and eat there... so that your stomach is kept well, and you enjoy the best of health (in India - Ed) (881207); A little chillies will help you, because normally people get constipation if you don't take chillies (881207)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 881221 Hygiene - Sangli - see 881217 good 45
- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 850421 Ganesha Puja, Children, B'ham - see 850408 not good 25
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 800127.2 Deep Meditation - see 800127.1
- 800127.2 Powers bestowed upon S Yogis and how maintain them, Bordi good 30
- 830131 Nabhi Chakra, Delhi good 80
- 850421 Mooladhara + Meditation - B'ham, good 35
- 881207 Why do we come to India-Dec 88/1, India

- end -

3 Mar 2003

Footsoaking

Technique used daily for clearing the subtle system (830121), and for only 10 minutes, you have to sit, but with full heart (830204), and is done with salt in water (830129); Everyone must have a regular sitting in the water every day... that's important. You have to soak your feet in the water, because the water is the ocean (830121)

The simplest way is... I mean we have found this... that after Realisation, if you go for seven days treatment with soaking feet before my photograph, it works out. Then you start establishing your auspiciousness... and once you have established it... then you don't lose it very easily. Afterwards when you become very strong, you don't mind working on anyone whatsoever (800721)

Everyday you must soak your feet in water... if you have the chance, do it... because that is how you cleanse. I was amazed that some people just don't soak their feet... don't do anything... and they're supposed to be Sahaja Yogis. This is our way of life... is to keep ourselves cleansed... this is bathing ourselves; All those who have to be Sahaja Yogis, who have to live in ashrams, have to soak their feet every night... and have to meditate (800907); Sit with both your hands towards the photograph, and put both the feet in the water, with little bit of salt in it, for about 5 or 10 minutes. You must allow the vibrations to clear you out... then wipe your feet, and put the water properly into some disposal, and then sit down for meditation. If you can do that every day, even 10 minutes is more than sufficient... you don't have to do anything in an extreme manner (880921)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-830121 How to proceed - Vaitarna - see 830104.1 - side B good 35

800721 Auspiciousness - Caxton Hall good

800907 How to know where you are - Chelsham Road good 120

830129 Swadisthan Chakra, Delhi ("False Gurus, & Conditionings") good 70

830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60

880921 Speech at Ammonk Ashram, New York good 35

- end -

11 Sep 2002

Forehead

Ekadesha Rudra is on your forehead... if you bow before any wrong guru... you catch your Ekadesha Rudra (810904); Christ... who in his destroying incarnation known as Mahavishnu, or Kalki, is situated on our foreheads, and is coming for the Last Judgement, when every human being is going to be sorted out (790928)... but those who have got Realisation will enter into the Kingdom of God (811006); He has 11 destructive powers, with which He is going to come back (810926); The 11 powers include the powers from: Ganesha; Bhairava; Hirenyagarbha (the collective Brahmadeva); Kartikeya; Hanumana; Mahavishnu (Christ); Buddha; Mahavira; Shiva/Parvati; Sadashiva/Adi Shakti; and Virata. The powers of Eka Desha Rudra can be destroyed by misidentifications (830204; 840916; 970316), and may form a ridge... across the upper part... of the forehead (820711; 840622)

Kalki is an abbreviation of Nishkalanka, and has the same meaning as Mother's name, Nirmala, and means 'spotlessly clean' - without any spots on it. This Incarnation has been described in the Puranas, as coming on this Earth on a 'white horse' in a place called Shambhalkul. Bhala means 'forehead', and 'shambhala' means 'at that stage', so it means that Kalki is situated on your Bhala, your forehead. Here he is going to be born. This is the real meaning of Shambhalkul (790928)

Kalki stays on our forehead, and when the chakra of Kalki is caught up, the whole of Moordha, on top goes out of order, the whole head becomes a blocket. Such people do not allow Kundalini to rise above Hamsa. If you put your forehead before wrong gurus, or also, if there is too much thinking, both can create a problem. The whole forehead, if it is covered by bumps, then you must know that the Kalki chakra is out of order, and if the Kalki chakra is out of order, then all the fingers start burning, on the hands and on the palms, and sometimes even in the body, you get terrible burning. A person's Kalki chakra catching means he might be down with a horrible disease like cancer or leprosy etc. or he may be about to collapse into some sort of a calamity (790928)

Sahajvidya - Forehead

It would be a good idea... to start using a little oil for the head... in the night... as Sahaja Yogis, you should... better use some nice coconut oil, and rub on your head nicely, in the night... and in the morning... after all it doesn't show much... and comb your hair in a proper way. If your dresses... and your hair are... like bhoots... then the bhoots will take over, thinking... 'oh, this is a bhoot sitting down here... better take hold of that bhoot'... so dress up in a way... that you shouldn't have hair on your forehead at all... keep it straight... make it nice... and have absolutely clean foreheads (860504)

Buddha... was born at the same time as Christ, and Mahavira, and all 3 are at the same level in the Virata's forehead (951224)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 810904 Advice given by Shri Mataji, Brahman Court poor
- 810926 Shri Mataji in America, NY, day 3 [+PP video set 2/1,2]
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 820711 Nabhi to Sahastrara, Derby good 90
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 840622 South Bank Polytechnic, London good 40
- 840916 Ekadesha Rudra Puja, Rome, Italy good 60
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
- 970316 Power of Rudras and desirelessness, Delhi good 15

Forgiveness

Christ has given us the greatest weapon... that we must forgive. It is such a practical thing, to forgive. If we just forgive... then that person doesn't exist anymore... the person doesn't trouble us anymore... nor is he in our attention. Just to forgive is the simplest thing to do, and the highest thing to do, to get relief from the worldly or mental tortures that we get (861225); Forgive everyone... even if they have harmed you... just forgive them... because by remembering that, you are miserable for nothing at all (810511); At the Agnya chakra, where we forgive everyone... and at the back... where we have to say... 'if we have made any mistake... oh God forgive us'... these are the two sides of the Agnya chakra (790722)

If you see somebody who you don't like, or who has been harsh to you, or cruel to you... you get annoyed... disturbed - at that time... say 'I forgive'... you have to say 'I forgive' if there is disturbance. A Sahaja Yogi is to be known by his character... by his righteousness... by his behaviour... the behaviour of a Sahaja Yogi should be extremely peaceful... Sahaja Yogis who are just rushing up and down... upset... are not Sahaja Yogis (850310)

As soon as you forgive, the responsibility from you shifts, and the Kundalini rises (920621); When we forgive, we do not imbibe within ourselves, the very thing (e.g. cruelty etc.), which required that forgiveness... and then also, we do not suffer - when we forgive (860305); First thing is very important... is forgiveness... how this forgiveness comes in, is by forgetting the past. If there is forgiveness... you'll be surprised... you'll feel very relieved... and your married life will be very happy (970823.1)

The best way to be with your Spirit, is to forgive... because then your thoughts will go away... and the less you think, the faster you move with your Realisation... do not argue it out, or think it out, but just try to become... you have to become (800907); If you see any thoughts coming in you should say 'I forgive'... is a very big mantra... and the thoughts will stop (880921)

Sahajvidya - Forgiveness

You all the time try to forgive others... that's the best way to work it out... but no, we try to forgive ourselves all the time, and not to forgive others - everything we do the other way round. We don't forgive others, we forgive ourselves... this is the worst thing that we can do (850629); Do not forgive yourselves... forgive others... then you will become gurus (850629) Christ has given us the greatest weapon... that we must forgive. It is such a practical thing, to forgive. If we just forgive... then that person doesn't exist anymore... the person doesn't trouble us anymore... nor is he in our attention. Just to forgive is the simplest thing to do, and the highest thing to do, to get relief from the worldly or mental tortures that we get (861225); Forgive everyone... even if they have harmed you... just forgive them... because by remembering that, you are miserable for nothing at all (810511); At the Agnya chakra, where we forgive everyone... and at the back... where we have to say... 'if we have made any mistake... oh God forgive us'... these are the two sides of the Agnya chakra (790722)

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Sahajvidya - Forgiveness

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- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 970823.1 Prim'dl Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65
- 860305 Wimbledon Address - see 860305 good 45
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 790722 Leeds at Jim's House poor 45
- 800907 How to know where you are - Chelsham Road good 120
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 860305 Wimbledon address/Brompton Square
- 880921 Speech at Ammonk Ashram, New York good 35
- 920621 Kundalini Puja, Cabella good 55

Formless

Nirakar... the Formless God (950910); The All Pervading Power, or Paramchaitanya (980320); God Almighty himself you can say... is Formless... and then he can take a Form... that's not difficult... to take a form. You can say that now what is the form of the flame... nothing... but when it is in the lamp... it has a form. So we can say that the Formless becomes the Form... and the Form becomes the Formless (831001); Nirguna (871016); Formless, like the Vibrations, or Chaitanya (871016)

Rutumbhara Pragnya ... is the new state made possible by our Mother, and which results from maturing into the third Samadhi state of meditation, and in which we see and feel, and experience everywhere, the manifestation of that Deity, the object of our worship, in everything that we do, and in all that we experience in our life (830723.1)... the One who looks after the seasons (920719); The Power of the Adi Shakti, that does all the creation (960609); All happens according to the Rutumbhara Pragnya (830725)

It exists in the Divine, the capacity to manifest it's love, to show that you are Saints, that you are the chosen ones of God - but you must accept that situation first. But if you behave like all other normal people, it will never happen. Know that you are Saints, chosen and given birth by the Adi Shakti, the 'Form' and the 'Formless.' So this Pragnya is going to manifest, is manifesting every moment - be prepared, be happy, welcome it and accept that you are there (830723.1)

Dhyana... the first of the three steps in meditation, in which we put our attention towards the object of our worship; We are fortunate, in that the 'Formless' has become 'Form' for us. So we can concentrate and think of some Deity, or of some point (for Nirakar), or of Nirakar itself; For a non-Realised Soul, it is just a mental projection, but once you are a Realised Soul, you just have to think of Dhyana - on whom you are going to concentrate or meditate (830723.1)

Sahajvidya - Formless

Tape References

Date/Ref - Title - Qual - mins

- 871016 Mahakali Puja, Germany - see 871016 good 25
- 830723.1 Rutumbhara Pragnya, part 1, Lodge Hill Seminar good 25
- 830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50
- 831001 Santa Cruz interview good 45
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 920719 Guru Puja - Cabella good 65
- 950910 Ganesha Puja - Cabella (The value of Innocence) good 65
- 960609 You dissolve into the Divine Power, Adi Shakti Puja, Cabella good 50
- 980320 Felicitations, Delhi good 55

- Jai Shri Mataji -

Forwardness

Some people have a habit of coming forward too much all the time... to be in the public...to be there all the time - tell yourself... 'there's no need... this is not the way... it's not sahaj... why are you going forward all the time... why are you trying to show off... if you are called, better go'. Ok... is done... is done... don't worry about it... but next time... 'why did I do it... alright, next time I'm not going to do it (850310)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

- end -

12 Jun 2003

Freedom

Each human being has been given freedom... for his further evolution... but with this freedom, he can spoil the manifestation of God. So we must have wisdom about it. Now in that freedom you must understand what is glorious for you... when you understand that, then you tell yourself that I have to become something more... that's why God has done all this... only thing I have to do is to completely co-ordinate, co-operate and surrender to His will... so that I become, and in that surrendering you do the greatest thing, because by that you do not interfere with His work (800517.1)

I think people must take it more seriously about the whole thing... and should understand it... and learn it - we are Gurus. The main thing is that we do not take any money you see... so people think, you see... 'that we are not bound... that we are absolutely free to come and go'... but this freedom sometimes makes a person a little superficial... or sometimes a little frivolous... but, this is so precious... so invaluable... that you cannot charge... any money for this knowledge (821008)

The Divine looks after you... it has all the powers. Only one power it does not have, is to control you... if you want to ruin yourself, it gives you freedom, complete freedom... that's why you must curb down that freedom, and respect the Divine Power (980510); Freedom is only given to human beings (951224), and is given by God. If we choose wrongly, then we cannot blame God (790616); A humble person is a free person, free to be humble, to be kindly, to be gentle, to be compassionate. And only a person who is not guilty will be really humble (850901)

I have never forced you to do anything; If you want to stay in Sahaja Yoga, alright... if you don't want to stay in Sahaja Yoga, you can go; I have told many a times that you have all freedom to choose whichever person you like... and you can always say 'no Mother, I don't want'... you have all freedom... if you don't want to get married... alright... if you want to get married...alright (891203)

Sahajvidya- Freedom

You see... freedom is different... and abandonment is different... these are two things one must understand. Say there is a kite in your hand... alright... then it is in your hand... but if you allow the kite to fly wherever it likes... it is abandonment. So the freedom is that in which you can manage to manoeuvre it... to man it... to take it the way you like... that's freedom... then you are free... but if you... baselessly you are roaming about... then this is abandonment... for which there is always a punishment; Like you will be amazed... that in the western countries, the percentage of impotent people is so high... unbelievably it is like that... they talk so much about sex... and do 'other' things... it's all talking... so much of impotency is settled in these western countries... and the diseases, the dirty diseases... which are caused by these indiscriminate sex activities are so much... that they have to be guarded against (791202.3)

You see... if somebody says 'give me the freedom to put both my hands into the electricity socket'... is this freedom. And I don't understand what is the freedom they enjoy like this... because then, there is jealousy - you cannot go about with many girls, because there is jealousy... you cannot go about with many boys, because there can be murders. You see... why people murder... their ego is hurt... nobody says 'alright you go ahead, have a boyfriend... I am very happy' - no-one likes it... it hurts. They do it secretly... they cannot do it openly (791202.3)

If it is freedom, it should be open... why is there secrecy about it. They'll hide from the man with whom they are connected, and just do it secretly... this is not good... they are deceiving themselves... and they are deceiving another person. Deception... this is not freedom. When you put your eyes on somebody who belongs to someone else, then you are thieving. In the registration office, it is said... that you are the wife of such and such... then... your husband is the owner... or you are the owner of your husband... I mean this relationship is between the two... but if some sort of a relationship is to be established like a thief... then you do it secretly... it is not registered anywhere... you understand my point... otherwise, they become absolutely shameless... abandoned (791202.3)

Sahajvidya - Freedom

Tape References:

Date/Ref - Title - Qual - mins

- 891203 Farewell talk - Shudy camps - see 891008 good 35
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 790616 Dr Johnson House, Birmingham not good 55
- 800517.1 Old Arlesford, Winchester /1 (Preparation for Becoming) good 50
- 850901 Vishnumaya Puja/Brompton Sq. Puja, Wimbledon/Brompton Sq
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
- 980510 Meditation is the only way, Sahastrara, Cabella good 60

- Jai Shri Mataji -

Freud

Freud was a horrible psychologist who was treating all kinds of abnormal people... he never treated normal people... and he got possessed by them. He himself was a very abnormal person who had many abnormal relationships... and he had a very bad death... he was very anxious, always taking pills... and he died of a terrible cancer... in a very wretched condition (790608.1)

An Austrian, and also a Jew, who attacked Christians with his perverted ideas (950820); Who propounded wrong ideas, and taught immorality (MME/p177); Who misled people into becoming 'sex-points', and who died of cancer (820711); A Satanic influence, one of three, the others being one in architecture, and one in music (830127)

Who brought theories to challenge Vishnumaya... to have all sorts of funny relationships - if there is any such relationship between brothers and sisters, then for 7 generations the family suffers from terrible diseases (850901); Sex addiction starts at the Mooladhara, and takes the person to the subconscious, and to the superego (820711)

He could not prosper here in Germany... people didn't listen to him... but when he went to America, he got all the support. And he prospered... because he opposed completely the idea of leading a chaste life... and he started the whole theory on very demeaning principles... and people accepted them. Then the same Germans, Austrians, Europeans... accepted Freud blindfolded... because somehow, when it comes from America, it becomes collective... whatever comes from America, becomes collective... and if it is poison, it spreads very fast, and it really paralyses the whole world (930721)

So now we have to be wise, and see what is destroying us... what is destroying our inner being. For Sahaja Yogis it is very important... because if they can hold it... with their wisdom, and firm faith in Sahaja Yoga... after some time the whole thing can subside... and this is what has to happen actually to the world... otherwise they can be blown off also - if they are not rightly

Sahajvidya - Freud

placed... if they are not grounded. If they are not fixed to their own enlightened faith of Sahaja Yoga, they can be blown off with this wind, which is there to torture... to destroy the whole world. So the responsibility of Sahaja Yogis is very important... that their Ganesha principle is alright... if it is not alright then the whole Sahaja Yoga movement can collapse (930721)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
 - 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
 - 790608.1 Maria's House Tape 1 not good 50
 - 820711 Nabhi to Sahastrara, Derby good 90
 - 830127 Spiritual Roots, Delhi [I'm here... plea for God]+25 min Q&A good 50
 - 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq - xxx
 - 950820 America and False Freedom, Krishna Puja - Cabella good 45
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Friendship

Friendship... is to have a friend - if we have worries, we always tell to our friends. Even if you are a leader, you are a friend of the people. Friendship is such that you could share your secrets... you could share your problems... you do that with me... and why not with each other... is a question of understanding that Sahaja Yogis are all really friends to each other. I think relationship of friendship is even higher than any other relationship we could think of, because there is nothing to be gained out of our friendship... it never ceases... and you just enjoy the friendship, that's all. When you can pull each others legs sometimes... you could be joking with another person, making fun of another person... is alright... is friendship. A friend is the one who is always for no rhyme or reason concerned with his friend (890709)

Before Sahaja Yoga you could have only one friend or at the most two... three meant a crowd... cannot have three persons as your friends... but in Sahaja Yoga we are all friends... pure friendship... friendship of a very beautiful nature... that you enjoy the joy of another person... in vibrations you do. This is how... I have to tell you that we have to be friends... we have to share... enjoy sharing... there's no seriousness about it - how can you be serious with your friends... just relaxed, enjoying each others company... even if you have to argue, argue... doesn't matter... even if you have a different view it's alright... but you should not try to impose yourself on your friend... nor your friend should try to impose... but try to understand each other. That's how we are going to learn such a lot from each other (890709)

So you have friends in India... you have friends everywhere... you have friends now in South America... everywhere you have friends - you just go with my badge... finished. Oh, they'll all jump for you... they'll do anything for you. So this friendship... just think of it... in this world we have thousands and thousands of friends everywhere we go... and this is what we have to know within ourselves that we have to be ourselves very very friendly type... very friendly - there's an openness between one friend and another friend... there's no tension... there's no formality... and a reliance... so much so that you can talk to them about what you want... what is your

Sahajvidya - Friendship

need... and what problems you have. You have to feel that friendship and you'll feel very proud that you have so many friends... and real friends. You'll be feeling a thing as if you are a great personality that you have so many friends in this world (890709)

You are not alone... you are all friends to each other... and the greatest friend you have is the Divine Power which is looking after you... and doing everything for you. If you have that kind of a relaxed beautiful alertness within you, you are going to enjoy life... you are going to enjoy Sahaja Yoga... and you are going to get many many more people in Sahaja Yoga (890709)

You cannot have friendship between men and women... you cannot - it's absolutely absurd (850901); A brother and a sister are never friends, they don't talk much - but at the time of difficulties, of Mariadas, of consulting about something dear to the family... then it is, that the sister comes in (850901); No unmarried girl has to go with an unmarried man... it's not done in Sahaja Yoga (810904); Suppose there is a man coming in a taxi alone, or say, in a lift alone... I would not enter into that thing... I would not... why should you be so friendly with anyone... they're very common like this, I've seen. Suddenly a woman will come up and speak to someone... some man will come up and talk to me... it's so rude... I don't know him... what is there to talk (810904); Vishnumaya will see to it that husband and wife sit together (850901)

In India it is said that if someone's pin is in your house, you should look after it for eternity... but if 'your diamond' is lost with somebody, you should never ask for it... it is not good manners. What is more valuable, is not the diamond... it is the relationship... the friendship (870503.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-870503.1 Sahastrara Puja, Australia - see 870503 good 45

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

810904 Advice given by Shri Mataji, Brahman Court poor

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

890709 Importance of friendship - Melun, France good 45

Full Speed

The mobility of our movement is so great... I would say 360 degrees... because you are stationed in the centre, in your spirit. You can move any way you like, as long as you are centred in your spirit. But this is an important point which we need... that we are centred in our spirit... and whatever movement we do... as long as we are centred in our spirit... is necessary for our growth... for the growth of the collective (850310)

You shouldn't worry about your reputation... just go full speed into any direction, knowing one thing... that you are my child, and that I am Adi Shakti... everything that looks horrible will become better... you have seen it now... don't worry about anything... just know that I am the Adi Shakti... that all the powers of Gods and Goddesses... and all that are within me... and they 'are' within me... and they are all looking after. But if that recognition is not there... they are not going to recognise you either (911013)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

911013 Navaratri Puja - Cabella good 25

- end -

11 Sep 2002

Fun

It's very easy to make fun of people, for small things, here and there... but when we start making fun of others, we also become a target of fun (.0011); The men must respect the women... and respect their great qualities... and they should not make fun of their wives all the time - I've seen... if that is done, then women stoop down to the same level. I can't understand how men can use their intelligence in such a stupid manner... because she is the mother of your children - if you make fun of her, the children will also make fun of her. Of course, she has to respect you, because she receives her authority from you... but also you must maintain her authority... you must keep her in proper shape (971231)

What is the idea of our fun, is also very funny... because the fun is... 'how we give up our respectability' - like the students who moved a girl's car and put another like it, in it's place, all the time laughing and joking. How can such foolish fun make you happy... this is stupidity... wasting your time... idiocy... but behind it is something sinister (800809)

Make your ego be challenged... not to get into temper... try that your ego doesn't react... that can be achieved very easily if you try... in the mirror, look at yourself, and laugh at yourself... make fun of yourself (860504)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-971231.2 New Years Puja, Kale - see 971225.2

-971231.1 Shakti Puja, Kalwe - see 971225.1 good 10

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

800809 What are we inside - B'ham good 30

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

Future

The 'past' is finished, whilst the 'future' doesn't exist - so enjoy the 'present'... which is the 'Reality' (980321); Just as you can challenge your past... so you can even challenge your future. For example, if say... you think to telephone someone... then you think... 'oh perhaps he may not be there' - but why don't you just telephone... and so you telephone... and the fellow is just there. So, that kind of a mind always tries to find problems... because it doesn't want to solve it... it starts quarrelling with itself all the time... and at the end of the day... you find all of them sitting down... exhausted... doing nothing whatsoever... all exhausted... fighting with oneself (860707.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good
880921 Speech at Ammonk Ashram, New York good 35
980321 75th Birthday Puja, Delhi good 55

- end -

7 Apr 2003

Futuristic

The right side - as you know we are all very futuristic by temperament. Now this futuristic-ness cannot be cured by telling... 'oh now, don't think'... or 'now you stop planning'... you just can't do it... you can't help it... you have to do that kind of planning... and you find that all these plans fail... because these plans are not related to the plans of the Divine. The Divine has some other plans... and you have some other plans... and they never combine together... and that's how you find all your plans fail... and you are just frustrated... you don't understand how it has happened - for your understanding one has to know that there is a Divine Power... and we are made human beings to feel that Divine Power... to manoeuvre that Divine Power... and thus enjoy the Bliss of Divinity (820514)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-820514 You must become the Spirit - see 820514 good 45

820514 You must become the Spirit/Puja on Fighting Asuras

- end -

7 Apr 2003

Ganapati

Ganapati... is Shri Ganesha, King of all Ganas (860907), and who has got a trunk you see... and we call as Ganapati... who actually incarnated as Christ on the Earth later on (831001); Ganesha is Ganapati... the master... chief of all the Ganas (880710); The brother of Ganapati... is Kartikeya (961221)

Ganapatipule is... the place where Shri Ganesha becomes Mahaganesha, and where he is surrounded by the Father Principle, the Guru Principle... the sea... the ocean - the Indian Ocean. That is, here he becomes the Guru (850000.1); In Ganapatipule, Shri Ganesha is in it's complete matured form... then, our eyes become pure, powerful, and Divine (850000.1); Ganapatipule is a very important place for Sahaja Yoga (871230.1)

Discretion of the Ida Nadi is Intuition... if you develop that discretion within you, through your meditative powers, you develop Intuition... and Intuition is nothing but is the help of the Ganas which are surrounding you... if you learn to take help from the Ganas, you can become very intuitive. Of the whole of Sahaja Yoga, I would say 50% of that is based on intuition... and for that you have to develop a proper sense of Shri Ganesha. Ganesha is Ganapati... the master... the chief of all the Ganas - so the Ganas give you intuition (880710)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 961221 Mahalakshmi Puja, Vashi - see 961225 good 10
- 880710.2 Discretion of Hamsa, second talk - see 880710 good 10
- 880710.1 Discretion of Hamsa - see 880710 good 55
- 871230.1 Marriage, Kolapur - see 871219 good 45
- 850000.1 Mahaganesha Puja - see 850000.1 good 10
- 831001 Santa Cruz interview good 45
- 850000.1 Mahaganesha Puja and other Talks - India
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 880710 Discretion of Hamsa, Munich

Ganapatipule

Ganapatipule is a very important place for Sahaja Yoga (871230.1)... is the place where Shri Ganesha becomes Mahaganesha, and where he is surrounded by the Father Principle, the Guru Principle... the sea... the ocean... the Indian Ocean. That is, here he becomes the Guru (850000.1); In Ganapatipule, Shri Ganesha is in it's complete matured form... then, our eyes become pure, powerful, and Divine (850000.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871230.1 Marriage, Kolapur - see 871219 good 45
- 850000.1 Mahaganesha Puja - see 850000.1 good 10
- 850000.1 Mahaganesha Puja and other Talks - India

- end -

30 May 2003

Ganas

The Ganas... those who are controlled by Shri Ganesha... i.e. Sahaja Yogis... and also the antibodies (950910; 910001); The antibodies... called 'Ganas' in Sanskrit... are under the control of the sternum bone, by which they are produced, and fight off 'attacks', or diseases... are ultimately under the control of the 'Centre Heart' chakra (MME)

The Ganas... are in Sadashiva's Country, England, and are very active beings (850806); Are... on the left side (890524); On the left side we have the Ganas, and on the right side we have the Angels (890423); Ganapati... is Shri Ganesha, King of all Ganas (860907), and who has got a trunk you see... and whom we call as Ganapati... who actually incarnated as Christ on the Earth later on (831001)

Intuition is nothing but is the help of the Ganas which are surrounding you... if you learn to take help from the Ganas, you can become very intuitive. Of the whole of Sahaja Yoga, I would say 50% of that is based on intuition... and for that you have to develop a proper sense of Shri Ganesha. Ganesha is Ganapati... the master... the chief of all the Ganas - so the Ganas give you intuition (880710)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880710.2 Discretion of Hamsa, second talk - see 880710 good 10

-880710.1 Discretion of Hamsa - see 880710 good 55

831001 Santa Cruz interview good 45

850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90

850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45

860907 Establishing Shri Ganesha Principle, San Diego good 55

880710 Discretion of Hamsa, Munich

890423 Archangel Shri Hanumana - Margate good 45

890524 Integration of Athena - Athens, Greece good 45

950910 Ganesha Puja - Cabella (The value of Innocence) good 65

MME = Meta Modern Era by Shri Mataji Nirmala Devi

Shri Ganesha

The first created Deity, who controls the Mooladhara chakra below the Kundalini, and guards the gates of Hell (811005); He whose qualities include Wisdom (970600), Auspiciousness, Holiness, Purity, Innocence and Vibrations. The first to be worshipped. He controls all the Ganas, the antibodies (950910, 910001); Who exists as Chaitanya... who exists in the atoms and molecules, as vibrations... symmetric and asymmetric (870114); Who catches the essence of everything (811103)

Shri Ganesha... he is sitting on all the chakras...without him nothing can work out, because he is the one who is Holiness (911231); We should think what qualities we have got from him of great chastity... great purity... also of wisdom... our wisdom... is something very innate thing... and it comes through our maturity. So this maturity can only come through the proper attention to your Kundalini... to fixing up your Kundalini with the All Pervading Power. This has to be done through regular meditation... it's not a ritual... but it should be done whenever you feel like it... and after some time you'll find that you are all the time in meditation... you don't have to even meditate but you are in meditation (911231)

Shri Ganesha is covered with Lead Oxide... with a red Lead Oxide... which is extremely cold. Lead Oxide is a very cool thing... that Lead Oxide is used to cover all his body... to balance the heat that he has... or the effects of heat he has... so we call it in Sanskrit language is called as Sindur... and in Marathi as Shindura... so he's always covered with that colour, Sindur colour (900831)

Ganesha the embodiment of innocence, is as a child, the embodiment of childhood, with the head and trunk of an elephant (790507), the wisest animal, with no ego or superego, and whose Kundalini is on his stomach (910915; 860907); Who has the mouse as his Vahana (811103); Who has 4 hands (860907); Is the power of all Deities, and is found on all chakras; Who took his birth as Christ, and has the quality of magnetism... attraction and repulsion in people, and migration in birds. Who is very powerful, yet playful, but gets very angry with anyone who is against his Mother. Holds a 'hunter' in his

Sahajvidya - Shri Ganesha

hand, as did Christ (900828); Was the son of Radha and Krishna, and became Lord Jesus Christ - so Christ was the son of Shri Krishna... when Ganesha was first made, he was the son of Parvati alone (860907)

On the Mooladhara Chakra resides the Deity of Shri Ganesha, who is the embodiment of innocence... and who incarnated on this Earth as Jesus Christ... and who is the highest, the purest Incarnation... the reason is because his body was also made of the Principle of Brahma... means the Principle of Divine Power... that's why his body was resurrected (790618); Brahma tattwa, in the form of Ganesha, and incarnated as Jesus Christ (780911)

The Deity... of Shri Ganesha... who represents the stage between animals and man... whose head is that of the animal... showing... an animal does not have an ego...and that a man is different from an animal... that the animal is innocent... that he doesn't know what is sin... that is why he is innocent. He is innocence personified... and he incarnated too on this Earth... as Lord Jesus Christ. He is made of that essence of Divine Nature of God, that we call as Parama Tattwa... the highest essence of God... his body is made out of that... and that is the reason he could resurrect. At every point, at every chakra... he bestows on you the blessings of his innocence (771121)

If we have a strong Mooladhara, then the Mahakali power is the strongest within us. All her powers are actually expressed in Omkara, which is Shri Ganesha, and this Shri Ganesha power within us represents the complete love of Mahakali, and all the powers of destroying the evil forces (890617.1)

When Shri Ganesha is awakened, we have a sparkle in the eyes, no lust or greed, but a powerful glance that can purify thousands. The Kundalini cannot move without the permission of Shri Ganesha. He is Sahaj, creates spontaneity, he removes all obstacles, he creates all miracles, gives joy of eating, tells how to build up pure relationships, emits all kinds of fragrance, gives power to overcome arrogance. Shri Ganesha's is a silent power that acts... is dynamic (860907)

Sahajvidya – Shri Ganesha

Who through the Pelvic plexus, controls the excretory functions, as well as the sex, and is like the lotus in the mud. We thus have to be correct in our ideas about sex (790507); Ganesha's powers are all expressed through left Vishuddhi (850901); The left side starts and ends with Shri Ganesha. Shri Ganesha has only basic one quality... that he's completely surrendered to his Mother. He does not know any other God... he does not even know his Father. He only knows his Mother. He is completely surrendered to Her (821219)... Shri Ganesha worships our Mother (850629)... he knows 'just to keep the Mother pleased' (860907); The Eternal Child, the giver of wisdom, the epitome of respect for the Mother, the most powerful of all Deities. Shri Ganesha tattwa is in vibrated water. He it is who brings natural disasters as punishments for collective wrongdoings (890808)

It is Shri Ganesha who creates the child within the mother's womb... he selects the face... the colour... everything. With his magnetic power, he manages to attract the right type of genes... he does all such important things for you... all the time busy... he never rests... so full of joy and hard work (840902)

The whole of Europe, America and England... they have lost faith in Shri Ganesha... nor do they care for his powers or his blessings... as a result, all his blessings are not on these countries (930721); The first, and the highest blessing, of Shri Ganesha is Wisdom - those people who have got wisdom are very lucky people... a person is wise who does not only know what is right and wrong, but also he knows very well his own power, not to do something wrong... he just does not do it; When Shri Ganesha is insulted, complete blockage takes place in a human being I think... he becomes an idiot... but this wisdom can be easily brought back, if we awaken the Kundalini. Without his help, Kundalini cannot be awakened, and if Shri Ganesha knows that Kundalini is to be awakened, he forgives everything... forgets everything... and comes to assist you... at every chakra, he is there to support you (930721)

Sahajvidya – Shri Ganesha

The another power that Ganesha has, is he generates innocence within us - we respect our innocence... our chastity... and a lifestyle which is decent and decorous... this is the reason why in Sahaja Yoga we have to be particular about how we dress up... that our dress should be decent, dignified, and... should in no way show our vulgarity... we should look after our chastity... and our morality... which is meant for both women and men... not only in dress, but even in day to day life, it is important (930721)

The hidden power of Shri Ganesha is left Vishuddhi, and is acting like chastity, through the left Vishuddhi; Is to be established not by giving bandhans, or taking vibrations from the Mother and then getting lost, but by correcting yourself morning til evening, and facing yourself, and not feeling guilty; Interest in another sex all the time is not a sign of chastity (850901); In some countries, they think that chastity is only for the women, and not for men... it's very wrong... it is meant for both of them (930721)

The third quality, which I am saying today... is that a person who is innocent should have no fear... because God looks after innocent people... they are always protected... if anybody tries to harm the innocent, God protects them. In the whole history, you will find that... wherever... children have been killed, or where innocence has been attacked, the whole society... has revolted against it... this revolt comes from Shri Ganesha's power... that he can definitely create a feeling of detest for people who try to be unkind to children (930721)

The Mother Earth is so innocent... whether you are good or bad, she gives you fruits... she looks after you... of course up to a point... after that she may bring forth some sort of calamity, like an earthquake or something. In Los Angeles area... they are generating all these funny ideas about insulting Shri Ganesha within us... also America seems to be quite in danger as far as Nature is concerned... the reason is that from America, all these ideas ooze out... and people accept them blindfolded (930721)

Sahajvidya - Shri Ganesha

So the responsibility of Sahaja Yogis is very important that their Ganesha Principle should be alright... if it is not alright, then the whole of Sahaja Yoga movement can collapse. For ladies and for men, I have to make a humble request, that they should try to put their Shri Ganesha in a respectable position in their lifestyle... that it should be the highest... the most important (930721)

In the Sahaja Yoga system, if we say that Ganesha is the one who gives us... he's the Aadyaksha, means he is the... I call him as the Chancellor of the University... he is the one who gives our degree to us... now you have crossed this chakra... that chakra... that chakra...and he helps us to know that what state we are in. So Ganesha gives us say Nirvichara Samadhi which can call it as Thoughtless Awareness... and Nirvikalpa Samadhi... he gives all that... and also he gives us Joy... but the understanding that this is good, that this is for our benevolence, the mental understanding comes to us from Shri Hanumana... and it's very important for western people... because it has to be mental... otherwise they won't understand. If it is not mental they cannot come into Abstract... it has to be mental... and so the mental understanding of whether it is good or bad is given to us by Shri Hanumana (900831)

There are so many qualities of Shri Ganesha... that he is a child... he is very playful... he's very interesting and extremely humble... and despite his weight, he's very lightweight, because he can sit on a small little mouse. He doesn't try to show off... and his Vahana is the smallest creature which can really crawl... a mouse. Shri Ganesha always tries to please his Mother... he knows what his Mother will like... he has complete dedication to the Mother. If you have to gain anything... to achieve any knowledge within... to ascend higher... then you have to learn from Shri Ganesha... what he does and what is his relationship with his Mother. The most matured Deity is Shri Ganesha (930721)

- Jai Shri Mataji -

Sahajvidya - Shri Ganesha

Tape References

Date/Ref - Title - Qual - mins

- 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
- 911231 Kalwe - see 911215 not good 5
- 910915 Shri Ganesha Puja, Cabella - see 910915 good 45
- 870114.2 Dhumal's House, Rahuri - see 870111 good 20
- 870114.1 Sankranti, Farewell - see 861221 (6 Puja Talks) Not good 15
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 780911 Brahma Principle - see 780911 good 45
- 771121 Tantrism, Caxton Hall poor 75
- 780911 Brahma Principle/Evolution
- 790507 Sahaja Yoga Introduction good 60
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 811005 Beauty that you are - Houston good 70
- 811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 821224 Christmas Eve Talk/Celebrations - Poona (plus Q & A) good 35
- 840902 Ganesha Puja talk, Switzerland [French translation] good 55
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 890617.1 Mahakali Puja, Vancouver / Vancouver Public Program good 15
- 890808 Shri Ganesha Puja - Les Diablerets, France good 45
- 900828 Ganesha Puja - Austria good 30
- 900831 Hanumana Puja, Germany good 45
- 910915 Shri Ganesha/Sahastrara Pujas - Cabella/Ischia
- 950910 Ganesha Puja - Cabella (The value of Innocence) good 65

Ganesha's Powers

The first power that you get after Realisation is the greatest power on Earth... this is the power of Shri Ganesha... it is only he can do this job, that you people are doing today... and that power is 'Raising the Kundalini'. No-one so far in the history of spirituality has ever raised the Kundalini in such a short time, as you people are doing... it moves under your fingers... it is absolutely Shri Ganesha's power which is given to you. At the time when you are giving Realisation, even if you are caught up in any one of your chakras, or you have any problem... even if you are a little bit possessed... even if you are not such a good Sahaja Yogi... even if you are not that much surrendered to Mataji... even if you don't have much sense of obligation about Sahaja Yoga... still the Kundalini rises under your fingers. This Ganesha Shakti is given to you by Shri Ganesha himself, within you... to give you the confidence... that you can raise the Kundalini... but not the feeling that 'you' are raising the Kundalini - if you go on, without surrendering yourself to Sahaja Yoga... after some time... you will lose this power... very fast (800127.2)

Another power which you have got... you may notice it... that at that time when the Kundalini rises... there will be no obstruction of any kind... whatever may be the obstructions around... say there's a possessed person next door, he would not obstruct you at 'that' time... in your family there may be a person who is a negative person, but if you are raising the Kundalini, then at that moment he will be kept quiet. At that time, when you are moving your hand on the Kundalini, is the greatest power you are using... at that time there will be no obstruction on your hand by anyone what so ever... even by mistake (800127.2)

Sahajvidya - Ganesha's Powers

Then another power you have got... when you are raising the Kundalini, that at that time... you will be completely attracting the attention of the other person within... like a magnet... by which you should understand that you can raise the Kundalini whenever you feel like. Supposing there is a lot of noise going on... all sorts of problems going on... or any such thing happening... at that time your attention will not be distracted... and the attention of the person who is taking the Realisation from you will not be attracted by outside things... at that time, when you are raising the Kundalini. That means you can give Realisation at any time (800127.2)

Another power you have got, at the time of Kundalini Jagruti... that no baser feelings will rise within you... no impure feelings... about the person whom you are giving Realisation... even if you are a possessed person... maybe before and after... but not during... these dirty feelings will not come to you... automatically. Also you will be absolutely satisfied... even if you are hungry, you will not feel the hunger... or any physical need at the time when you are giving Realisation... there will be no distraction of any kind. You won't do anything that is undignified... because you are being blessed with dignity... you will never joke... you'll never make fun... you'll not be frivolous... automatically. These are your supporting powers... all these five powers I have described... are very few of the thousands of others... but they are the five powers of Shri Ganesha (800127.2)

Ganesha's fifth power is the power of wisdom... and that whatever he knows, he can draw upon it and write it down - even that power, you have got. When you are raising the Kundalini, you talk to the person in such a manner... that only that which is wisdom... and also you write or show him figures, automatically, which are right... even if you don't remember your figures, they'll come out right (800127.2)

Sahajvidya - Ganesha's Powers

Now these powers can be maintained if you try to follow Shri Ganesha. His foremost quality is that he does not know any other God or anybody else, higher than his own Mother... a complete dedication and complete obedience to Mother... I mean sort of, he is made out of that obedience... complete love and affection for the Mother... he doesn't argue... he doesn't question... he doesn't do anything... and that's how these powers are in him the maximum. If you think by arguing with me you are gaining, you are sadly mistaken... you have to keep me pleased... is a fact... so please don't try to displease me... I may not say anything, because outwardly I don't say anything... but your powers will be reduced (800127.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800127.2 Powers bestowed on S Yogis, how maintain them, Bordi good 30

- end -

11 Sep 2002

Gargling

For throat, gargling is a very good thing... with salt, every night. Gargling is something... is a must... for all the Sahaja Yogis... is a must (0.0012); Is to be done every morning, using salt, as a treatment for Vishuddhi (830202; 810330), with a little warm water (881221); To keep Vishuddhi ok, we can do the following... eat the butter... take it on hot water, so that it lines the epithelial cells, and clean throats every morning by gargling (0.0012)

Cough May also be due to negativity which can move arbitrarily, and can be cured by... gargling... or by the Mantra "Allah ho Akbar" said 16 times... by dhuni... and by care with some foods (830113.2); Also...you are not used to the dust, and that's another reason you get coughing. When you come out of the processions (in India - Ed) you just gargle with a little warm water, or even ordinary water, so the dust will come out (881221)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

810330 Vishuddhi & Agnya, Sydney Poor 170

830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'tn) good 60

830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80

Chakras affected: Vishuddhi

Garlands

At the time when garlands are given, you are not supposed to garland yourself... it's regarded as absolutely unmannerly... somebody else has to garland you. Any man cannot garland a lady... because only the husband has the right... so 'anyone' won't garland. A son can garland the mother... but 'any' man cannot garland any lady who is of a younger age, or who is not yet married, and even if married she has to be an old woman. Even if the leaders here are garlanded, they immediately take out their garlands... except the Gods... I mean I can carry my garland, but I also take it out... is based on logic (881211)

In Sahaja Yoga marriage... the condition is... as in India... that the girl has to accept her husband... if she does not accept, we cannot force marriages. That's why the first ceremony we'll be having is where they'll be garlanding you... by garlanding you, they suggest that they are accepting you (931224.1); First the bride... the girl... has to garland... means she accepts him... it is Indian tradition that the girl has to accept... you cannot force it on her... then if she has accepted, then the boy should garland... that means he has also accepted (931228)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 931228 Talk to bridegrooms & Shri Gauri Puja, G'pule - see 931224 good 10
- 931224 Talk about Marriages, To Bridegrooms, G'pule - see 931224 poor 20
- 881211 Detachment, Rahuri - see 881207 good 25
- 931224 India Tour 93/94 - tape 3 [G'pule; G'pule]

- end -

30 May 2003

Garlic

If you can tolerate it, you can have some garlic... garlic is very good... if you can manage... in the night... before sleeping... if you could have one part of the garlic... it would be a good idea (0.0012); Those who are strict vegetarians, who don't eat even garlic... and don't eat even onions, are very vulnerable to the left side business... and on top of that, if they go to a guru who is left sided, they are even worse. One has to be a normal person, eating the right proportions of proteins, carbohydrates and fat... left sided people have to be very very careful... and not to just assert themselves on that point (830209)

In your ears, if you can put some olive oil, little bit heated up... with garlic in it... that's very good for the ears (850502)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

.0012 Weekend seminar in Pune, Tape 2 good 50

830209 Problems of Left, Right and Centre - Bombay good 65

850502 Niraaanda, Vienna Ashram good 60

- end -

3 Mar 2003

Generosity

By generosity we nourish our hearts. When we give, try to feel that we are giving what God has given (821101); By generosity the circulation starts, and you solve your material problems. If only one door is open, no fresh air will come in - but if you open another door, then you will see, there is circulation of air (860921.1); This 'giving' is the most beautiful thing that Sahaja Yogis can do (881226); The greatest advancement for your emancipation is done by your 'giving'. Among us there are people who have given a lot, and by that they have achieved a lot too. You have to give, talk about it, spread it, and bring more people to get this - otherwise they will be left out of the evolutionary process (760330)

The central path of Sushumna, is for people who are in the 'centre'... who have their proper understanding... and have got their wisdom. These people are extremely generous... generosity is the only way you can express your love for others... all your material wealth has no meaning, unless and until you show generosity for the people... but it should be quiet and silent (830209); In Sahaja Yoga, as you grow from one to another, there are different types of Anandas... and when you see your generosity... you get Shivaananda (850502)

With the Nabhi chakra, we enjoy our generosity in giving to others (890801) - regarding money, it is a very punya giving thing to donate, to be generous... so that it helps others to develop themselves in Sahaja Yoga. This generosity will always help you (881217); When the aesthetics of matter starts giving you joy... you do not want to possess it... even if you want to possess it, it would be just to enjoy it and give it away to somebody else. When you develop your witness state, this will come to you that you will not keep things to yourself, but you would like to give and share. Sharing... that is the time you should know, you have become a witness... because you are enjoying (800927); Sharing of your things is an extremely joy giving thing... that is how all of us have to live... sharing things. Don't think about yourself... think of others... think what others like; It is such a joy-giving thing... to cook for others. So the Principle of Lakshmi is only enjoyed, when you share with others... we have to learn to share (960716)

Sahajvidya - Generosity

Tape References

Date/Ref - Title - Qual - mins

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 881217 Punyas, Poona - see 881217 good 30
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 800927 Lethargy, Chelsham Road good 75
- 821101 Self Mastery, Guru Nanak's Birthday, London (C120) good 105
- 830209 Problems of Left, Right and Centre, Bombay good 65
- 850502 Niraananda, Vienna Ashram good 60
- 860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45
- 881217 How we do earn our punyas, Dec 88/2 - India
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

- Jai Shri Mataji -

Genes

It is Shri Ganesha who creates the child within the mother's womb... he selects the face... the colour... everything. With his magnetic power he manages to attract the right type of genes... he does all such important things for you... all the time busy... never rests... so full of joy and hard work (840902); In Sahaja Yoga, genes can change (960505), when we become the Spirit (980321)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

840902 Ganesha Puja talk, Switzerland [French translation] good 55

960505 We must feel responsible, Sahastrara, Cabella good 55

980321 75th Birthday Puja, Delhi good 55

- end -

11 Sep 2002

Ghee

Ghee, and also butter, can be used to correct problems with the Hamsa Chakra. May also use oil (841005); Put one drop in each nostril, morning and evening. Also may be used to correct drying epithelial cells of the throat, by putting a few drops onto hot water or milk, and taking it (870408); Have a small bottle of ghee, which can be warmed in hot water, prior to use, maybe under the tap (870408); One of the symptoms of Aids is a bad Hamsa. It is important to put ghee in the nose to correct a bad Hamsa, otherwise, there will remain a susceptibility to Aids (870503.1)

Those who are left sided, should use as much as possible the lamp, lights and things like that... I hope you all have got these things in the house... a good ghee lamp should be burnt for people who have left side problems... and then see me through those lights... not through the electrical lights... you can get ghee very easily in England... use that ghee, and put your eye onto the photograph through that light... I'm sure it will work out; Even the Kundalini should be raised with that light (840214); In the lamp, the Ghee represents the mild and soft Love of the heart, and it burns to give soothing light of love to others (871024)

Ghee is also very good for the eyes... you see why you develop diabetes, and then as a result of diabetes, you develop bad eyes... is that the fats are not consumed properly... and the fat for the brain and for the eyes... is not supplied sufficiently (840214)

Ghee and butter can be eaten by those people who are in the 'centre', who are suffering from a drying up of their body liquids, or of their peritoneum, from fighting the anti-God elements too much. Also it can be rubbed onto the fingers and hands, to soothe them down, because the heat from the other people also can make them dried up (830209); Satwoguni... is the centred person who eats honey, ghee, Channa, lean meat (830131)

Sahajvidya - Ghee

In Puja... the ingredients that were used were... firstly very little ghee, followed by honey, yoghurt, milk, and sugar (850310); Shri Krishna is very fond of ghee or butter... so when you rub my Feet with say butter, your Vishuddhi will improve... 'you' know that (800927)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871024 Light of Love, Diwali - see 871024 good 25
- 870503.1 Sahastrara Puja, Australia - see 870503 good 45
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 800927 Lethargy, Chelsham Road good 75
- 830131 Nabhi Chakra, Delhi good 80
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 840214 Shri Mataji talks to the English - Bordi poor 75
- 841005 Farewell to Mother - Chelsham Road good 50
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 871024 Light of love, Diwali/Press Interview, Milan

- end -

7 May 2003

Giving

It is a wrong idea that we have to become like a pauper and give everything to God... but if you give just a little bit then He gives a hundred times more. That is why you have to give a very 'wee' bit to God (861225)

After getting Realisation, you emit, you give, and you enjoy giving... more than taking (980706); This 'giving' is the most beautiful thing that Sahaja Yogis can do (881226); The greatest advancement for your emancipation is done by your giving... giving the universal through your 'universal' being. Among us there are people who have given a lot, and by that they have achieved a lot too. You have to give, talk about it, spread it, and bring more people to get this - otherwise they will be left out of the evolutionary process (760330)

When the aesthetics of matter starts giving you joy... you do not want to possess it... even if you want to possess it, it would be just to enjoy it and give it away to somebody else. When you develop your witness state this will come to you that... you will not keep things to yourself, but you would like to give and share... sharing... that is the time you should know... you have become a witness, because... you are enjoying (800927)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 881226 Value systems - G'pule - see 881217 good 10
- 861225 Pawana Dam - see 861221 good 10
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 800927 Lethargy, Chelsham Road good 75
- 980706 Holland Park School, London 1998 good

Giving Realisation

Can only happen in the body, and only in humans, not animals (810921); Is beyond the mind (970600); After Realisation, nothing against Christ or Ganesha will be tolerated (860907)

'What is to be done... to be Realised' was the first question people asked... when they were not Realised... 'what should we do Mother, to get Realised'... and I had to tell them... 'nothing... just spread your hands towards me... and it will work out'... it does... it works out that way. Now after Realisation, you have to do something... again the question comes in... 'what should we do... for this... what is the technique'. The trouble with Sahaja Yogis, as they are today, is they are all technocrats... it is better they should forget about techniques, and worry more about spontaneity (0.0011)

How to give it to others:

Put the Photo with light (a candle) before it (790000.2), remove shoes, so no pressure is on the feet and nothing between feet and Mother Earth, and also as sign of respect. Put both hands to the Photo [or to Shri Mataji - Ed]... close the eyes, feet straight on the ground, and apart, sit comfortably with hands on the lap (830127); You have to keep your eyes shut... if you keep your eyes open the Kundalini won't rise above this centre (Agnya - Ed). This is absolutely the other way round... in hypnosis they hypnotise through your eyes... so keep your eyes shut and just be relaxed... and don't worry about others (821008; 821007); Before closing your eyes... see that there's nothing hanging on your neck... very heavy... or something tight here... or you can little bit loosen your knots would be better... because Kundalini has to rise (821007); Let the attention go loose, leave it alone, you don't have to do anything - then it will work out (791009.1); Raise the Kundalini from behind, and from down below (790000.2) - left hand steady, and right hand rotating around it, up, forward, down, back, and repeat, as move upwards, and tie knot above the head. Do this 3 times, and on the last time tie 3 knots. Start feeling the Cool Breeze (830127)

Sahajvidya - Giving Realisation

There is no hard and fast rule - but you should be comfortable so that the attention does not go on this or that thing... on a chair or on the ground, both are alright. It is the simplest of all things... is the easiest thing - you are born to get it, it is your right - something has to happen. It is the living work of God (790416)

Remove your shoes, that is important (790530), and put the feet straight on the ground, because we use Mother Earth to take away some of the problems (791009.1); The process takes just 10 minutes, the journey is very small, from sacrum bone to Fontanelle bone, just 3 to 4 feet, that's all (871023); Also... at the chakras, starting at the heart... with left hand towards Shri Mataji, and the right hand on the left side, at the respective chakras... you can say the Affirmations (871116)

You don't know what joy you get when you give Realisation to somebody... the most joyful moment is when you give Realisation to somebody... just try it... try once and you'll enjoy it... and then you'll want more and more and more (970525); Even when you say 'Mother are you the Holy Ghost', it works out... it gives you Realisation (800927); When you are giving Realisation to another person... 'your' Kundalini is doing the job... poor thing, she is raising... this fellow's Kundalini, you see... whatever it is (0.0012); If you raise their Kundalini... gradually they'll come... but you see... they have to be aware of their Realisation... that is a compulsion (791202.3)

- Jai Shri Mataji -

Sahajvidya - Giving Realisation

Tape References:

Date/Ref - Title - Qual - mins

- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 790000.2 2nd Talk - see 790200 not good
- 790000.2 Shri Mataji working on new people good 55
- 790416 Living work of God - Easter - Putney good 45
- 790530 A Higher Life... a World of Bliss and Joy, Caxton Hall good 55
- 791009.1 Maintaining the purity of S Yoga/Where... stand in S Yoga
- 800927 Lethargy - Chelsham Road good 75
- 810921 Shri Mataji in America, NY day 2 (Nice Q&A) good 35
- 830127 Spiritual Roots, Delhi [I'm here... plea for God] good 50
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
- 871116 Porchester Hall [+20 min Affirmations - good] good 30
- 970525 Respect the Mother Earth, Cabella good

Universal Personalities

One has to understand that now we have come out of all man-made things... like man-made countries - we do not belong to America... or to England... or to India... we belong to the Kingdom of God. In the Universal Country we have come... now we have become Universal Beings... and as that we don't have any of these dividing factors, which divide human beings... such as race, or any higher or lower caste... this is no more there. We have entered into the Universal Pure Religion, and we should be proud of it; We have certain powers... and these powers increase, when we humble down - they do not increase with arrogance... with arrogance one can only become stupid... that's the only end of arrogance. So with humility, one should know that now you belong to Sahaja Culture, and Sahaja Culture is that of humility... if you are not humble, then you have not yet achieved your Sahaja Yoga (880921); You are all universal personalities... you have to be that great. You don't belong to any country - just to make it convenient you see, Shri Mataji uses the name of the country (881221)

Global Personality

Which develops when you start seeing the problem of every country, of every Nation... but when you see, you don't see like other people, who might like to use it for their own purpose... maybe for media, for something - what you want is to see that the problems are solved. Your powers are so great with this kind of a mind, which is dominated completely by the Divine Power. Many problems can be solved on a universal level, if you are a global person. What happens is, you become a vehicle, or like a channel for this Divine Power to act, because you are a purely global personality, not attached to this, attached to that, but a pure Sahaja personality, which can be used by the Divine Power very easily (980510)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

880921 Speech at Ammonk Ashram, New York good 35

980510 Meditation is the only way, Sahastrara, Cabella good 60

- end -

28 Jun 2003

Goal, Aim (purpose) in life

To become the Spirit; To get Realisation; To get Atma-Sakshatkar (830208, 830204); To ascend and help others to ascend... by introspection and seeing ourselves... by meditation and not seeing the defects of others... by being collective (871016); Shri Krishna taught that the lower goal is to be given up for the higher goal (830202)

We are made human beings... to feel that Divine Power... to manoeuvre that Divine Power... and thus enjoy the Bliss of Divinity (820514); We have been manifested to achieve our own powers (790616)... to be vehicles of God's Powers (831001); The creation has to know it's Creator (820710); Try to become cheerful, blissful, happy, dignified, sensible... sweet (800927)

You are specially made by God... specially chosen by God to be human beings... and you are here with a very great purpose. The first purpose of God is that you should become the vehicles of God's powers... completely... so that he flows through you... that he flows into the atmosphere... into the Universe... to make it a Divine Place. The second purpose... that God has prepared you now to settle into His Kingdom... that's your right... to be there (831001)

One should try to be careful and alert about oneself, and not depend on any other person for help in this, but should try to completely consolidate one's own being into the Kingdom of God, and to occupy the highest seat in the Heart of God Almighty (790928); This is a very precious time, which should not be lost. All our lives we have done jobs, earning money, marrying, having children and dying. This time let us do something special, for which this whole Universe was created - and open the gates of Heaven for the rest of the people (791015)

In the realm of God, we have to be meaningful to him... not that he should be meaningful to us. We should change our attitude towards him... we should say... what have we done for God... then you will get ideas what is to be done... how to work it out (850310); To substantiate your purity... to be fragrant with your purity... your

Sahajvidya - Goal, Aim (purpose) in life

attention should be on the other side. Now you are not facing the Mother... you are sitting with the Mother facing the whole world... so the whole attitude will change. The attitude should be... what can I give... how can I give... what is my mistake in giving... I have to be more alert... where is my attention... what am I doing... what is my responsibility. You must desire that you should be pure... pure desire... that you should be the Spirit. Then your responsibility to Sahaja Yoga. What is your responsibility to Sahaja Yoga... which is the work of God which has started... and you are my hands. You have to do the work of God... you have to fight the anti-God elements... the satanic elements. You are not responsible for your families any more. Now the forces are gathering in such a way that the sorting out will start. Your responsibility to yourself is to be the Spirit... is to understand Mother better... to understand this mechanism within you... how this mechanism works out everything... how to become a Guru yourself... to be a dignified and a glorified personality... to be a respectable person... and not a cheap personality. Every one of you is worth the whole Universe... if you want to rise to that height... to that magnitude... it is within you to prosper (821219)

So now we have to be wise, and see what is destroying us... what is destroying our inner being. For Sahaja Yogis it is very important... because if they can hold it... with their wisdom, and firm faith in Sahaja Yoga... after some time the whole thing can subside... and this is what has to happen actually to the world... otherwise they can be blown off also - if they are not rightly placed... if they are not grounded. If they are not fixed to their own enlightened faith of Sahaja Yoga, they can be blown off with this wind, which is there to torture... to destroy the whole world. So the responsibility of Sahaja Yogis is very important... that their Ganesha principle is alright... if it is not alright then the whole Sahaja Yoga movement can collapse (930721)

Sahajvidya - Goal, Aim (purpose) in life

Our idea is that by God's Grace we are so many... and if we want we can transform the whole world... we can bring peace, joy and bliss to this world... bliss and joy... for this we have to have our balance, our ascent... and then the desire to fly into the whole Universe. How to do it... you can find out yourself... it's not difficult... how can I do it... face yourself... find out about yourself... don't justify yourself... don't be miserable... you have to be joyous, happy, balanced, well behaved, sober. Outwardly it will show, whatever is inward - all your dignity will express... if there is dignity. So all these things can be built from inside out... not from outside in. So lets work it out that way... then things will be very easy, because now you have a state where you are separated from yourself. So that is the state of Nirvikalpa, where you are not attached to anything... you have no diseases... you have no troubles... you are above everything... you do not try to complicate things for me... you do not try to say things more than me... you just take it... a hint... is sufficient... Mother said so, alright. But another bad habit some people have... is to say... 'Mother said so, so this is so'... use your discretion... how can Mother say. If she has said something there must be something in it... we must understand (850310)

Only Blake has told of Jerusalem... he could see that vision... he was that sensitive... the way he has described, talked of the glory of this country (England - Ed). All this inertia, this lethargy that is settling into this country is because of our foolishness, and stupidity. You are the most dynamic people... in your spiritual work you can be very very dynamic. You are the ones who are going to throw away all the shackles of nonsense... and you are the ones who are going to recreate a beautiful arena for the whole world... that's why I'm here. I've been here for 6 years... and again I am here for 6 years... perhaps... I hope so. I hope something substantial will be done in all the parts, where the English who are my children... who are the Saints of the past, who are born in this country... and will receive this... and settle into it, and not waste your energy in the ego as your forefathers did - they just wasted their life (800809)

- Jai Shri Mataji -

Sahajvidya - Goal, Aim (purpose) in life

Tape References

Date/Ref - Title - Qual - mins

- 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)
- 820514 You must become the Spirit - see 820514 good 45
- 791015 How Realisation should.. develop, Caxton Hall - see 790928 good 30
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790616 Dr Johnson House, Birmingham not good 55
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 800809 What are we inside - B'ham good 30
- 800927 Lethargy, Chelsham Road good 75
- 820514 You must become the Spirit/Puja on Fighting Asuras
- 820710 Derby PP [PP video set 4/3,4] good 55
- 830202 Vishuddhi Chakra, Delhi (+ Q&A: 5 mins) good 80
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 830208 India and West, Delhi [+ 30 mins Q&A] good 50
- 831001 Santa Cruz interview good 45
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium

God Almighty

Sadashiva; Raheem; Pawarvikar; Niranjan; Nirahamkar etc. (830204); The Father of the Trinity, Christ being the Son, and the Holy Ghost being the Primordial Mother (871023); When Parabrahma first awakens, Adi Shakti and Sadashiva (God Almighty) arise, and it is the Adi Shakti that is the desire power of God Almighty, and which does all the creation (850528); The power... 'She' is the power, and 'She' is called as Shakti... 'She' is the power. So 'He' is the God Almighty... and his power is a 'She'... the Holy Ghost...the Divine Power of God... is Love... which has got... one is the Creative power... and another is the power of Desire. First He must have desire... and then He creates... so, He has the power of Desire... then He has the power of Creativity... and also He has a third power which gives us Sustainance... and Evolution... so this third power is more important because that gives us this Ascent also. This is the manifestation of the Holy Ghost, which is the power of God Almighty... which is the power of his Divine Love (821008)

God Almighty himself you can say... is Formless... and then he can take a Form... that's not difficult... to take a form. You can say that now what is the form of the flame... nothing... but when it is in the lamp... it has a form. So we can say that the Formless becomes the Form... and the Form becomes the Formless (831001)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 831001 Santa Cruz interview good 45
- 850528 Kundalini Power and Creation, Los Angeles good 45
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024

The Goddess

The Goddess is always as a Mother (830821)... the Devi, the Adi Shakti; She can be extremely cruel and harsh, yet also can be extremely gentle and mild (891008.1); If you are living in the Kingdom of God, and when the Goddess of that Kingdom arrives... you have to be there (850629)

This Havan is a very good thing for reciting the names of the Goddess... her eyes are given by fire... and in that light... in that fire... in the name of the Goddess we awaken our Deities within us... and burn away all that is wrong in these particular chakras which invoke those powers... so with devotion and understanding you have to do it... because you are really privileged people today... be proud of that, and do with that devotion all these things... we should do it in full devotion. I think very few people can put into the fire... but you can all do symbolically... and how many names do you want to say... do 108... it's better (801019)

In the olden days when the Goddess had to fight the Rakshasas, the Rakshasas were not involved in human beings as such... they didn't become Gurus or anything. And so now we find, in Kali Yuga they have gone into the brains of the Sadhakas... of their devotees. It's very difficult to remove them... and once they go into the brains of the Sadhakas... then the Sadhakas become of course possessed... they suffer... they have all kinds of problems - but despite that they stick on to that person, because they are mesmerised. Main thing is that in this Kali Yuga there are so many Sadhakas... they are running helter and skelter... they are running all over, trying to find out some way of finding the truth (911209)

Once I went to meet a real guru... he was a very horrid fellow otherwise... but for me, he has tremendous regard... so he started talking to me as you would talk to a Goddess. He said...'you are God... with your power, why don't you change these worldly people a little bit'... I said 'that is what is the problem... I have given them freedom... I've said... alright this

Sahajvidya - The Goddess

freedom is given to you... you can choose to get transformed or not... I cannot force'... he said 'but God Almighty you are... you can do anything'... I said 'I can... do everything, but I do not want to do certain things... and one of them is to take away the freedom... from them... that is their freedom to choose'. So he was quarrelling with me about this... I said 'your concern is alright, and I understand, because you are a guru... but when I am God, supposing... then my style is different... I can't be like you'. He said 'that's true... you can't be like me' (920719)

He was talking to me only, as if I am God standing before him. And then he told all the disciples... you see... you praise... you praise the Lord... you praise Her... because God is fond of praise'... I said 'really'... he said 'yes... if you praise the Lord, then he gives you everything... I have seen that... I always praise him... whenever I want something to be done, I just praise him... and he does it for me'. So I said 'it's true... I must accept... you cannot get to Mother, unless and until you are really bhakti from your heart... it's already sort of... a built in... restriction... what can you do... if you don't have bhakti, you cannot get to Mother... no you cannot... you cannot get to God... but if you have bhakti, then you can get to Mother... it is written... Bhakti Gamyā' (920719)

As you know... I am the Goddess... and the Goddess is supposed to wear, I don't know how many ornaments, just to adorn her chakras. I have lots of ornaments myself, of my own... but only for Puja, I wear ornaments. I don't wear... though I am supposed to wear lots... why? Because it may not be that alright... it may be dignified, but may not be that alright to wear all those things all the time... but I am supposed to wear... like I am supposed to wear many more things on the hand here, rings... and on the Feet... everything... all the time... gold... though I don't do it (860504)

- Jai Shri Mataji -

Sahajvidya - The Goddess

Tape References:

Date/Ref - Title - Qual - mins

- 911209 Bangalore Puja - see 911206.2
- 891008.1 Destroy those demons within, Margate - see 891008 good 45
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 801019 Puja Fighting Asuras, Durga Temple, Hampstead see 820514 good 15
- 801019.3 Spreading Sahaja Yoga in Europe
- 830821 Mother Earth - Surbiton good 50
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 860504.1 Sahastrara Puja talk - Alpe Motta, Milan good 85
- 860504.2 Second Sahastrara Talk - Milan/Delhi University address
- 911209 Public Program, Bangalore good 15
- 920719 Guru Puja - Cabella good 65

God Realisation

Beyond Nirvikalpa... is God Realisation... and there are three stages to that also. God Realisation is the state in which are Gautama Buddha and Mahavira... who were born as human beings... but today they are like Incarnations... and... they... show what human beings can rise up to (770215); That stage of Realisation, where is developed the capacity to control the elements (870513)

The power of Vishnumaya is the most powerful thing that a human being can have, is the most auspicious thing - you become a holy personality - and it is one of the ways of getting God Realisation; If you have to go towards God's Realisation, first establish your sense of chastity and humility (850901)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

770215 Talks about Sat Chit Anand, Delhi poor 65

850901 Vishnumaya Puja/Brompton Sq. Puja, Wimbledon/Brompton Sq

870513 Melbourne PP [PP video set 4/5,6] good

- end -

28 Jun 2003

Will of God

Now in your freedom you must understand what is glorious for you... then you tell yourself that I have to become something more... and the only thing I have to do is to completely coordinate, cooperate and surrender to His Will... so that I become. In that surrendering you do the greatest thing, because by that you do not interfere with His work... you do not obstruct the Will of God. He wants to give you the highest... which you cannot achieve for yourself... it is His gift to you (800517.1)

We should not determine ourselves, what we should do - the Spirit uses us, and if something does not work out, then we should not be upset about it. Everything is arranged and planned - if you are to do something, it will work out (960505); When something that you want doesn't work out, then you should accept it as the Will of God - that it is what He desires, that it is the Desire of God; Now you are one with His Desires. You are here to communicate the Desires of God, to the whole world. At this stage, if you start having your own desires and ideas about yourself, then when will you become the Desire of God (760330)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-760330.2 Deities on various Chakras, Delhi - see 800102

-760330.1 Gudi Padwa, Delhi - see 760330 good 30

760330 Gudi Padwa, Delhi/Transformation, Bordi

800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50

960505 We must feel responsible, Sahastrara, Cabella good 55

Gold

Which is always shining, is untarnishable, yet when covered by mud it doesn't shine - you have to wash it, clean it, and rub it nicely so that it shines. Gold, before it came into it's own state of gold, was mixed with so many other things... so it had to be heated up, melted away, sieved out and so many processes before it became gold. Then, secondly, the gold has to be kept shining, and thirdly, it has to get a part in the crown of your Mother, so it can never be tarnished. Likewise, in Guru tattwa, it is from the basics that you have to start (860706); Pure gold... is good for vibrations (.0011)

A young girl in India, who is not yet married... could not dress up with gold and all that... they're not supposed to - only after marriage... it's only for the married girls (790609.3)

As you know... I am the Goddess... and the Goddess is supposed to wear, I don't know how many ornaments, just to adorn her chakras. I have lots of ornaments myself, of my own... but only for Puja, I wear ornaments. I don't wear... though I am supposed to wear lots... why? Because it may not be that alright... it may be dignified, but may not be that alright to wear all those things all the time... but I am supposed to wear... like I am supposed to wear many more things on the hand here, rings... and on the feet... everything... all the time... gold... though I don't do it (860504)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860706 Guru Puja, Gmunden - see 860706 good 55

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

.0011 Weekend seminar in Pune, Tape 1 good 180

790609.3 Maria's House Tape 3 poor

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria

- end -

11 Sep 2002

Gorbachev

Realised Soul (900811.2), who courageously reduced East-West tensions, by disarmament, and also who introduced Glasnost (Openness), and Perestroika (Restructuring), giving more freedom to the people (900000)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

900000 State of the Planet / Water Music good 30

900811.2 Canadadesha 1 - Vancouver, Canada good 35

- end -

28 Jun 2003

Gossip

The women... have another bad habit... is to gossip... about this person... criticise that person... it is a very bad habit of women, to gossip. I never pay heed to anyone who gossips... and I don't like a person who gossips... cheaply, frivolously talking about others (860504); Talking ill about anyone, complaining about anyone to me... will spoil your Vishuddhi - if there's some sense... if I ask... then is alright... but all the time talking ill about each other will spoil your Vishuddhi. If possible try to talk good about others, always - by telling good about another person, you will help yourself and another person. When you judge others... you should know that you are judged by God... it is 'His' judgement... which is going to decide how far you are (800127.2); A principle of Gandhi was 'never to listen to nonsensical gossip - never to listen to any criticism'. What is the use... what do you gain by repeating to another... why to see something wrong with others... (980320)

Those who are not innocent, play 'games', try tricks, gossip, indulge in filth... Shri Ganesha cuts them out... he sees for a while, and if people remain still half baked, they are thrown out of Sahaja Yoga. Ego is anti-innocence... and that's why this kind of a nonsensical gossip people do... which I can't understand... so filthy (840902)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed.. S Yogis & how maintain them, Bordi good 30

840902 Ganesha Puja talk - Switzerland [French translation] good 55

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

980320 Felicitations, Delhi good 55

Grace

The Grace of God which starts to descend and flow into the Ida and Pingala Nadis, once the Kundalini has risen and become one with the All Pervading Power. Which first goes to the Nabhi, a great sucker of this Divine Grace, and then to the Swadisthan (801027); When the Grace comes... all the body, all the chakras open up... and also the Agnya opens up (830209)

So far, human beings received the Blessings of God... individually, as Grace... and they received their Self Realisation individually, one by one. The method for individual Realisation was just the opposite of the collective... first they had to establish their dharma... cleanse themselves fully... desiring all the time for their salvation... as we call it Ishwara Pranidana... thinking of God... asking for his Grace... and acting in a scrupulously dharmic way, to keep themselves pure... controlling their minds, their desires and their actions... and then only, the Grace of Mother gave them Realisation (800505)

It is the Grace of God that must be sought for... and somebody's Grace... you cannot force it... you cannot demand it. You cannot say that I am such and such, and the Grace should come to me... no... it may not come to you at all... even you may be the highest priest of the Church of England, you may not get the Grace of God... you have to ask for it... you have to be humble (790000.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-790000.2 2nd Talk - see 790200 not good

790000.2 Shri Mataji working on new people good 55

800505 Sahastrara Day, Dollis Hill Good

801027 What happens after Realisation, Caxton hall good 60

830209 Problems of Left, Right and Centre, Bombay good 65

Gravity

The gravity of the Mother Earth, superficially may be seen as a thing that acts on our body to keep it on the ground. Also there is a load of a big atmosphere on our heads, plus the Mother Earth has the gravity to pull us towards herself (860706); The gravity that Mother Earth has, also is the manifestation of the Kundalini of the Mother Earth (970525)

The 'Guru' means the thing which is higher or stronger than the gravity of the Mother Earth. We have to rise above the gravitational force of materialism, which is today's religion everywhere, whatever they may call it (860706); You have to have a gravity of your own, which is not bound by the gravity of the Mother Earth (860706)

This gravity point within us comes very natural to human beings, and is to be maintained. If children are told about their gravity, about their dignity, about their greatness, they will immediately develop it with great pride (920209); This gravity gives you a kind of an attraction, and gravity means that you are not disturbed easily by any turmoil or anything. It means that you are standing on the centre... you see everything, don't get disturbed, don't get tempted, are self contented, don't ask for anything, don't need anything, don't take revenge... but forgive (920209); You don't run after someone who has done wrong... you just stand there, and your standing there itself is sufficient to frighten others, and to destroy others, because you are standing at a point where you cannot be destroyed (920209)

Anything that has weight, gravitates automatically; It is impossible to fight gravity; That gravity is the integration of your shraddha, your dedication and your surrender... without that gravity you cannot nourish yourself... you cannot grow. Just imagine, the roots go towards the gravity, and when they are nourished.... then only, the tree rises above (850629)

Sahajvidya - Gravity

Tape References:

Date/Ref - Title - Qual - mins

-920209 Ganesha Puja, Perth - see 920209 good 35

-860706 Guru Puja, Gmunden - see 860706 good 55

850629 Guru Puja - Paris (Strong correcting tape) good

860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria

920209 Ganesha Puja, Perth/Red Hill, Canberra

970525 Respect the Mother Earth, Cabella good

- Jai Shri Mataji -

Greed

An inner defect in a human being... he becomes greedy because he has deviated from dharma... he thinks he can get pleasure out of things - he cannot... and he goes on accumulating and buying this and that - joy is much more in... giving to others (971004); Greed has no Mariadas (971004); To get rid of this greed... try to give to others, and see the joy (971004)... for whom should I buy... if you train your mind along these lines, not for yourself, but for others, then you'll be amazed... this greed will run away, and you'll have joy. If giving is there, then this greed goes away, and you get what you want. It's surprising... so far... with all these miracles that you don't understand... that whatever we need will be provided for... but you must 'need' it (971004)

If you don't have greed, you get what you want... but if you have greed, God makes you dance; If you don't ask for anything, if you don't desire for anything... you get what you need... whatever 'you need', you get. Better try to develop a detachment... if it's there, well and good... if it's not there, doesn't matter (971004)

It is the greed, the terrible greed in man, that creates the problems (980320)... is one of the biggest enemies or problems of today (970600)... but if he learns to be satisfied, automatically the greed drops out (980320); If you don't have satisfaction, then any amount of Lakshmi cannot help you... then one becomes greedy - you have something, but you want to have more and more and more. For that one develops all kinds of methods, and measures... and then... you can have a very bad Mafia (960716); For greed you have to work on the Nabhi chakra... and for which we will work it out on Diwali day (860818)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

-860818 Raksha Bandhan, Hampstead - see 860823.1 good 20

971004.1 Nature & Balance, evening before Navaratri, Cabella good

971004.2 MUSIC - Evening Program, Cabella

980320 Felicitations, Delhi good 55

Groups

We should not form into groups... groupism is a very bad characteristic... especially of the English... it's so troublesome sometimes. We should never form a group... just mix up with other people... talk to everyone (891203); Is a problem which crops up... sometimes... which is very dangerous... like somebody has a habit of forming a group against the leader (950625)

In fanaticism, you 'finite' yourselves... I am this... I am this - that is 'clubbing'... actually it is nothing but ordinary clubbing... like we have clubs like... somebody puts the tableware on the left side... is one of the clubs... another puts on the right side... is another club... it's just like stupid clubbing, that's all. Fanaticism comes from the word 'finite', we should say - when you go into infinity, how can you have fanaticism (860707.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-891203 Farewell talk - Shudy camps - see 891008 good 35

-860707.1 Press conference, Vienna - see 860707 good

950625 Richmond Park talk - Richmond Not good 45

Growth

Those who want to grow should meditate every day, whatever time you may come home... maybe in the morning... maybe in the evening... any time... but you will know that you are meditating, when you can get into thoughtless awareness... your reaction will be zero... you look at something... you'll just look at it, you won't react because you are thoughtless... you won't react. When that reaction is not there, then everything... you'll be surprised... is Divine (980510)

Some people achieve maturity much faster than others... despite the fact that they may have been ruined by many... but still they do it. What makes it very quick is the left side, what we call Mahakali's power... or we can call it as Iccha Shakti... the power of Desiring. If the power of Desiring is very strong, and comes from your heart... absolutely from your heart... then it works much faster. Once you put your heart to it, everything will work out well... because the whole force is coming from your heart... because in the heart resides the Spirit. So the only judging point is... 'am I doing it from my heart... or... am I doing it superficially' (791009.1)

It is because our attention is 'outside' that our growth is slow (791015); People who are mediocre think that gradually they will be alright, and that they'll come up... but I would suggest that you should make all out effort... to become strong Sahaja Yogis (871219); Achieving Self Realisation is not the end of it, it's just the sprouting, the beginning - you have to let it grow (791015)

I think all of you should buy one tape-recorder each, because you see... that is one way of growing... because a Sahaja Yogi told me that when he started listening to them his English improved tremendously... and he said... 'the vibrations are coming from them... and I started growing'... so it's a very good idea to have tapes... and in your spare time put them on and listen to them. It's a very good thing and helps a lot - that will really mature you very much I think... a very good idea (801019)

Sahajvidya - Growth

You have to show that you have grown up in Sahaja Yoga... that you are very deep... and you are a very senior person. I have seen some little children also... they are so grown up, and so sensible. But if you are still running after nonsensical things... if you are still full of lust and greed, then better you leave Sahaja Yoga... and find some other area where you can do that. It is something surprising how people do not understand their position in Sahaja Yoga; Your growth has been on the whole very good... I know there are many people who are wonderful Sahaja Yogis... who are really great Sahaja Yogis... and they have every right to call themselves Sahaja Yogis... or Maha Yogis... but that is only possible, and perceptible if you really grow up inside... and your Spirit shines like crystal clear ocean of love (010321)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871219 Complete your Realisation, Aurangabad - see 871219 Good 25
- 801019 Puja Fighting Asuras, Durga Temple, Hampstead, see 820514 good 15
- 791015 How Realisation should.. develop, Caxton Hall - see 790928 good 30
- 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
- 801019.3 Spreading Sahaja Yoga in Europe
- 871219 Complete your Realisation - India
- 980510 Meditation is the only way, Sahastrara, Cabella good 60
- 010321 Mother's Birthday Puja, Delhi good 50

Grudging

We should bear no grudge to anyone... how can you bear grudge to anyone... we have to be forgiving (920209); If you are grudging type, all the time if you think, I haven't got this, I haven't got that, then you can never enjoy whatever you have. Thankfulness is the way to Joy... there's no other way (790000.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-790000.2 2nd Talk - see 790200 not good

790000.2 Shri Mataji working on new people good 55

- end -

28 Jun 2003

Gruhalakshmi

One of nine Lakshmis... is the Gruhalakshmi, is the housewife (960716)... the Goddess of the household - the wife. In our subtle system, is on the left Nabhi (810926); The wife is the shakti of the family, and is the strongest point, and bears all the angularities of the husband. She is equal to but not similar to the husband, both being important to a balanced family life. A good balanced family is basic to a good society (8103280); A woman's job is to be the Gruhalakshmi, to be auspicious, kind, soft-natured, and to produce a warm house... to care for the Nabhi of everyone... of the family... to give vibrations to the food (830131); The Gruhalakshmi is the most powerful shakti - she is the power of tremendous love, compassion and forgiveness (860921.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 810926 Shri Mataji in America, NY, day 3 [+PP video set 2/1,2]
- 830131 Nabhi Chakra, Delhi good 80
- 860921.2 Role of Belgium and Holland, Mechelen good 65

- end -

20 Apr 2003

Guilt

Feelings of guilt are an escape, which can be corrected by facing up to and dealing with the situation (830121); People in the West all the time are feeling guilty, for no reason at all, and not knowing why - is a horrible thing, and is caused by the Bible teaching that we are born sinners, which is nonsense (820711), feeling guilty for something which is just an illusion (861221)... and may also be caused by psychologists (820711)... and is one of the main reasons for the left Vishuddhi catching... for the left Vishuddhi getting into problems (810330), and may lead to spondylitis... to thyroid... to pain in the heart... all kinds of troubles... is the worst disease of the West (821008; 820711)

Psychologists have the worst Agnyas (781218), and catch on left Swadisthan (790507), and they may be one of the causes of people generally feeling guilty all the time for no reason at all. Freud was a perverted man who misled people into becoming 'sex-points'. On the contrary, Jung, after Realisation, was a good psychologist (820711); This false guru... Narakasura... he makes it even more substantial, by putting guilt into your mind... that 'if you don't do 'this', then 'that' will happen'... the fear side of it (790608.2; 790609.3)

If you have been immoral, you get left Vishuddhi... is the basics... then there is the sister relationship... then the guilt that is built in the Subconscious - if you become immoral... in the Subconscious the guilt is built in. The guilt is a subconscious action... is what you call the conditioning in the left. It could be from your previous lives also... it could be that you have said something very filthy which you do not remember; Do not worry what guilt you have... now forget it... detach yourself... the one that has committed a mistake is your ego, not you... you are pure... you are the Spirit. So don't condemn yourself for that... and do not tax your minds... we are not psychoanalysts at all (800907)

Sahajvidya - Guilt

The hidden power of Shri Ganesha is the left Vishuddhi... is acting like chastity, through the left Vishuddhi; Is to be established not by giving bandhans, or taking vibrations from the Mother and then getting lost, but by correcting yourself morning til evening, and facing yourself, and not feeling guilty; Interest in another sex all the time is not a sign of chastity (850901); To correct the left Vishuddhi, put left hand towards the Mother, (or the photo), and right hand on Mother Earth, give a bandhan to the left Vishuddhi, and say in your heart: "Mother I am not guilty". But these become rituals if you do not say it from your heart (860305; 850901). Only those who correct their left Vishuddhi, by being in the centre and not feeling guilty, and by watching themselves, facing themselves, giving themselves shocks and correcting themselves, only those will ascend (850901); On left Vishuddhi point Mother says She fails... it is for us to do it. Forget the past - now you belong to a new family, a Holy family - people who are saints are sitting here, and amongst them you are (850901)

Left Vishuddhi gives all kinds of social problems (801116); Problems start when we get confused about 'sisters' relationships, or the pure relationships like those of our mother. Confusion with relationships with other men, other women, or no understanding of men and women relationships, lead to guilt, because we know it is wrong (810330); Then we get problems from feeling guilty, like 'I should not have said that...' or 'I should not have gone there...' for this we should say 'Mother I am not guilty' (810330); Vishuddhi... may catch when we feel guilty, and prevent the Kundalini from rising above it, and which may result in spondylitis or angina (900811.2)

A person who escapes into left Vishuddhi because he feels guilty, becomes very sensitive... it is a very difficult situation. You say anything to that person, and he feels more guilty - it is a very bad situation with left Vishuddhi people (850901); You have to be angry with yourself when you do wrong things... and not to feel guilty... angry with yourself when you feel guilty... anger against yourself, and not against others (830321)

Sahajvidya - Guilt

Sorry... is a very difficult word for western Sahaja Yogis, and also for some Indians; That Indians never feel guilty, is a good idea... but they never say sorry - if God says it is wrong, then it is wrong - to err is human... to forgive is Divine - but you have to know that you have erred (850901)

Here, where we feel guilty... works our self confidence... our faith in God that he forgives us (790722); You say it is a fashion to be guilty... what are you guilty about, I don't understand... what sin can you commit that God's Love cannot cure... he's an ocean of love (790722); What's the use to feel guilty - if you feel guilty, this left side Vishuddhi gets caught up. One must know that God is the ocean of compassion... he is the ocean of love... and he is the ocean of forgiveness (821008)

Only a person who is not guilty will be really humble... because guilty people are aggressive, are sarcastic etc; A humble person is a free person, free to be humble, to be kindly, to be gentle, to be compassionate - that sort of Sahaja Yogis you have to be. When people meet you, they will be impressed (850901); We should not use all such words that show our guilt, but rather words that show our humility... and emotions that you have should have no guilt in it (850901)

I have put so many guilty people in my left Vishuddhi, that my ears are getting blocked, trying to clear them out. If you can clear out our guilt, my ears will be opened out, my trouble will go away. So please I request you, to keep our left Vishuddhis alright... don't feel guilty (850901); The mantra for left Vishuddhi, is "Mother, I am not guilty", said 16 times (820711)

Sahajvidya - Guilt

There is a war going on between the Divine, and the Satanic Forces (known as Devils, Rakshasas, Asuras) who have come in the garb of religion, as the false gurus, the so called God-men and God-women, to demolish the Kingdom of God in the hearts of human beings. And this at the time when we are about to achieve our ultimate goal - to enter the Kingdom of God. These Satanic forces have gone into the minds of the seekers. We cannot see them, or understand just how dangerous they are. But we have to fight them, and for this we must be courageous and cheerful, wise and centred, without feelings of guilt - full of enthusiasm and valour (800630)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 861221 Chalmala Welcome Address - see 861221 good 5
- 860305 Wimbledon Address - see 860305 good 45
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 800630 What is happening in other Locas, Caxton Hall - see 800630 good 25
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 790507 Sahaja Yoga Introduction good 60
- 790608.2 Maria's House Tape 2 poor
- 790609.3 Maria's House Tape 3 poor
- 790722 Leeds at Jim's House poor 45
- 800630 What happening in other Locas/How.. prove existence of God
- 800907 How to know where you are - Chelsham Road good 120
- 801116 New Age - Plaw Hatch Seminar good 70
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 820711 Nabhi to Sahastrara, Derby good 90
- 830321 Overcoming the 6 enemies, Ma's 60th B'day Puja, Sydney good 50
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 860305 Wimbledon address/Brompton Square
- 861221 Six Puja Talks - India 1986/87
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- 960915 Without Innocence, you cannot enjoy, Ganesha Puja, Cabella good 60

Gunatit

When the attention goes to the Spirit, it just happens that you become Gunatit, and are no more concerned with your own conveniences, or comforts. You just go beyond all these three gunas which have been dominating you, like the Tamoguna, Rajoguna and Satwoguna. Now you don't want to see whether you are right sided, or left sided or centred - you are a Sahaja Yogi, and a Sahaja Yogi is beyond all these things, you are Gunatit (980321)... beyond the three gunas (800526)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800526 Attention, Dollis Hill

980321 75th Birthday Puja, Delhi good 55

- end -

13 Jun 2003

Guru Nanak

One of the incarnations of the Primordial Guru, or Master, who all said to lead a moral life (800727) and came to establish balance (840718) and teach the code of life, morality, in preparation for our ascent. Born in the month of November (851128), at midnight (821101), in the Punjab (840906); Who is the same as Mohammed (830131); A Satguru (830209)... who was a married man (771024.3); All the great Saints of India were married and had children... except for some people like Buddha, who died very early... he had to take a Sanyasa because of his work. Then we had Kabira, Nanaka... all of them were married people (821008)

Who had control over the elements - when he put his hand on a rock, water started to come out (821101); Who lived in India, and talked of the 2nd birth and the need to be born again (791203); In Sikhism, Guru Nanak (820711) warned against smoking (870500), and drinking (820711)

In Nanaka's time, Sikhism came in... formed often from the eldest sons of Hindu families... and so started a warrior class, which ended up by having wars between Hindus and Muslims (790530; MME)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 870500.1 Untitled talk - see 870503
 - 821008 We don't have to suffer, Bedford - see 821007(Video) Good
 - 771024.3 Caxton Hall tape 3 poor
 - 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
 - 791203 When You meet Me - Caxton Hall good 35
 - 800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70
 - 820711 Nabhi to Sahastrara, Derby good 90
 - 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
 - 830131 Nabhi Chakra, Delhi good 80
 - 830209 Problems of Left, Right and Centre - Bombay good 65
 - 840718 Chiswick Town Hall [+33mins Q&A + incomp. Experience] good 55
 - 840906 Talk at Gregoire's House - Vienna [German translation] good 65
 - 851128 William Blake, Hammersmith (C100) Not good
 - 870500.2 Australia PP [PP video set 5/1] good 35
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Guru Pada

For Guru Pada... you have to have, in Sahaja Yoga, complete humility... natural humility... natural balance... this is what Christ has taught us (971225); It is a state, not a status, because a status is external... and can be bestowed upon anybody... by anyone... but a 'state' means the innate being... has evolved to that level... that you become a master... is a state that is achieved (920719)

Now how do we achieve that. Firstly... in meditation you can become thoughtless... for a short time. Gradually this increases, that we are without thought... for that we have the Nirvichara mantra. Then you start seeing that... witnessing... without thinking. This first state is very important... the witness state, the Sakshi. As you become the witness, your gravity starts expressing itself... the whole thing will become extremely dignified and majestic... it will just manifest by itself... and you get a magnetic personality. With our gravity, what we do is touch that depth within us... which can carry the Divine Power... the most substantial thing in your lives is this Divine Power; You never feel the weight of this Divine Power... but if your channel is not clean, then this Divine Power cannot flow properly... it cannot manifest (920719)

So what is needed for a guru is self esteem... and to achieve this we have to introspect... and know that... I am a Realised Soul... I have powers. Nobody has these powers. But somehow... in Sahaja Yoga, you are not self conscious of it... that I am a guru... I am something special... I am on the shores of truth. So at that time, a kind of silence will come within you... and this silence will make you really powerful. When you are in that silence... you are in the silence of the Cosmos... and this silence of the Cosmos works for you... so if you become silent within yourself, then know that you are sitting in the Kingdom of God. This silence is the sign that you are definitely... definitely you are in contact with the... Divine... the complete totality of Reality... this All Pervading Power. It is at your disposal - wherever you go, the connection is maintained. It is at your disposal. And a guru... is... so detached. And he's in complete balance - nothing can disturb him... nothing can dominate him... no more he is afraid... a fearlessness comes into him... and nothing can tempt him (920719)

Sahajvidya - Guru Pada

Don't try to judge yourself... but gradually rise, and appreciate yourself... and settle down on the position you have achieved. So then, assume your powers... when you start assuming, all baddhas will run away... and you will be surprised. The knowledge is so subtle, and so great... but with all this knowledge you bend down, like the tree, which is laden with fruit, bends down. This simplicity and humility gives you that special edge which can pierce into any heart... but believe that you are one with that great power, which is God Almighty (920719)

Then praise the Lord... because God is fond of praise... if you praise the Lord, then he gives you everything... it's true. You cannot get to Mother, unless and until you are really bhakti from your heart... but if you have bhakti, then you can get to Mother... it is written... Bhakti Gamyā. So your faith has to be absolutely untarnishable. So when this faith in God is absolutely established within you, that there is God Almighty... that he's Almighty... and that 'I am the messenger of that God'... just this understanding, when it becomes absolutely formed in you, then you are in Guru Pada. But we have to remember one thing... that we must have complete faith in the Kingdom of God... and in the powers of God Almighty... complete faith (920719)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 971225.2 Christmas Puja, G'pule - see 971225.2
- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 920725 Mahakali Durga Puja, France - see 920704 Not good 30
- 920719 Guru Puja - Cabella good 65
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe
- 971225.2 Christmas Puja, G'pule/New Year Puja, Kalwe

Guru

The Paramchaitanya itself is your Guru. You are facing someone who has all the Powers... you know that. The word 'Guru' comes from the word 'Gravity'... unless you become good disciples, how are you going to become Gurus? (850629); The guru is a very hard taskmaster... he doesn't allow any liberties to be taken, but a Mother... is very kindly (850629); Our Guru is our Mother, the Supreme Guru (800727); You have to respect your Guru... surrender to your Guru. It is said that the guru is Paramchaitanya, but it is the Paramchaitanya itself who is your guru (850629); The Adi Shakti is the Source of all the Gurus (800727); You are living in the Kingdom of God... and when the Goddess of that Kingdom arrives, you have to be there (850629)

Shiva is the Guru... Parvati is the Shakti. Shiva is to be taken as Guru... Shiva is the one who is our Guru... he is our Spirit (810904); Guru means a person who is full of Guru Twakashun... is weight... is the gravity (810904); The conveyance of the Guru is the dog. The quality of a dog is that he loves his master... he'll give his life for his master... he'll not sleep til he sees his master return back... any time (850629)

The Guru has gravity, weight of character, dignity, is caring of others, and avoids anger, temper, cheap behaviour (800727); The job of a guru is to give balance to others... if you have the Guru Principle within you, you get into balance automatically (920719); You have to be your own Guru... means that you have to be strict with 'yourself' (910728); A Guru has to be creative, creating new Sahaja Yogis out of ordinary people (890723); A guru has to be higher than others, humbler, kinder, sweeter, loving, compassionate, joyous, cheerful - it should be evident on your face (800613); The guru has himself to accept all the challenges, everything... to go through it, to work it out, to cleanse himself, to see for himself how far he has reached. When you come to Reality, you have to be satisfied with yourself... then comes the confidence... that's how the authority comes in (860706); The Guru within will be awakened if we are very strict with ourselves (830725)

Sahajvidya - Guru

Anything that has weight, gravitates automatically; It is impossible to fight gravity; That gravity is the integration of your shraddha, your dedication and your surrender... without that gravity you cannot nourish yourself... you cannot grow. Just imagine, the roots go towards the gravity, and when they are nourished... then only, the tree rises above (850629)

All the Gurus, all the Prophets are in the Void, are in the stomach (790720); The 10 Incarnations of the Adi Guru are Moses, Mohammed, Abraham, Guru Nanak, Raja Janaka, Socrates, Confucius, Shirdi Sai Nath (800727; 851128), Lao-Tzu (840906; 860706) and Zoroaster (MME); Nath means the Guru... Guru is the Lord of the Vidya (791202.4); Green is the colour of the Guru (840317); Most Gurus were born at midnight (821101), and all the Gurus had control over the elements (821101); Dattatreya is the Primordial Master or Guru, and is the innocence of the three powers, of Shiva (existence power), Brahma (creative power) and Vishnu (evolutionary power) (790530)

The Guru is the best, the highest that God has created - he just imparts the power by which you become one with God, and is not interested in having planes and cars etc. (790530); Any Guru who is interested in women or sex, is not a real Guru, but is an anti-Guru (790530), and causes a catch in the void area (800727); The Guru Principle does all the miracles, and leads the seekers to the Incarnations (840906)

A good Guru is that person who attracts you towards himself, but who is also above the gravity of the Mother Earth, beyond these bodily attractions or other attractions of a gross nature, which enslave you and cannot give you freedom. Once you rise above the gravitational force of materialism, then you could be called as the Guru. A Guru 'shines' before the disciples. When you have something dirty, it doesn't shine... you have to wash it, clean it and rub it nicely so that it shines; The Guru has to suffer the most - that's how he can command. He has to be the example of austerity, of detachment... that's how he is going to get respect (860706)

Sahajvidya - Guru

The word 'guru' comes from 'the one which is magnetic', 'the person who is magnetic'... the one which attracts the attention of the seekers, is the guru. Also it means 'heaviness', or you can say a person who is very steady, or who is very deep, who has the knowledge, and can act like a Mother Earth. This power of magnetism of Mother Earth is the power that makes us stand properly on our legs, when it is rotating at such a tremendous speed - that we are still attached... is only because she has gravity. This gravity has to be in a guru... it means a kind of serious understanding of oneself and one's own responsibilities... so a guru has to be very steady. In these modern times, people are very mobile, all the time agitated... with small things happening here and there they get disturbed... they meet people who are not of any quality, and they get disturbed... because of deficiencies in their gravity. A person who has gravity doesn't get depressed, neither excited, nor overly enthusiastic... nor is he sad or unhappy... so he is in the centre... of his being. First and foremost thing for a Sahaja Yogi is he must have introspection... he must watch himself... if he changes because some fashion has come... or because some people have suppressed him... or just asked him to... or just to please people of cheap values, then he cannot be a guru. He has to station himself properly on the values of Sahaja Yoga (980712)

If you bow before any wrong guru... you catch your Ekadesha Rudra... Ekadesha Rudra is on your forehead (810904); To neutralise... a guru who has been a bad guru... you have to surrender to the Real Guru... if your guru is a real guru... then you surrender to the Mother of your real guru... because your real guru is also surrendered to this - so all the gurus are to be surrendered at the Lotus Feet of your Mother. Christ is a real guru... he is. The Christ you know of... is to be also surrendered at the Lotus Feet of your Mother... because he is also my son... Brahma, Vishnu, Mahesha... all of them are my sons... Adi Shakti created all of them... She is the Mother of all the Gurus... of all the Prophets... of all the Incarnations. She exists... and after her... only Parabrahma is (810904); Guru Brahma, Guru Vishnu, Guru Devo Maheshwara, Guru Sakshat Parabrahma, Tasmaye Shri Guruve Namah (810904)

Sahajvidya - Guru

Tape References

Date/Ref - Title - Qual - mins

- 890723 Guru Puja, Lago di Braise, Italy - see 890723 good 30
- 860706 Guru Puja, Gmunden - see 860706 good 55
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790720 Cardiff Public Program good 30
- 800613 Essence within Innocence good 40
- 800613.2 Seeking that which lies beyond, Stratford, London
- 800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70
- 810904 Advice given by Shri Mataji, Brahman Court poor
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 840317 Holi Celebration - Delhi good 45
- 840906 Talk at Gregoire's House - Vienna [German translation] good 65
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria
- 890723 Guru Puja, Lago di Braise, Italy (2 talks)
- 910728 Guru Puja, Cabella good 60
- 920719 Guru Puja - Cabella good 65
- 980712 To be obedient to the Guru, Cabella
- Jai Shri Mataji -

Guru Puja

In the Puranas, it is stated that Adi Guru Dattatreya worshipped the Mother along the banks of the River Thamasa, or Thamsa, which is the same as the River Thames. So he came and worshipped here; The Druids at Stonehenge, also had their origins at that time, in this great country of Shiva, or the Spirit; So the Guru Pujas here give a great background of awakening of the Guru Principle - and that is why so many Guru Pujas were held in England, in London, where also the Thamsa is the place of Tamoguna, where the 'left sided' presided since long, and the people were emotional and worshipful (830725)

You have to come to Guru Puja... no question... Guru Puja is the one Puja you cannot miss... even if you miss Sahastrara Puja... it's alright... but Guru Puja is very important... at any cost you have to come for Guru Puja. Guru Puja is extremely effective (880710)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880710.2 Discretion of Hamsa, second talk - see 880710 good 10

-880710.1 Discretion of Hamsa - see 880710 good 55

830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50

880710 Discretion of Hamsa, Munich

Guru Tattwa

The Principle of Mastery (800727), which is expressed in the void (851128), and distributed into 10 petals (830127); The Ekadesha Rudra starts with the Void... when your ten dharmas are in trouble. So it starts with Void... on the 'left' side... when you have been dominated in your Guru Tattwa... in the Void... the left side Guru Tattwa comes... when going to wrong gurus, and wrong things... is the left side Guru Tattwa. Problems with 'right' side Guru Tattwa... in the Void... come, if you think you are a great guru, or if you have tried to dominate others by your 'magnetism' or whatever it is, or tried to do something like that... then your right side can be caught up... right side Guru Tattwa (.0012)

When you are dealing with 'left' side Guru Tattwa... means, when you have had other gurus... you have to say 'I am my own guru'... it solves the problem. If you have 'right' side, you have to say 'Mother you are my guru'... for the time being - sometimes it can be quite harmful, if I say 'all the time' you have to go on saying (.0012)

So the 5 on the right, and the 5 on the left can be solved. Now what is the 11th one... is the Spirit... is the Atma... for that you have to say 'I am the Spirit'... you have to become the Spirit (.0012)

When the Ekadesha Rudra becomes very strong... on the physical level, it can become... horrible troubles with the body... like cancer. Actually cancer can be felt on the stomach... you can feel the lub-dub on the stomach itself. If it is at the Nabhi place... you can feel the pulse, fast. Diseases like cancer... any destroying diseases... can start, which are very very fatal... because Ekadesha Rudra is the destroying power... the essence of destroying power. If it starts working on one side... it can spread to the other side also... so your Guru Tattwa must be respected. Even in Sahaja Yoga, if you just look after yourself, and don't worry about others... then also your Guru Tattwa can be in trouble (.0012)

Sahajvidya - Guru Tattwa

Now Guru Tattwa is also balanced by Nabhi. So actually, originally it starts with left and right Nabhi to begin with... so subtle it is. If you start making money individually, as a guru... or if you give money to somebody who is a guru... if it is to a wrong person... if for a wrong purpose you spend your money... then you catch... or if somebody wants to make money out of Sahaja Yoga for example... finished (.0012)

Like... drinking too much is against dharma... taking drugs... telling lies about other people... stealing... killing somebody... are against dharma... all these 10 commandments. So when you try to disobey them... and go on disobeying all the time... then it works that way... so be careful about your dharma (.0012)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

0.0012 Weekend seminar in Pune, Tape 2 good 50

800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70

830127 Spiritual Roots, Delhi [I'm here... plea for God]+25 mins Q&A good 50

851128 William Blake, Hammersmith (C100) Not good

Haaj

Haaji... what Muslims become... when they go to Mecca, and come back from there... finished. Why did Mohammed Saab who was so much against stone worshipping... why did he ask people to go round that black square stone... what was the purpose... that's also just a stone... so why. This stone was a Swayambhu... and it's mentioned in the Indian Scriptures that there is Macceshwarshiva. We have Shivas everywhere in India... there are 12 Jyoti Lingas... you can verify on your vibrations... same with this black stone... and so the people have to go round to achieve Shiva's Blessings... but it became a ritual... and nobody could go further than that ritual (000423)

For Haaj, so many people went, and so many were killed... some went to Ambarnath... and they were killed... because they were not saints... just ritualistic people, going for a ritual, which in the discretion of the Mother Earth was of no avail, of no advantage to them. These people had been going to Haaj all the time, and there was a stampede with 32000 people being injured, and troubled and killed... now what is Mother Earth suggesting... that going to these places, Holy places... they are really Holy places no doubt... that you are not doing any spiritual ascent... you are not achieving anything, by going to these places - which are really Holy... that cannot be challenged... they are Holy places (970525)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

970525 Respect the Mother Earth, Cabella good

000423 Easter Puja, Istanbul, Turkey good 60

- end -

1 Jun 2003

Habits

Habits are created by the left side channel... and to make these habits... alright... the one who is suffering from these habits has to be empowered... and that power is only possible when we become the Spirit (890617.2); You develop habits on the left side... all your habits should be under your control. The habits we have formed through drugs, from drinking are very dangerous habits. Also people have their attention here and there, attracting people... is one of the ways we allow our attention to fritter away... this attention has to be brought under control. When it happens, just point your eyes down, keep your eyes down (871219)

Many habits come from the Nabhi, and after Self Realisation, many of these habits start to drop out automatically (801027); Certain habits that we acquire... are mostly because of fashion... and one bad habit we have got is not to say 'no' to anyone... how to say 'no' you see... like somebody is smoking... or drinking... and he forces us... so we say... oh alright (770126.2); But another bad habit some people have... is to say... 'Mother said so, so this is so'... use your discretion, how can Mother say; If she has said something there must be something in it... we must understand (850310)

Habits come to us... like, we cannot sit on the ground... these habits should be got rid of... but for that you shouldn't waste your energy getting rid of these habits... on the contrary, if you put your attention to your Spirit... to what you have achieved... to where you are... gradually you will find your habits will drop out. Like... we have had terrible alcoholics, who could not give up... and they have given up... we had people who have taken drugs... they have given up without difficulty. There are higher vices, and bigger vices which people have given up... and some vices which one cannot mention, that people have given up... and this happens when your attention goes to your Spirit... automatically your detachment works out... means your attention has felt definitely that 'oneness' with Reality... otherwise why are you getting detached... but for that it is essential that your attention should be on your Spirit (781002)

Sahajvidya - Habits

The expression of love is very spontaneous... but for that spontaneity to come, you must get rid of your habits... otherwise you can never become spontaneous (850310)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871219 Complete your Realisation, Aurangabad - see 871219 Good 25
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 770126.2 Bordi Attention - see 770126.1 poor
- 781002 Knots in the 3 channels, Caxton Hall poor 90
- 801027 What happens after Realisation, Caxton hall good 60
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 871219 Complete your Realisation - India

Hair Colouring

Some people now are colouring their heads... and I found that some of them are becoming blind. So I said... why are you doing it... they said 'what's wrong' - why do you want to colour your hair... it will make you blind. We are human beings... we have got cells here (top of the head - Ed) which absorb paints and that can go onto our nerves... can go also onto our other centres (870500)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-870500.1 Untitled talk, Australia - see 870503

870500.2 Australia PP [PP video set 5/1] good 35

- end -

27 Oct 2003

Hair

We lose our hair very fast, because we don't use oil as we should... starting with the hair at the Sahastrara (910728); Hair is to be oiled properly... lot of oil should be used, before say Saturday or something, so that when you have your bath, you clear out your oil completely. You get 'conditioners' here... is a good idea... but in India we use oil. You can use conditioners if you want, but make the hair smooth with it... and then you must do... with your own hands a nice massage... or one Sahaja Yogi can do for another... a nice massage for the head. You will be surprised that your head will be very clear. You can give a massage on the head... and also on the backbone, and the Vishuddhi chakra... it will give a better feeling (850502)

It would be a good idea... to start using a little oil for the head... in the night... as Sahaja Yogis, you should... better use some nice coconut oil, and rub on your head nicely, in the night... and in the morning... after all it doesn't show much... and comb your hair in a proper way. If your dresses... and your hair are... like bhoots... then the bhoots will take over, thinking... 'oh, this is a bhoot sitting down here... better take hold of that bhoot'... so dress up in a way... that you shouldn't have hair on your forehead at all... keep it straight... make it nice... and have absolutely clean foreheads (860504)

So before you start getting bald, better try putting some oil on your head... that's one very important thing, Sahaja Yogis have to do... you can take vibrated oil if you like... and... I think olive oil is good... but better than olive oil, I find, is coconut oil... it is better for the growth of the hair (860504)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

850502 Niraananda, Vienna Ashram good 60

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

910728 Guru Puja, Cabella good 60

Hamsa Chakra

The Hamsa chakra, which is part of the Vishuddhi, is represented by Canada, and is situated between the eyebrows, and has qualities of discretion and discrimination; Also called the Lambica chakra; The Hamsa is made of two types of discretion... where to see 'I am' and where to see 'you are'... and for every human being, the 'you' is the Divine; In everything you will find there are two sides... which way you move is your discretion; Hamsa means Pranava... or discrimination you can say.

At Hamsa, both the Ida and Pingala nadis, the Tha and Ha of Hatha Yoga, come together and cross over, below the Agnya. It is the wedding place between your left and your right, the left being the woman, the right being the man - they must be in balance, being equal, though not similar.

Discretion of the Ida Nadi is Intuition... if you develop that discretion within you, through your meditative powers, you develop Intuition... and Intuition is nothing but is the help of the Ganas which are surrounding you... if you learn to take help from the Ganas, you can become very intuitive. Of the whole of Sahaja Yoga, I would say 50% of that is based on intuition... and for that you have to develop a proper sense of Shri Ganesha. Ganesha is Ganapati... the master... the chief of all the Ganas - so the Ganas give you intuition.

Acceptance... will give you a wonderful discretion over your ego. Whatever goes wrong... it's alright... accept it. Supposing you are lost on the way... you should not think like all other people... but think... 'why? Hanumana must have brought me here for some purpose'... accept it... accept the situation. When you accept the situation, you are playing into the hands of the Deities... who are guiding you. If somebody has complained that you are hot tempered... accept it... just accept it... is a great thing that there is somebody who tells you that. If somebody says you are miserly... accept it... so we must change. If you don't want to change... you'd better leave... that's the main point.

Sahajvidya - Hamsa Chakra

'Extremes' are against the Divine - for example, saying the mantra, or taking the name of Shri Rama once only, with feeling, is sufficient; One should never go to extremes in anything - only in the middle or centre can Sahaja Yoga be worked out; Going to extremes is not Sahaja Yoga style... ascent is; Too much of anything is not good.

The whole Cosmos is trying to help you... you see you don't have to do much effort, to think about it... what should I choose... whether I should take this... or whether I should take that... the only thing you have to do is... just to see for yourself, that you are watching... and you are seeing... an opportunity coming to you... and allow the opportunity to appear before you... it does. You don't have to deliberately bother your head, what to take, what to do... it will just be there... you will be amazed, how it works; It's a question of how far you are surrendered... how far you have gone with the Divine.

- Jai Shri Mataji -

Problems with Hamsa

The Hamsa chakra is... where you get troubles like sinus, colds and coughs, and all that... and can result from the drying up of the nose... because of the use of central heating... and may result from dry conditions in home or workplace; Now... what you are doing actually... is to neglect certain laws of nature... like... in London, or anywhere... it's all heated up inside the rooms, too much it is... it's very dry... we all know that in England we have to have a humidifier isn't it. Just leave some water or something, or fill a tub in the bath and keep it open... so there is humidity in the room. Problems can include shooting headaches on one side, or sinus problems, and may result from being overloaded with decision making. One of the symptoms of Aids is a bad Hamsa.

All extreme behaviour from left and right creates problems of Hamsa... like if you eat some fruit... then after that you should not take water. You should take water... after... some carbohydrates... but not anything fried. After taking anything fried... you should not take water - you can take a biscuit... or bread... something like that to dry up your... throat, and then take water.

Now, heat and cold... for example... to take coffee, and then take water is absolutely wrong. Water if you take, then gradually heat it up... and take coffee last... and then don't take water til you have taken some carbohydrates. I mean this is what it is... is the heat and the cold... the combination of the heat and the cold should be understood.

In India, the custom is to eat very hot food... garam garam kha... so garam... they are really garam people. In England they eat so much of cold foods that I am amazed... the amount of ice western people eat, we can't understand. Indiscriminately they'll take ice cream... and after that they'll take coffee... or after coffee they'll take ice cream... before eating ice they'll have hot... that's the worst of all. We don't understand... how to

Sahajvidya - Problems with Hamsa

discriminate between hot and cold. Food also we should not eat immediately from the oven, sizzling... sizzling food you should not eat - let your juices flow out to digest it... and then eat it... otherwise you'll burn your tongue... your palate... burn everything. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot.

Indians, Maharashtrians especially, take a Kaduk bath... means with very hot water... this is an absolutely wrong idea. Normally a cold bath is best... but if not possible, then take a tepid water. This will solve one of the problems that you do not expose yourself to too much cold or heat - the temperature is kept the same as the room temperature.

- Jai Shri Mataji -

Correcting the Hamsa Chakra

The Hamsa chakra is a very material thing... and has to be worked on, on a material level only... and is where you get troubles like sinus, colds and coughs, and all that... and can result from the drying up of the nose... because of the use of central heating. Now... what you are doing actually... is to neglect certain laws of nature... like...in London, or anywhere... it's all heated up inside the rooms... too much it is... it's very dry... we all know that in England we have to have a humidifier isn't it. Just leave some water or something, or fill a tub in the bath and keep it open... so there is humidity in the room.

Also may result from dry conditions in home or workplace, and can be corrected by the use of ghee or oil in the nose - just one drop in each nostril, morning and evening Butter is also good for sinus problems, and can be administered warm with a dropper, to the inside of the nose for 3 to 4 days, where it lines the inner dry and cracked membranes... butter is softening in it's effect; It is important to put ghee in the nose to correct a bad Hamsa, otherwise, there will remain a susceptibility to Aids.

Also for Hamsa chakra it's important not to kiss people... I think kissing must be given up, because in kissing, you do allow the germs of another person... in Sahaja Yoga it's alright... but that doesn't mean you go crazy with the kissing. The more you start expressing your love by all these gestures, the less it is, inside. So to do it superficially... anything... too much... has to be avoided in your discretion... but avoiding extremes... avoiding too much outward expression, again can create another indiscretion.

Best way to balance the nadis at Hamsa, is by breathing exercise: breath in through one nostril, hold the breath for a while, then let it go out through the other. Now breath in through that nostril, hold for a while then let it go through the first one again. Do this three times only, and very slowly.

Correcting the Hamsa Chakra

Inhalers are also very good. The best is the 'neti' where you fill with water to below the spout, add 2 to 3 drops of whatever you get for inhaling, and then put (the spout - Ed) into one nostril and allow it to go in, breathing in through the other nostril. This clears (the Hamsa - Ed) and is a very good thing. Do this every night before sleeping for 3 to 4 days, and you will be absolutely cleared out.

Imbalance comes from imbalance in our temperament, where one (person - Ed) starts dominating the other. Avoid eating anything that is sharp or sour; With the Hamsa... if the problem is from the left side, then this may be corrected by keeping the eyes focused on the ground, or by using Ida Nadi Swamini, or Mahakali mantras, or the Surya mantra. The mantra for the Hamsa is: Hamsa Chakra Swamini, 3 times; Other mantras for the Hamsa chakra include Pranava, and Omkara (especially for T.M. people).

Hot and cold is a very important thing one has to know. You should never take a bath with hot water in the open, or with the window open... if you do, sure shot you will get a temperature. If you have to take a hot water bath, take it in the night, or at the time when you can go off into your bed; But if you take a bath with cold water, you can never catch cold, because the temperature is the same... nobody catches cold or anything... so in running water is the cleanest, and where you can... get into cold water; Normally a cold bath is best... but if not possible, then take a tepid water.

This will solve one of the problems that you do not expose yourself to too much cold or heat.

In India, the custom is to eat very hot food... garam garam kha... so garam... they are really garam people. In England they eat so much of cold foods that I am amazed... the amount of ice western people eat, we can't understand.

We don't understand... how to discriminate between hot and cold. Food also we should not eat immediately from the oven, sizzling... sizzling food you should not eat. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot.

Correcting the Hamsa Chakra

Another precaution you have to take is that when you are sitting in the Sun, sometimes your head gets very heated up, and then immediately if you go and get cold water, definitely you will get sick - no doubt about it. So if you are sitting in the Sun, immediately you should never, never, never take any water, til you have eaten something sweet... take some sugar, or jagari, or a biscuit or something... even if you are very thirsty you should not take it; If these little precautions have been taken, then nothing should happen to Sahaja Yogis... if we get sick then our Mother gets sick... that's what the problem is.

- Jai Shri Mataji -

Hamsa Chakra - Summary

<u>Chakra:</u>	Hamsa or Lambica
<u>Deity:</u>	Hamsa Chakra Swamini
<u>Physical:</u>	Nose, Sinuses
<u>Qualities:</u>	Discretion, Discrimination, Pranava, L. Intuition R. Acceptance
<u>Catch:</u>	Extreme Behaviour, Dry Conditions, Too Hot or Cold, Sharp or Sour foods
<u>Diseases:</u>	Headaches, Sinus, Coughs, Colds
<u>Treatments:</u>	Ghee, Oil or Butter in the nose, Breathing Exercise, Inhalers, Neti, Reduce Kissing, Use humidifiers, Avoid Extremes, Avoid Sharp or Sour Foods, Avoid Hot & Cold extremes, Look at ground
<u>Mantras:</u>	Hamsa Chakra Swamini, Pranava, and Omkara L. I da Nadi Swamini, or Mahakali mantras, or the Surya mantra R. Chandra
<u>Position:</u>	Between the eyebrows
<u>Country:</u>	Canada

- Jai Shri Mataji -

Hamsa

The Hamsa chakra, which is part of the Vishuddhi, is represented by Canada (900811.2), and is situated between the eyebrows, and has qualities of discretion and discrimination (MME); Also called the Lambica chakra (790000.1); The Hamsa is made of two types of discretion... where to see 'I am' and where to see 'you are'... and for every human being, the 'you' is the Divine (880710); In everything you will find there are two sides... which way you move is your discretion (880710); Hamsa means Pranava... or discrimination you can say (791202.4)

At Hamsa, both the Ida and Pingala nadis, the Tha and Ha of Hatha Yoga, come together and cross over, below the Agnya. It is the wedding place between your left and your right, the left being the woman, the right being the man - they must be in balance, being equal, though not similar (800517.2)

With the Hamsa... if the problem is from the left side, then this may be corrected by keeping the eyes focused on the ground, or by using Ida Nadi Swamini, or Mahakali mantras, or the Surya mantra (800517.2); Problems can include shooting headaches on one side, or sinus problems, and may result from being overloaded with decision making. Avoid eating anything that is sharp or sour (MME); Also may result from dry conditions in home or workplace, and can be corrected by the use of ghee or oil in the nose - just one drop in each nostril, morning and evening (841005; 870408); All extreme behaviour from left and right creates problems of Hamsa... like if you eat... anything fried... after taking anything fried... you should not take water... or after eating fruit... you should not take water - you can take a biscuit... or bread... something like that to dry up your... throat, and then... you can take water (0.0011); The Hamsa chakra is a very material thing... and has to be worked on, on a material level only... and is where you get troubles like sinus, colds and coughs, and all that... and can result from the drying up of the nose... because of the use of central heating (0.0011)

Sahajvidya - Hamsa

What do you say about him... he has got a Hamsa chakra... tell him to put his attention here at the top of the head... he has sinus troubles... no... then Pranayama he must have done... sinus... then Hamsa is the one that is catching... just at the Hamsa... the Kundalini has gone... now put your finger on the Hamsa... in between the eyebrows (840622)

One of the symptoms of Aids is a bad Hamsa. It is important to put ghee in the nose to correct a bad Hamsa, otherwise, there will remain a susceptibility to Aids (870503.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

Date/Ref Title Qual mins

- 880710.2 Discretion of Hamsa, second talk - see 880710 good 10
- 880710.1 Discretion of Hamsa - see 880710 good 55
- 870503.1 Sahastrara Puja, Australia - see 870503 good 45
- 791202.4 Guru Puja Pt 4, Ganeshs 113 Names, Dollis Hill, see 791202.2 not good
- 0.0011 Weekend seminar in Pune, Tape 1 good 180
- 790000.1 Bija Mantras and Shaktis on Kundalini - Ashley Gdns good 40
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 840622 South Bank Polytechnic, London good 40
- 841005 Farewell to Mother - Chelsham Road good 50
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 880710 Discretion of Hamsa, Munich
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

30 Apr 2003

Hamsa Treatment

The Hamsa chakra is a very material thing... and has to be worked on, on a material level only... and is where you get troubles like sinus, colds and coughs, and all that... and can result from the drying up of the nose... because of the use of central heating. Indians, Maharashtrians especially, take a Kaduk bath... means with very hot water... this is an absolutely wrong idea. Normally a cold bath is best... but if not possible, then take a tepid water. This will solve one of the problems that you do not expose yourself to too much cold or heat - the temperature is kept the same as the room temperature. People have died... of their lung cancer, because they can't get out of 'their' bad habit of taking bath every morning. I call it bad habit for Indians, not for the English... because they take their bath, and then immediately are going out to work. So take your bath at 4 o'clock in the morning, stay in the house and get used to the climate, and then go out... or take your bath in the night (.0011)

All extreme behaviour from left and right creates problems of Hamsa... like if you eat some fruit... then after that you should not take water. You should take water... after... some carbohydrates... but not anything fried. After taking anything fried... you should not take water - you can take a biscuit... or bread... something like that to dry up your... throat, and then take water (.0011)

Now, heat and cold... for example... to take coffee, and then take water is absolutely wrong. Water if you take, then gradually heat it up... and take coffee last... and then don't take water til you have taken some carbohydrates. I mean this is what it is... is the heat and the cold... the combination of the heat and the cold should be understood (.0011)

Sahajvidya - Hamsa Treatment

Now... what you are doing actually... is to neglect certain laws of nature... like...in London, or anywhere... it's all heated up inside the rooms, too much it is... it's very dry... we all know that in England we have to have a humidifier isn't it. Just leave some water or something, or fill a tub in the bath and keep it open... so there is humidity in the room. To compensate for all that... what one can do is to take some water... with little little salt in it... little salt is a good idea... but that should not be very hot or very cold, but should be tepid... and take it in the nose... I would say after brushing your teeth. Take it in thrice, and thrice you take it out... by that you'll clear out your sinuses... you will make it humid (.0011)

In India, the custom is to eat very hot food... garam garam kha... so garam... they are really garam people. In England they eat so much of cold foods that I am amazed... the amount of ice western people eat, we can't understand. Indiscriminately they'll take ice cream... and after that they'll take coffee... or after coffee they'll take ice cream... before eating ice they'll have hot... that's the worst of all. We don't understand... how to discriminate between hot and cold. Food also we should not eat immediately from the oven, sizzling... sizzling food you should not eat. I don't know why such devilish ideas are coming - let your juices flow out to digest it... and then eat it... otherwise you'll burn your tongue... your palate... burn everything. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot (.0011)

Colds cause most people to catch on Hamsa. If the problem is from the 'left' side, then this may be corrected by keeping the eyes focused on the ground, or by using Ida Nadi Swamini, or Mahakali mantras, or the Surya mantra; If it is the 'right' side catching, or if it is the liver, then we can use the name of Chandra, which will cool it down (800517.2)

Sahajvidya - Hamsa Treatment

Problems can include shooting headaches on one side, or sinus problems, and may result from being overloaded with decision making. Avoid eating anything that is sharp or sour (MME); Also may result from dry conditions in home or workplace, and can be corrected by the use of ghee or oil in the nose - just one drop in each nostril, morning and evening (841005; 870408); Butter is also good for sinus problems, and can be administered warm with a dropper, to the inside of the nose for 3 to 4 days, where it lines the inner dry and cracked membranes... butter is softening in it's effect (810330; 830202; 850502)

Now, in 'collectivity', the Krishna Principle plus the principle of Guru are mixed. So, when he becomes the Guru, then collectivity starts... when the principles of these two get integrated, then the collectivity starts... and as a result of that you get Discretion. So to improve the discretion part... we take vibrated ghee or butter, which is heated up... and put it in the nose. But before that we gargle... with salt... which represents the Guru principle (850502)

Best way to balance the nadis at Hamsa, is by breathing exercise: breath in through one nostril, hold the breath for a while, then let it go out through the other. Now breath in through that nostril, hold for a while then let it go through the first one again. Do this three times only, and very slowly. Inhalers are also very good. The best is the 'neti' where you fill with water to below the spout, add 2 to 3 drops of whatever you get for inhaling, and then put (the spout -Ed) into one nostril and allow it to go in, breathing in through the other nostril. This clears (the Hamsa - Ed) and is a very good thing. Do this every night before sleeping for 3 to 4 days, and you will be absolutely cleared out. Imbalance comes from imbalance in our temperament, where one (person - Ed) starts dominating the other (800517.2)

Sahajvidya - Hamsa Treatment

Putting ghee in the nose is a very simple yet a very important thing, to correct a bad hamsa. One of the symptoms of Aids is a bad Hamsa. It is important to put ghee in the nose to correct a bad Hamsa, otherwise, there will remain a susceptibility to Aids (870503.1); For treatment of Hamsa, which is more on the physical side - it's outside that's why - it has to be more on the physical side... so either we use ghee and all that... as you know... but also for Hamsa chakra it's important not to kiss people... I think kissing must be given up, because in kissing, you do allow the germs of another person... in Sahaja Yoga it's alright... but that doesn't mean you go crazy with the kissing. The more you start expressing your love by all these gestures, the less it is, inside. So to do it superficially... anything... too much... has to be avoided in your discretion... but avoiding extremes... avoiding too much outward expression, again can create another indiscretion (880710)

The mantra for the Hamsa is: Twamewa Sakshat Hamsa Chakra Swamini Sakshat Shri Mataji Nirmala Devi Namoh Namah, 3 times (800517.2); Other mantras for the Hamsa chakra include Pranava, and Omkara (791009.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 880710.2 Discretion of Hamsa, second talk - see 880710 good 10
 - 880710.1 Discretion of Hamsa - see 880710 good 55
 - 870503.1 Sahastrara Puja, Australia - see 870503 good 45
 - 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
 - 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
 - 810330 Vishuddhi & Agnya, Sydney Poor 170
 - 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
 - 841005 Farewell to Mother - Chelsham Road good 50
 - 850502 Niraananda, Vienna Ashram good 60
 - 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
 - 880710 Discretion of Hamsa, Munich
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Handmade

Handmade things are auspicious; If you can get handmade things... there is nothing like it (800927); Sahaja Yogis should try to encourage handicrafts... I cannot understand how you can go and buy this rubbish of plastic... all these useless things. You need not have many things... you can have few things, but something handmade... supposing you get a dress, there should be some handmade embroidery or something put on it, so some labour is put into that. From the Mother Earth, they make very nice terracotta... it is such a beautiful thing - it's so soothing... it's so good... it smells so well (971004)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800927 Lethargy, Chelsham Road good 75

971004.1 Nature & Balance, evening before Navaratri, Cabella good

971004.2 MUSIC - Evening Program, Cabella

- end -

4 Sep 2003

Handshaking

Namaste is a better idea, because to shake hands with every sort of a person... you catch from everyone... but, it's a custom (881211)

Some Indians, when they shake your hand, they do it with such heart... it is done with love, but (in some other cases - Ed) it's horrid... they pass such bad vibrations that you just don't want to do it. The gesture is the same... one is done outside like a lip service... the other is done from the heart (840118)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881211 Detachment, Rahuri - see 881207 good 25

840118 Spontaneous talk, Vaitarna not good 35

- end -

4 Mar 2003

Hands - Left or Right

In Sahaja Yoga, we regard the left hand as the minus hand, and the right hand as the plus hand. Whatever you may do with the left hand, you are sucking in, whilst with the right hand you are giving out (800517.2)

The left hand is the hand of desire, and is extended towards the source of vibrations, to receive (840622); Right hand is the hand of action, and is placed on the various chakras, on the left side of the body, during the process of Kundalini Awakening (840622); To get vibrations in the left hand, ask the question: "Is Shri Mataji the Holy Ghost?" (870516)

Some of you might start feeling hot in the hands... maybe some of you... if so, you can just throw it away... or... those who are feeling the left hand hot, please put your right hand on the heart... those who are feeling hot in the right hand, then you put your left hand on the liver... just below the ribs... and right hand towards me (790524)

In the Devi, the Left Hand is the Hand by which She gives... the Hand of Generosity (801027)... while the Right Hand is the Hand with which She gives Protection (801027)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

Seeking & Rationality good 40

Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

South Bank Polytechnic, London good 40

Establishing Foundations, Auckland [+PP video set 5/2] good 20

Hands

In Sahaja Yoga, we must work with the hands - we cannot work it out by thinking; Raise the Kundalini more and more with the hands, and you will feel more. Only the hands can do it; We must feel vibrations in the hands, or if there is a problem, feel in the places of the chakras, and later feel in the brain (830202); All these seven centres are reflected in our fingers and in our hands (790720); From the hands the energy flows. With these hands we can feel the All Pervading Power, we can manoeuvre it, manage it, organise it. We feel that we become Part and Parcel of the Whole (871023); In your hand it is flowing... whether you are catching or not catching, it is flowing from your hand... it is there... the flow from your hand is there... little bit is always there (800907)

In Sahaja Yoga, we regard the left hand as the minus hand, and the right hand as the plus hand. Whatever you may do with the left hand, you are sucking in, whilst with the right hand you are giving out. So as an example, if you want to correct a liver which is overheated, you put the left hand on the liver, and the right hand outside, and then you are taking the heat from the liver, and giving it out with the right hand (800517.2)

Some of you might start feeling hot in the hands... maybe some of you... if so, you can just throw it away... or... those who are feeling the left hand hot, please put your right hand on the heart... those who are feeling hot in the right hand, then you put your left hand on the liver... just below the ribs... and right hand towards me (790524)

In the hands is he feeling... just rub your hands a little bit... give a little water in the hands like this... [Shri Mataji gives her glass of vibrated water to hand around - Ed]... pour it... because what is happening is there is too much heat... on the right hand... just put it in the hand and let them rub a little bit... everyone... you can give a little bit... just rub it... rub it hard... on the finger tips especially... see now... you may blow it also... on the hands... very hot... alright... see now... is it cool... alright... good (840622)

Sahajvidya - Hands

The left hand is the hand of desire, and is extended towards the source of vibrations, to receive (840622); To get vibrations in the left hand, ask the question: "Is Shri Mataji the Holy Ghost?" (870516); The right hand is the hand of action, and is placed on the various chakras, on the left side of the body, during the process of Kundalini Awakening (840622); If you are catching on a chakra or centre, just put your hand there - don't feel condemned about it. All is made easy and simple - but it is difficult for a sophisticated man to become that simple... children are very simple (811103)

Watch your hands, to see if they are shaking, or if there is heat on one of the hands. If the left hand is shaking, put the right hand on your heart. If the right hand is shaking, put the left hand on your stomach - with the right hand towards Mother (830302); Now if we have ego, what we should do is raise the left side, and put it to the right side... there's no other way out... you have to use your hands (830121)

A Photo of the Hands, with a candle in front, is very good for the eyes, and for the blindness caused by bhoots (800517.2); Now in Sahaja Yoga it is proved now... when you rub my feet, 'you' feel better, not me... you rub my hands, 'you' feel better... when you fall at my feet, 'you' feel better (800927)

Mohammed said that 'your hands will speak', meaning that on your hands, on your finger tips you will feel your own defects... when the Judgement Time comes (871023); To get your vibrations alright you must wash your hands... use water as much as you can... wash your hands 10 times... is very essential (800927); Ghee and butter... can be rubbed onto the fingers and hands, to soothe them down, because the heat from the other people can make them dried up (830209)

Sahajvidya - Hands

Now how do you raise the Kundalini... we can raise it with the attention... but it should not be done, because others should 'know' that something has been done... because people, unless and until they see something being done to them they are not going to believe... so you have to raise the Kundalini with your hands... and you can see... that as far as the hand moves, the Kundalini moves... and you can feel it within your spine (810511); Move on his head 3½ times... [indicating with hand above the head, fingers down, rotating clockwise, and rising upwards]... bring it up... no no... other way round... clockwise (840622)

Yesterday we had somebody who had very bad eczema... all his hands were absolutely charred and horrible... both the hands... and I asked him to put his hands towards me... maybe he might have been cured only by putting his hands... but I had to make the mark of cross and swastika on his hands... and it cleared out. So he saw me doing something... otherwise... 'oh it might have been a coincidence' (810511)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 790524 Seeking & Rationality good 40
- 790720 Cardiff Public Program good 30
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800907 How to know where you are - Chelsham Road good 120
- 800927 Lethargy, Chelsham Road good 75
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 840622 South Bank Polytechnic, London good 40
- 870516 Establishing Foundations, Auckland [+PP video set 5/2] good 20
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024

Hanumana

Hanumana is a great character in our being and he runs all the way from Swadisthan to your brain... and supplies all necessary guidance in our futuristic planning or in our mental activities... he gives guidance and protection. Hanumana is an eternal child because he was like a monkey... and was used to run the right side of human beings. He has to control the Sun... that the Sun in people, if there is too much... then he must try to control it... and make it cooler or smoother. Hanumana is very anxious to do the work of Shri Rama, who is a character full of balance... the benevolent king which Socrates described... and he needed somebody with him all the time... and Hanumana was created for this purpose. He had 9 siddhis, Navadha siddhis... which are like this... that he could become big... he could become so heavy that nobody could lift him... he could become so Sukshma, so subtle that nobody could see him... there are 9 siddhis that he has got... so a person who has got right side too much in him, he controls him with these 9 siddhis (900831); Hanumana is running on our Pingala Nadi all the time - what he does is to spoil our plans. If we run on the Pingala Nadi, instead of him... then he side-tracks all our plans all the time - and that's how our planning fails; He who tries to control the ego (890423)

Now how will he control a man who is running very fast in his life... what he does is to control his movement... in such a way that he has to put down his speed... he makes his feet very heavy... or his hands very heavy... so he cannot work very much with his hands... so he can give a tremendous kind of lethargic heaviness to a person who is very right sided. He has got another very interesting siddhi... is that he can extend his tail to any extent, and can handle people with his tail. If he wants he can make a mountain of his tail and sit on that. Then he can fly in the air... he doesn't have any wings... but he can fly in the air... he can become so big that the amount of air he displaces has much more weight than his own weight... just the same principle as Archimedes... and so his body starts floating in the air. By flying in the air, he can carry messages from one to another through the ether (900831)

Sahajvidya - Hanumana

The subtle of the ether that we have is under the command of Shri Hanumana... he is the one who is the Lord of this ether... the subtle of the ether... or the causal of the ether. All the communications that you find, like we have within ourselves of the ductless glands... like pituitary is using ductless glands... is through Hanumana's movement... because he can go into a Nirakar... he can go into a formless state. Also these communications that we have... loudspeakers... TV... radio... all these things where we catch onto the ether... is all the blessings of Hanumana and are available to people who are right sided - only the right sided discover these things of the space... like cordless telephones or telegraphs where we don't use any wires. So without any connection through the ether he can manage. Wherever you see the electromagnetic forces working it is worked through Hanumana's blessings - he creates electromagnetic forces. So now we can see that as Ganesha has got the Magnetic force in him... he is the Magnet... then we can say that the Electromagnetic is the one which we call as Hanumana's force on the material side of it (900831)

So how much he gives us... I mean we can say if Ganesha gives us the wisdom... then he (Hanumana) gives us the power to think... and he protects us also that we should not think of bad things... that is we can say that if Ganesha gives us the wisdom... then Shri Hanumana gives us the conscience. I hope you understand the difference between the two... if wisdom is there you do not need conscience so much... because you are wise, you know what is good what is bad... but conscience is needed in a personality where he is to be controlled... and that control comes from Shri Hanumana... which is the conscience in the human being. Now this conscience which is in Shri Hanumana is the subtle form of him which gives us in Sanskrit is called as Sat(a)Sat Vivekabuddhi... Sat means truth... Asat means untruth... and Viveka means discrimination... and Buddhi means intelligence... so intelligence to discriminate between truth and untruth is given to us by Shri Hanumana (900831)

Sahajvidya - Hanumana

In the Sahaja Yoga system, if we say that Ganesha is the one who gives us... he's the Aadyaksha, means he is the... I call him as the Chancellor of the University... he is the one who gives our degree to us... now you have crossed this chakra... that chakra... that chakra...and he helps us to know that what state we are in. So Ganesha give us say Nirvichara Samadhi which we can call it as Thoughtless Awareness... and Nirvikalpa Samadhi... he gives all that... and also he gives us Joy... but the understanding that this is good, that this is for our benevolence, the mental understanding comes to us from Shri Hanumana... and it's very important for western people... because it has to be mental... otherwise they won't understand. If it is not mental they cannot come into Abstract... it has to be mental... and so the mental understanding of whether it is good or bad is given to us by Shri Hanumana (900831)

Germany being a country which is very much I should say an essence of right side... it's important to get the protector of right side here worshipped... but in all that Vivekabuddhi... in that discrimination, he knows one thing... that he's absolutely subservient to Shri Rama (890423)... is devoted to Shri Rama (830107); Now what is Shri Rama... Shri Rama is the Benevolent King... he works for the benevolence... and Shri Rama himself is a formal king... like Sankocha we call it. Shri Rama is the one who will not push forward himself... he keeps back... he's very balanced... he's a very poised person... so the Hanumana , he's the one who's always anxious to do the work of Shri Rama... always (900831); Another great quality of Hanumana was that he was very alert, and he was beyond time. Everything he did very fast. When Rama wanted a herb, called Sanjeevani, Hanumana brought the whole mountain, rather than waste time searching for the herb. We should be quick witted... our attention should be on the job... what are we doing about it... not to put attention onto the obstructions, but to just start it. Everything will be synchronised properly... you just start doing it. But if you behave like human beings, first planning it, then cancelling it... it's not going to work out (890423)

Sahajvidya - Hanumana

Hanumana tells... you have to be surrendered to God Almighty and not to anybody else... or to your Guru, like Rama... otherwise you are not to be surrendered to anybody else. Hanumana's whole thing is to antidote your overactivity... to antidote your too much thinking... your ego. He is the one who makes fun of egoistical people... so it is the job of Hanumana to protect you from egoistical people (900831)

I am your Mother... I am your Guru... now as a Guru my main concern is that you should learn all about Sahaja Yoga... you should become experts of Sahaja Yoga... and you should become yourself the gurus... this is the only concern I have... but for that complete surrender is required... then only you can learn what is the way you will handle Sahaja Yoga. Now even this surrendering is done by Shri Hanumana... he is the one who teaches you how to surrender... or makes you surrender... because egoistical people don't surrender - then he puts some sort of hurdle or some sort of miracles or some tricks by which then a disciple surrenders himself to the Guru. So not that he's only surrendered, but he makes others also to be surrendered... because... only because of ego you cannot surrender... so he is the one who fights your ego, and he puts it down and makes you surrender. Right side if it is to be perfectly enjoyed, then you should be completely surrendered to your Guru, as if you are the servant of your Guru... whatever you have to do for that Guru... you have to do it (900831)

Now he is the one who protects also... all the Deities... he protects. Now there is a difference between Shri Ganesha and him... Shri Ganesha gives Energy Shakti... but the one who protects is Shri Hanumana (900831)

Hanumana is nobody else but... Gabriel, the Angel (770215); He was born as an angel, and he has great powers and capacities, which he has the right to use, and which he uses amusingly. Hanumana, as Gabriel, had to go and tell Maria... though she was a virgin... that there's a child who is an Incarnation, the Saviour... who is going to be born to her - he had to do it, so he did it. The 'carrying out of the order' is his nature, is built within him (890423); He is an angel

Sahajvidya - Hanumana

as you know... according to the Bible... that he is the Angel called Gabriel... is the one who brought the message... to Maria. My first name is Nirmala, means Immaculata... and surname is Salve. Maria has to do quite a lot with Hanumana all her life... that means Maria is Mahalakshmi... Mahalakshmi being Sita, then Radha... so Hanumana has to be there to serve. Many things which you call miracles are done by Shri Hanumana... he is the one who is the doer of miracles... he does miracles also to show how foolish you are... because he is on the right side... you see he goes to the ego side. There are so many aspects of Hanumana... for example... his body like Siva is covered with Geru... is a kind of a red coloured stone, which is very very hot... and supposing with the cold sometimes you develop those rashes... so if you put Geru those rashes are... or you get bhoota-baddha sometimes... some sort of skin diseases... which are cured with Geru... because it is the one which is very hot, and it soothes you down (900831)

On the contrary Shri Ganesha is covered with Lead Oxide... with a red Lead Oxide... which is extremely cold. Lead Oxide is a very cool thing... that Lead Oxide is used to cover all his body... to balance the heat that he has... or the effects of heat he has... so we call it in Sanskrit language is called as Sindhura... and in Marathi as Shindura... so he's always covered with that colour, Sindhur colour. Lead Oxide though, people say causes cancer... but it is the Lead Oxide which is very cold... it can cool you down so much that you can go to the left side... and cancer is a psychosomatic disease... and that might be the reason it might cause, in a very far fetched way we can say it can cause cancer... because if it is too cold and all that, then you go to the left side... and there you can catch the viruses by which you can get into troubles... so the same Lead Oxide is alright for people who are very right sided... for them if it is put on their Agnya it cools them down... they are cooled down... their anger goes down... their temper goes down... and it's a very good thing. So he is the one who cures our anger... he is the one who cures our hastiness, our speediness... our aggressiveness... he is the one who does it (900831)

Sahajvidya - Hanumana

He (Hanumana) played a trick on Hitler... how... he was using Shri Ganesha as a symbol... so a Swastika was made in a clockwise manner... then Hanumana played a trick... what he did... he made the stencil which they were using for making the Swastika, he made it in such a way that they said we should use the other side... as soon as they used the other side, Hanumana's trick... they started using Ganesha from the other side... then came Ganesha... he is a Deity... Shri Ganesha is the eldest and he is the Deity... but Hanumana is an Angel... so as soon as the trick was played, then both of them put together stopped Hitler from winning... this is how the trick was played (900831)

He is the one who goes like a torrential rain... or can go like a speedy tempest and destroy things... so he works out all these things through his electromagnetic forces... so all the matter... 'all' the matter is under his control... and he's the one who creates rain for you... he creates breeze for you... he's the one who does all these things, just to have a proper Puja... to have a proper meeting... everything he works out so beautifully ... and nobody even knows that it's Shri Hanumana who has done it - we should thank Shri Hanumana all the time (900831)

He was always a very majestic Angel... and... he is not a Sanyasi type of a person... he's not ascetic. Normally right sided people are ascetic... will have everything simple... so the other way round... Hanumana is not this. Hanumana likes beauty... he likes decorativeness and makes people non-ascetic... and then... he is a monkey (900831)

Tuesday is the day when Hanumana has to work (821101)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 830107 Ganesha Puja - Rahuri - see 830113.1 - (5 Pujas in India) good 20
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 821101 Self Mastery, Guru Nanak's Birthday, London (C120) good 105
- 890423 Archangel Shri Hanumana - Margate good 45
- 900831 Hanumana Puja - Germany good 45

- end -

30 Sep 2003

Happiness

Happiness and unhappiness are the shadows of ego and superego. Nothing should make you unhappy, and nothing should befool you. Tell yourself 'nothing should pamper me and nothing can hurt me'. This way we overcome the ego and superego, and with this enlightened intelligence, we gain in wisdom (800517.1); If we don't want to enjoy what we have, and we want to have something else, then we can never be happy - we have to enjoy what we have (860921.2); The greatest happiness, the greatest joy is in giving Realisation to others; Unless and until you share your joy with others, you will not be happy (960716)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

Date/Ref Title Qual mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

800517.1 Old Arlesford, Winchester pt 1 (Preparation for Becoming) good 50

860921.2 Role of Belgium and Holland, Mechelen good 65

Hashish

Drugs can be right sided or left sided... the left side stuff is like Hashish... which make you miserable afterwards... you laugh and laugh, and then you become emotional... LSD and all these, take you to the right... where you can see the auras and things like that - all these things are imaginary... they are not Reality... Reality is in the centre... is in the present (821007)

One thing you can do is to put a candle near the left Swadisthan, a little far... and put one candle before the photograph... and put left hand towards the photograph, and right hand on Mother Earth... it works... and the candle at the back should be kept little far away because it makes sound, it goes this way, and that way... it burns. Those who have been taking drugs, not LSD, but other drugs, the drowsy people who feel sleepy, whose brains are destroyed by drugs... all those people can benefit a lot by this... do it every day (860504)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821007 Truth is to be achieved, Bedford - see 821007(Video) Good

Chakras affected: Left Side

Hassan & Hussein

Who were the grandsons of the Prophet... of Mohammed Saab... born to Fatimabi... and who were the two Incarnations of the Disciple Principle, first born to Sita as Luv and Kush (790530; 811006; 770215), and also as Buddha and Mahavira (790530)
- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

770215 Talks about Sat Chit Anand, Delhi poor 65

790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

- end -

28 Jun 2003

Hatha Yoga

Modern Hatha Yoga is a misnomer (791111); The genuine complete Hatha Yoga has 8 paths, but the modern Hatha Yoga is simply a set of exercises (811005); Was introduced by Patanjali originally, but was brought to the West around the late 50's, and is effective in losing weight... but you will get problems, because the left side is neglected, leading to dryness, and to left heart catching (780619); The main thing with Hatha Yoga, is... there is no talk of compassion... so only physically you'll improve (960710)

Hatha Yoga is only a wee part of it - we too, do Hatha Yoga, but only after Realisation, and then only according to the Kundalini movement. Otherwise it is like taking all the medicines without discrimination (830302)

Patanjali... who introduced Hatha Yoga on this Earth, a very difficult Yoga, because only very few people could do it... very few people achieved it. Also it was to be done before the age of 20-25 years, and for years together, under a Realised Soul... when you led a very celibate life, in the jungles (780000; 790720); What Patanjali has written... which is a very ancient book... is that you have to achieve the truth on your central nervous system through your Atma Sakshatkar... meaning the experience of your Spirit (840622)

The few things that we are doing, called Asanas, have a very big significance no doubt, but it is to be used with a proper understanding. For example, they are to keep your particular centres in your being alright... but if you do not know what are the centres, or you do not know what is wrong with you... what exercise are you going to take... you might be harming yourself - we do not take the whole medicinal shop just to cure the one disease... and... if there is 'no' disease, what's the need to take such a strenuous thing as Hatha Yoga (790720)

Sahajvidya - Hatha Yoga

Tape References:

Date/Ref - Title - Qual - mins

- 960710 Airport Talk, Vienna - see 960710 good 40
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 780619.1 Yoga Kshema, Western problems, Caxton Hall see 780619 good 40
- 780000.01 Talk on Easter 78
- 780000.02 How to meditate, Seminar Talk
- 780000.04 God & Creation, Caxton Hall Public Program
- 780000.05 Public Meeting Talk No 1, Caxton Hall
- 780000.06 Public Meeting Talk No 2, Caxton Hall
- 780000.07 Ego, Superego & Subconscious, Finchley Ashram
- 780619 Difference between East and West - Caxton Hall
- 790720 Cardiff Public Program good 30
- 791111 Meaning of Yoga, Dollis Hill good 50
- 811005 Beauty that you are - Houston good 70
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 840622 South Bank Polytechnic, London good 40
- 960710 Airport Talk/Mahalakshmi Puja '96 Vienna/Moscow

- Jai Shri Mataji -

Havan

Also 'Havana'... in which the Vishnu tattwa is evoked (900818); This Havan is a very good thing for reciting the names of the Goddess... her eyes are given by fire... and in that light... in that fire... in the name of the Goddess we awaken our Deities within us... and burn away all that is wrong in these particular chakras which invoke those powers. So with devotion and understanding you have to do it... because you are really privileged people today... be proud of that, and do with that devotion all these things... we should do it in full devotion. I think very few people can put in the fire... but you can all do symbolically... and how many names do you want to say... do 108... it's better (801019)

When you do the Havan, it is a Yagnya... and it was very much in vogue at the time of Rama... and means 'by which you know'... Gnya means to know... Yagnya... and this is done where you use Swaha as the word... means you use the principle of fire to burn off all that is wrong in you... Swaha... and you awaken it by taking the different names of God... and they used to do Yagnyas at that time. On the left side of course people started the worshipping of God and the dedication to God, and all those things... that is Bhakta... but mainly what they did before Rama was the Yagnyas... the Vedas with which they prayed to different elements (820402)

So as a child Rama was studying with a very great saint called Vasistha, who had an ashram where Rama and his brothers studied. He had the capacity to kill a demon with only one arrow... it's called Ekabahn... one arrow was sufficient of Shri Rama... and he was a small child, say 7 or 8 years of age... and people were surprised how he could do it. So these Yagnyas were created to awaken, evoke the Deity inside the spinal cord actually... and they used to sit down and do all these Havanas the way we do it. At that time the Rakshasas would come and try to spoil the Yagnyas... which are to be done with pure heart and with cleanliness and purity... and should not be insulted... there is a protocol about it. Rama as a child would go and protect them from the demons. The demons would take some sort of a funny form and come like

Sahajvidya - Havan

invisible creatures and put some bones of animals and things like that in the Yagnya... to spoil it. The early life of Rama, you see how as a child he showed an amount of expertise in bow and arrow... and how to make out a Rama statue, is to see if there is bow and arrow. So his coming on this earth gave us the development of the right side... and so the Yagnya is also on the right side (820402); Is a right sided activity (850528)

The fire ceremony... which is the right hand side religious work... because it is just creativity... by which you create auspiciousness... by your exciting... the Deities on the right hand side (790608.2); Yagnya is this one... in which the fire... everything burns off and gives auspiciousness (791202.4); Ashwamedhi is a kind of Yagnya... a ceremony... performed in Rama's time (771121)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 801019 Fighting Asuras, Durga Temple, Hampstead, see 820514 good 15
- 801019.3 Spreading Sahaja Yoga in Europe
- 820402 Shri Rama's birthday - Chelsham Road good 70
- 850528 Kundalini Power and Creation, Los Angeles good 45
- 900818 Evening before Shri Krishna Puja, Hallow Tree, Ipswich good 55

Headaches

People who are in the 'centre' may develop a headache, with people who are very much caught up on the right Agnya... it's important at this time to give a bandhan to yourself, and to the other person who is very egoistical... and don't listen to them... just close your ears, and the other person will stop talking. Also they might develop some pressures on both sides of the head, as the Kundalini sometimes, when it cannot rush upwards, is obstructed at the Agnya... and you can feel the pressure on the brain plate. At that time, try to bring the Grace on top of the sympathetic system... bring it down... and stand on the Mother Earth, and ask her to suck it, so the Kundalini's pressure is reduced. Problems that may develop include... headaches and pressures on the sides of the head - all these from fighting the negativity in the persons they are with (830209); When the Grace comes, all the chakras open up... if they have a problem with the Agnya, they should use a candle at the back... if their eyesight is getting weak, or is shortsighted (830209)

In Sahaja Yoga, when you get Self Realisation... in the beginning may not be... but little later on... you start yourself feeling the 'pangs of sin'... and also of the sinful people... so you avoid the company of sinful people - you have to... if you remain in the company of sinful people... then you get headaches... you get Agnya catching... and you get all kinds of complications... and you want to run away from that place... you can't bear it. Best way to strengthen yourself is... to be together... as Sahaja Yogis... you must attend the programs... or when there is a collective Aarti... or Puja... or Meditation (770126.1)

Problems with Hamsa... can include shooting headaches on one side, or sinus problems, and may result from being overloaded with decision making. Avoid eating anything that is sharp or sour (MME); Also may result from dry conditions in home or work-place, and can be corrected by the use of ghee or oil in the nose - just one drop in each nostril, morning and evening (841005; 870408)

Sahajvidya - Headaches

The Vishuddhi... can catch, if we feel 'too responsible', and can result in tensions and headaches - the remedy is to witness, and realise that everything is done by the Divine (890801); We have cured so many people of liver troubles... also migraines... with vibrated sugar... white sugar (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

-770126.1 Bordi Attention - see 770126.1 poor 40

830209 Problems of Left, Right and Centre - Bombay good 65

841005 Farewell to Mother - Chelsham Road good 50

870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45

890801 First Know Thy "Self" - Porchester Hall [+25 min Q&A] Good 50

MME = Meta Modern Era by Shri Mataji Nirmala Devi

Chakras affected: Agnya; Hamsa; Vishuddhi

Head

We should cover the head in winter time, so that there is no freezing of the brain... covering is to be occasional, not all the time - if it is too tight, you can get bad circulation; Also to avoid sitting in the Sun, so the brain does not get melted (830204); Some people go on shaking their heads continuously to say 'yes', to show that they are understanding, when I am talking to them - it is a very big ego business, and also it is a big right Vishuddhi problem. If you go on like that, your Vishuddhi can never be improved. You have to be very careful with your neck... you should not move your neck too much, or shrug your shoulders or your hands too much (871230.1)

The head is like the coconut in structure, with the outer hair, followed by the hard nut layer, then the black covering, a white layer as in the coconut, and finally the space containing the water or liquid (830204)

It would be a good idea... to start using a little oil for the head... in the night... as Sahaja Yogis, you should... better use some nice coconut oil, and rub on your head nicely, in the night... and in the morning... after all it doesn't show much... and comb your hair in a proper way. If your dresses... and your hair are... like bhoots... then the bhoots will take over, thinking... 'oh, this is a bhoot sitting down here... better take hold of that bhoot'... so dress up in a way... that you shouldn't have hair on your forehead at all... keep it straight... make it nice... and have absolutely clean foreheads (860504)

So before you start getting bald, better try putting some oil on your head... that's one very important thing, Sahaja Yogis have to do... you can take vibrated oil if you like... and... I think olive oil is good... but better than olive oil, I find, is coconut oil... it is better for the growth of the hair. But sometimes you can also put almond oil... is also good for you... because if you have any problems that you feel exhausted, your nerves need attention, you are a nervous type of person, then almond oil is good for you (860504)

Sahajvidya - Head

You see, how Kundalini clears your head... you can see the difference now... just now... so later on you will know... you see... how many bumps... here and there... the head is not even... but as you will grow, you will be amazed, how your head will be very even... and you won't feel any bumps or anything - you all had (791009.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871230.1 Marriage, Kolapur - see 871219 good 45

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

791009.2 Maintaining purity of Sahaja Yoga + working on new people good

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

Healers

There could be two types of curing people. One could be those who get powers of the Collective Subconscious... they can cure a person with left side problems... and those who get from the Collective Supraconscious... they can cure more the physical side - both can cure, partly, depending on where is the problem (810524)

Take the case of the Collective Subconscious people. In India, we have people called Mantrikas... they are the people who go to funeral pyres, and also to the cemeteries... and they try to capture the dead spirits... these are the sly type of dead spirits... and they control them. They are the so-called 'social workers', sometimes... or 'busybodies', trying to 'help' others... in the category of Chaturvarnas, also called Vishudras, who believe in serving others... they don't want to die... they want to stick on... they are the servant class... they are absolutely servile... they like to be beaten up and ill treated... a horrid type of existence they like to have... they are timid, afraid. Somebody who is suffering from a mental problem... can be cured... if he goes to one of these Mantrikas - they just tell (to the dead spirits - Ed)... that 'you just get out now'... we'll put somebody else in your place... and send you to some other place - so, they are the 'mediators', or the 'liaison officers' (810524)

The second case is the Supraconscious fellow... like this 'late Doctor'... international bhoots he has. So all the great doctors, all the great lawyers, all the great scientists... the engineers and architects... all these great Supraconscious people, very ambitious... Hitler and all such warriors... all such people gather on the right hand side. So he, being a doctor, met all his friends there... and they said... now, lets start this clinic. Now this Dr, who died... his bhoots attacked a man... an ordinary soldier fighting in Vietnam... and told him to go to this Dr's son... and to tell him to start this thing. So this man went to the son... and told him that... 'your father is within me'... and he went into a trance... and told

Sahajvidya - Healers

him some 'secret things'... and so the son had to believe... and he started the clinic for him. And all the bhoot doctors, international, were helping this particular doctor to act anywhere they wanted - so it was established on the Collective Supraconscious (810524)

So you can be cured absolutely... for a year or so... but then... there are these 'spirits' within you... maybe ten or eleven of them... and you can't bear them. So this kind of curing also can take place from the Supraconscious. Supposing there is an architect... if he goes to one of these people... he can get an architect who is dead upon himself. This man who was a 'Ripper' and all that... was himself possessed by some ripper who died - you see, you have to have that inclination... no doubt... you have to have that weakness within you... otherwise it won't work out (810524)

If it has something to do with the physical side, the Supraconscious can help you... if it has to do with something on the mental side, then the Subconscious people can help you... but they help you very temporarily... and then they come back... fourfold (810524)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

810524 Subconscious, Supraconscious, Chelsham Road not good 70

Chakras affected: Left Side; Right Side

- end -

26 Dec 2002

Health

There will be no problems with health, if the centres are cleared (790507); There are many doctors in Sahaja Yoga, and they have seen with their own experiences that many patients who were supposed to be incurable are cured. Many drug addicts got right overnight, without paying for it, and without taking any medicines... just through their own power of Kundalini (980705)

Doctors only know the physical side of human beings. So the problem you have... doctors will say there is nothing wrong with you... until it manifests it's physical side... so if there is any problem... we will know first... and doctors will know much later - maybe it will be so difficult that they may not be able to do anything about it (810511)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

790507 Sahaja Yoga Introduction good 60

810511 Lord Jesus, Forgiveness, Caxton Hall not good

980705 Royal Albert Hall 1998 good 50

- end -

17 Jun 2003

Heart Chakra

The Heart chakra... the fourth centre behind the sternum bone in the spinal cord... controlled by Jagadamba, the Mother of the Universe who gives security, and controls the sternum and antibody production. The antibodies... called 'Ganas' in Sanskrit... fight off 'attacks', or diseases... and are ultimately under the control of the 'Centre Heart' chakra... where til the age of twelve years, we develop our antibodies... and which later on in life go into the whole body... into the circulation and fight our diseases... and... fight our emotions. The centre of security and confidence... which manifests in the gross as the cardiac plexus.

On the right heart... reside the qualities of fatherhood... the qualities of husband and father... controlled by Shri Rama, the ideal King and Father. The brother relationship is also represented in the right heart. On the left Heart... reside the qualities of the essence of motherhood... of our own mother.

The area of the soft bone at the crown of an infant's head... the Brahmarandhra... or Fontanelle bone area, through which passes the Kundalini, linking the human awareness to the All Pervading Power of Divine Love... is at the point where the Heart chakra is. So there is a direct connection with the Heart chakra. This is the hole through which the Kundalini pierces - you are so built that your Brahmarandhra is also your heart.

Spirit is the reflection of God Almighty, which resides in the heart actually... but the seat of the Spirit is here, on top of your head, where is the fontanelle bone area... but it resides in the heart... it is the collective being. This left heart centre controls the heart itself... which is the abode of Shiva... of the Spirit. Your heart has the Spirit, the light... and has also got seven auras around it... which get enlightened by the Spirit... when the Kundalini rises. When these seven centres represented in the brain are enlightened... the auras start shining in the heart. And 'this' centre situated at the centre of the Sahastrara... which is

Sahajvidya - Heart Chakra

actually the 'seat' of the Spirit... of the heart... is connected with the brain. The Spirit has moved from there and has gone to the heart... that's why in childhood you'll find there's an opening here... it's a very soft bone called as the Fontanelle Bone, the Talu... because the Spirit comes out from there and is settled on the heart. Ultimately, when this centre which is the centre of the heart here, in Sahastrara, this point... when this gets enlightened, then the Spirit also gets enlightened fully... and then these auras become doubly shining... then the auspiciousness in many dimensions starts expressing itself. But to keep that light on... one has to keep the Kundalini over here.

Then what happens... then we are ruled by our hearts... rather than by our brains... and then the more you depend on your vibratory awareness... the more you use your heart, and your Spirit, and not your brain. The more you use your brain... again you go down... because it is taken over now by the Spirit. But if you can... just leave it to your heart to work it out... pay attention to your heart... let your Spirit emit itself.

The Heart of the Universe is represented by England; The importance of the heart is maximum... from the heart everything circulates. In England, I've worked the most. In India, I've not worked so hard. And all the efforts I've put in, in England... is because England is very important... is the heart... and the heart should not fail. We have to sustain it... we have to humble down. We always say... to humble down in your heart.

- Jai Shri Mataji -

Problems with Heart Chakra

One chakra overwhelmingly not working alright in most western people is the heart... you have to purify your heart by looking at the photograph and putting all loving feelings about your Mother... understanding Her work... and putting Her into your heart... the heart has to be clean... absolutely surrendered... and we must try to put the Mother before everything else. You have to work it through your heart, and not your brain.

That which binds our heart is fear, fear because maybe we have been tortured or troubled by somebody in the past and so our heart is closed, or perhaps we have frightened others and so we are fearful that they may do the same to us. Aggressiveness is malignant and creates a cancer, and then we start reacting. There should be no reaction to anything, and no aggression.

The left heart chakra controls the heart itself, and can get caught up when we exert too much, physically and mentally. Too much hard work may lead to heart catching. Such people can get fatal heart attacks. Also in danger of heart attacks are the vulgar, crooked, cunning and vile of nature. Left Heart catching means going against God, against the Spirit, being materialistic, egoistical and also may mean too much drinking.

Mothers should give children freedom and dignity. If our mother is fanatic, or a disciplinarian, or if a person is frightened by his mother in childhood, or if a person is a bad mother... this can lead to problems of the left heart. If motherhood in a woman is challenged, by her husband flirting with other women, she can develop breast cancer.

Asthma... may result if your right heart is catching... also sometimes centre heart, and is completely curable in Sahaja Yoga. At right heart... one can develop asthma, if either the person is a bad father or husband... or if that person has a bad husband or father relationship... or even if you haven't forgiven your father. This centre may catch if the father has died and does not want to leave, or if... supposing your father has died very early in his life...

Problems with Heart Chakra

and he has left a mark of unhappiness in your heart, or insecurity - because that means he is still hovering around you. It is also possible to get asthma if you have a wife who is a shrew. At the right heart, right sided people may have a very bad time with their children... with their parents... or with their wives.

Palpitations... is from an overactive heart that develops in right sided people... in which the heart pumps fast... and palpitations may take place. This may come to those who go headlong into wrong paths... and to wrong gurus.

If you pay too much attention to your physical side, you can become a dry personality... absolutely. Such a person gets heart troubles... because the spirit resides in the heart, and if you are too much physical, then the heart goes out - you must pay attention to your spirit. So you are not only a physical being... you are also a mental being... you are an emotional being... and, a spiritual being... all these must be integrated... and there should be a complete balance. One has to work, but work should not be put at the top of our priorities. If we work too hard, we may catch on the heart. Too much of hard work is not good. Work is not important - we will not have this after some time.

The Modern Hatha Yoga... is a misnomer... and is simply a set of exercises... which are effective in losing weight... but, you will get problems, because the left side is neglected, leading to dryness, and to left heart catching. The main thing with Hatha Yoga, is... there is no talk of compassion... so only physically you'll improve - all Hatha Yogis have a problem.

The Sankoch of Shri Rama... if you don't have within you... you can get right heart... so this Sankoch one has to learn... the Mariadas, means the boundaries of your relationships. The delicacy of understanding. You see... this arrogance and rudeness comes to us because we have no Sankoch. That Sankoch, that understanding comes if you love someone and understand.

Invariably, centre heart catches in people with Aids (890801)

- Jai Shri Mataji -

Correcting the Heart Chakra

- Recognition of our Mother, is the mental activity of the Heart. Develop it by introspection and meditation, developing those waves of gratitude, love, oneness and Joy. Surrendering just means you open your heart to accept Mother's Love... give up this ego, that's all, and it will work out; "I am trying to push myself into your hearts, and I'll definitely settle down there".
- The heart can be opened out by Sahaja Yoga... by one thing... by saying 'Mother, come in my heart'... just say it 12 times... it works; And for the brain, you can say it 7 times... it works - I am available to you.
- In order to mature so that we may become one with the Absolute, we have to maintain a certain amount of Suchitta, purity, within ourselves. We have to fight the confusion - it has to be faced and seen. Some people achieve maturity much faster than others... despite the fact that they may have been ruined by many... but still they do it. If the power of Desiring is very strong, and comes from your heart... absolutely from your heart... then it works much faster. So the only judging point is... 'am I doing it from my heart... or... am I doing it superficially'
- Now we have got different mantras for different chakras... if one chakra is catching, then you work on that chakra only, and develop your mantras on that. Supposing you have to say something for your heart, a mantra... first of all you must ask forgiveness from God, because your attention has not been so much as it should have been, on the Spirit. Now you ask for forgiveness from your heart... it should not be ritualistic, but it should be from your heart... and not to think about it, but put your hand towards it... direct the vibrations... but don't think at that time... that is the most important thing; Humble down yourself... means to bring down your attention to your heart... don't think.
- When you are saying the mantra, put your attention without thought to that particular chakra... but if you are thinking, then you are again catching the heart much more. By thinking, the right side gets overactive, the ego develops... and engulfs the

Correcting the Heart Chakra

heart. So by 'thinking' how to correct the ego, the worse you become - then you are fighting it. So we have to give a balance... bring down your ego... with your hands. Not mentally you resolve it, but through your vibrations and mantras... mantras are very important for Sahaja Yogis; For ego you say 'Mother you are our ego... we don't do anything... you do everything' - if you say like that, it will work out... otherwise it will not; Be humble... be humble in your heart. What you have to surrender is your ego... means your thinking; If you are thinking, open your eyes, and say 'I forgive, I forgive'... even if you take Shri Mataji's name, it's sufficient.

- Now when you are facing the photograph, just to check up yourself, humble down yourself first of all, like a person who wants to perfect himself... and try to find out what is wrong with you. Humble down means to bring down your attention to your heart... don't think. Now see what chakras are catching... you need not judge 'why' you are catching... that's not important for us. It is catching... alright... so you don't go on a trip of thinking; Once you start 'thinking', then there's a barrier between the Spirit and you - in any art or in any deftness, that's how the creativity, the spontaneity is finished... by thinking. So do everything in silence... in thoughtless awareness... that's the main point. Try at least to see my face without thinking... my face itself makes you thoughtless... on the photograph you can watch my face without thinking... and it will work out.

- Now for Sahaja Yogis as I say there should be no ritual... ritualistic things always make you absolutely dead... there should not be... like early in the morning you start with a mantra... and go on repeating mantra like a mechanical thing... it's absolutely paying no respect to the Deity. But in a proper way... whichever Deity you want to awaken... think of that Deity, and try to cleanse it, with all the understanding and deliberations... with respect... with a protocol... and not just to take somebody's name and just go on chanting any mantra you feel... it's not a mechanical thing. Sahaja Yoga is a thing which has to come from the heart... it is heart felt... if you do not do it from your heart it has no meaning.

Correcting the Heart Chakra

- Then how you behave is very important... you should not be artificial... or superficial... but best is to put your hand on your heart... both the hands... and just try to feel... your Mother is Adi Shakti... She has created all this Universe... She has created all this world... and She is for your protection - as soon as I come to know about your problems, my attention can work it out. All this protection is given to you because you are seekers of truth... and the truth is that I am the Adi Shakti Incarnated. Once this truth becomes one with your self, there's nothing to fear... because all the Deities know this fact... they know about this Incarnation very well... they'll do anything to substantiate your belief in every way... my photographs... in the sky... they are so anxious. They are behind the stage... before the stage... all sides of the stage... listening to me... feeling very happy that I am telling you the truth. But the way they recognise... the way they act... they never disobey. If you behave in the same manner, you are completely protected from all these problems I have told you about.

- Then praise the Lord... because God is fond of praise... if you praise the Lord, then he gives you everything... it's true. You cannot get to Mother, unless and until you are really bhakti from your heart... but if you have bhakti, then you can get to Mother... it is written... Bhakti Ganya. So your faith has to be absolutely untarnishable. So when this faith in God is absolutely established within you, that there is God Almighty... that he's Almighty... and that 'I am the messenger of that God'... just this understanding, when it becomes absolutely formed in you, then you are in Guru Pada. But we have to remember one thing... that we must have complete faith in the Kingdom of God... and in the powers of God Almighty... complete faith.

- The greatest thing He has given us, is Realisation... and the 'way of Sahaja'. Look into your heart, and humble down... and thank... every moment - that is the key to start the Joy... out of

Correcting the Heart Chakra

- every moment. Every moment has an ocean of Joy in it... but to start it, you must thank... whatever you have got. Thankfulness is the way to Joy... there's no other way - we get everything, but we never thank... judging type we are - today is the day of thanking; Thankfulness, if you do not have, you'll never enjoy what you have... whatever you have got... whatever God has given you... out of His Grace... out of His compassion... out of His love. We do not know how to thank Him... you see this is the point... have we thanked Him... every moment of our life. When you thank Him, the waves of Joy will rise within you.
- If you don't have that Sankoch of Shri Rama you get right heart. So this Sankoch one has to learn... the Mariadas, means the boundaries of dharma... of your relationships... the discretion of the heart. Sankoch... means... restraint... in a wise way... enlightened restraint... how far to go with a person... is the question. Not to say something in such a way that you touch the wrong side of a person... is Sankoch.
- Rama was on the right side of the heart... means the heart put to activity... do you understand that. When you are in the 'left heart' that's your sincerity... your 'heart felt' thing... but the heart felt thing... how many of you are really putting that to action... absolutely into action. Without that your Rama's tattwa cannot be improved. Rama's tattwa is only improved when you put all the things into action... that's exactly what Shri Rama did.
- To cure problems of asthma... put the hand on the heart and say mantra to awaken the fatherhood. If the father is still hovering around you... then you have to tell your father that 'I'm alright... you take your birth... you take your Realisation'. Like that we have cured the asthma of people who have been suffering from 25 years.
- To correct a centre heart problem, hold your breath, not with great force, but ordinarily, hold for a while then exhale - 3 times, and use the mantra for Jagadamba.

- Jai Shri Mataji -

Heart Chakra - Aspect or Deity

Jagadamba... the Mother of the Universe, residing in the centre heart... part of Adi Shakti, the Desire Power of God... first incarnated 14000 years back, and whose qualities include security, and who controls the sternum bone and antibody production, and who incarnates many times to kill and destroy the evil forces, the Rakshasas, or devilish people. The Primordial Mother... who is Mahalakshmi, who is the Protector, and who kills all the demons and devils both inside you and without, and is called as Jagadamba, the Mother of the Universe.

The Deity on the right heart, with qualities of the ideal father and husband... Shri Rama... the ideal, benevolent King... is the embodiment of all the good qualities in a man. Shri Rama being Sankochi... means he's a man full of Grace. Shri Rama was known to be a very formal person... Sankoch... that he would go to any extent to bear upon himself the problems, than to tell others to do something... this is one of the greatest qualities of Shri Rama... that he would not order anyone do anything for him. The softness of Shri Rama goes to the extremes... which I call the Sankoch. There's no word in English language... because you have 'formality'... which is a very insipid word to describe Sankoch... it's an action... 'formality of the heart'... in action you see.

Shri Shiva... resides in our heart... is unlimited compassion, and whose Shakti is Shri Parvati. Shiva... the Destroyer, is Innocence personified... who beautifies, and gives joy. He who puts lights into Mother's Photos, who creates aesthetics, makes the vibrations; Who can neutralise poisons. Who gives Sat Chit Anand; Who gives longevity and who teaches, by receding from the heart. Shiva is the Guru... Parvati is the Shakti. Shiva is to be taken as Guru... Shiva is the one who is our Guru... he is our Spirit.

Heart Chakra - Aspect or Deity

The Unity... of your attention, called as Jiva... and your Spirit, called as Shiva... is the Yoga. These two must meet... unless and until they meet, you cannot reach your Absolute. What we should do is first of all establish our own Shiva Principle... is the principle of joy... principle of love... and principle of truth I should say.

Now Vishnu is there... his power is there for you to rise up to the Shiva Principle... one is supplementary for another... you cannot reach Shiva without Vishnu... and you cannot stick to Shiva's Principle, if you have not understood Vishnu's Principle. Kundalini itself rises through the Sushumna Nadi... and she is the Principle, she is the Tattwa of Shiva... and she rises through the channel that is made by Vishnu, out of the evolutionary process. So how can you do away with one of them... one is the road... another is the destination.

- Jai Shri Mataji -

Heart Chakra - Summary

<u>Chakra:</u>	Heart or Anahata
<u>Deity:</u>	Shiva Parvati(L); Durga; Jagadamba(C) Shri Sita Rama(R)
<u>Physical:</u>	The Heart; Sternum Bone; Cardiac Plexus
<u>Functions:</u>	Circulation; Immunity
<u>Qualities:</u>	Love; Compassion; Sincerity; Joy; Motherhood; Benevolence Security; Confidence; Fearlessness; Protection Husband/Brother/Father relationships; Sankoch; Mariadas; Caring
<u>Catch:</u>	Fear; Materialism; Overactivity; Cunning; Vulgar; Vile; Thinking; Heavy drinking; Arrogance/Rudeness; Flirting;
<u>Diseases:</u>	Heart Attack; Asthma; Aids; Breast Cancer
<u>Treatments:</u>	Inhale, hold breath, exhale... 3 times repeating Jagadamba; Care for others; Recognise the Mother; Learn Mariadas & practice Sankoch;
<u>Affirmations:</u>	Mother please come in my heart; I am the Spirit
<u>Mantras:</u>	Use the Deity Name
<u>Petals:</u>	Twelve
<u>Position:</u>	Little Fingers; Centre of Sahastrara; Behind the sternum bone.
<u>Country:</u>	England

- Jai Shri Mataji -

Heart Attack

When you pay too much attention to all these outward things... to material things... to your all material advancement... to your physical advancement... and to so much of computerisation of your brain... then you neglect the necessary attention to your Spirit, which resides in your heart... and so the Spirit recedes... and you get a heart attack. Only a person who is right sided gets a heart attack... and never a person who is left sided - in a mental hospital you never need a cardiogram... they never get a heart attack... a mad man never gets a heart attack... surprisingly... a person who is mad, using his heart more... his left side, his emotions more... his heart should go out... but no... his brain goes out... can you imagine... and the one who uses his brain... his heart goes out. This is the balance created by Nature in us. See how cleverly the Nature is trying to guide us into the centre... 'don't go to the extremes... keep to the centre... keep to the centre'... then when you are absolutely in the centre, then you get your evolution very quickly (820514)

Can result from too much right side activity (870500); Heart trouble is a very common thing people suffer from, because of overactivity of the mental self... e.g. Hatha Yogis so called, who are worried about their physical being, or everyone who is trying to be a wrestler, or a cinema actor, or those people who are running for hours together or for miles together - they lose all their power even to feel... they lose all their feelings for anybody else... they become dry people. And such people get heart attack. Those who are great thinkers, and great planners, who are great politicians you can say, or great economists and all that... those people also get to heart attack. The reason is that life is very imbalanced... they do not see to the left hand side... they do not see that they have an emotional being also within them, which is being starved, and they freeze the left side, and by that they get heart attack (790720)

- Jai Shri Mataji -

Sahajvidya - Heart Attack

Tape References:

Date/Ref - Title - Qual - mins

-870500.1 Untitled talk - see 870503

-820514 You must become the Spirit - see 820514 good 45

790720 Cardiff Public Program good 30

820514 You must become the Spirit/Puja on Fighting Asuras

870500.2 Australia PP [PP video set 5/1] good 35

Chakras affected: Right Side

Centre Heart

The Heart centre, the fourth centre behind the sternum bone in the spinal cord, and in which the 'lub-dub' sound in the heart is produced without percussion (MME); The Kundalini, when it reaches the top of the head, you can feel the lub-dub of a heart... Kabira has said... 'at the top of your head, you can feel Anahata'... Anahata is the sound of the heart... you can feel it... it has to happen (821007)

The area of the soft bone at the crown of an infant's head (910505)... the Fontanelle bone area, through which passes the Kundalini, linking the human awareness to the All Pervading Power of Divine Love (MME)... is at the point where the Heart chakra is, so there is a direct connection with the Heart chakra (830204); This is the hole through which the Kundalini pierces (840622)... you are so built that your Brahmrandhra is also your heart. Try to open your heart by projecting it (821219)

The fourth Chakra, controlled by Jagadamba (810829), the Mother of the Universe and who gives security, and controls the sternum and antibody production (811005); The antibodies... called 'Ganas' in Sanskrit... are under the control of the sternum bone, by which they are produced, and fight off 'attacks', or diseases... are ultimately under the control of the 'Centre Heart' chakra (MME)... where til the age of twelve years, we develop our antibodies... which later on in life go into the whole body... into the circulation and fight our diseases... and... fight our emotions (790722); The 'centre heart' controls our immune system (MME), and manifests in the gross as the cardiac plexus (830302); The centre of security and confidence (MME)

Invariably, this centre catches in people with Aids (890801); Asthma... may also sometimes result if your centre heart is catching (820402)... and is completely curable in Sahaja Yoga (890801); To correct a centre heart problem, hold your breath, not with great force, but ordinarily, hold for a while then exhale - 3 times, and use the mantra for Jagadamba (791118)

Sahajvidya - Centre Heart

Jagadamba... first incarnated 14000 years back, whose quality includes security, and who controls the sternum bone and antibody production, and who incarnates many times to kill and destroy the evil forces, the Rakshasas, or devilish people; The Mother of the Universe residing in the centre heart; Part of Adi Shakti, the Desire Power of God (941009; 810829; 811005)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 910505 Sahastrara Puja, I schina, I taly - see 910915 good 40
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 791118 Where... stand in SY/How get in Med'n, Dollis Hill. see 791009.1 good 45
- 790722 Leeds at Jim's House poor 45
- 811005 Beauty that you are - Houston good 70
- 820402 Shri Rama's birthday - Chelsham Road good 70
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 840622 South Bank Polytechnic, London good 40
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 910505 Sahastrara Puja, I schia, I taly
- 941009 Navaratri Puja, Cabella [video says 941008] good 55
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

8 Nov 2002

Right Heart

Where resides the quality of fatherhood... the qualities of husband and father... (890801); The qualities of the father are at the right Heart chakra (820711)... the subtle centre... controlled by Shri Rama, the ideal King and Father (810829); Sankoch of Shri Rama. If you don't have that Sankoch you get right heart. So this Sankoch one has to learn... the Mariadas, means the boundaries of your relationships (820402); The discretion of the heart (820402); The boundaries of dharma (900818), that are restored by the Kundalini (920621); Also the brother relationship is represented in the right heart (790618)

Shri Rama, the ideal King and Father (810829); Rama... the ideal, benevolent King - 8000 years back (811005), and more than 2000 years before Shri Krishna (970600); The Deity on the right heart, with qualities of the ideal father and husband (811005); Shri Rama... is the embodiment of all the good qualities in a man... (.0012)

One can develop asthma, if either the person is a bad father or husband... or if that person has a bad husband or father relationship (890801); This centre may catch if the father has died and does not want to leave, or if the father is unkind to the son, or if the son is unkind to the father, or the father is cruel, dejected or lost etc. This may then result in asthma. To cure it put the hand on this centre and say mantra to awaken the fatherhood (820711); It may also be catching... if, supposing your father has died very early in his life, and he has left a mark of unhappiness in your heart, or insecurity - because that means he is still hovering around you. Then you have to tell your father that 'I'm alright... you take your birth... you take your Realisation'. Like that we have cured the asthma of people who have been suffering from 25 years (790608.2); Asthma... may result if your right heart is catching... also sometimes centre heart (820402), and is completely curable in Sahaja Yoga (890801); At the right heart, right sided people may have a very bad time with their children... with their parents... or with their wives (830209)

Sahajvidya – Right Heart

It is possible to get asthma if you are a bad husband, or have a wife who is a shrew, or if you are a bad father, or if your father is not kind to you, or even if you haven't forgiven your father (890801)

Palpitations... an overactive heart that develops in right sided people... in which the heart pumps fast... and palpitations may take place (830209); Those who go headlong into wrong paths may suffer from funny heart troubles, palpitations, insomnia, vomiting, giddiness, irrelevant talking etc. It is very serious to go to wrong gurus (830204)

So we have a Sahaja Yoga tradition also in which when we speak to each other we have that Sankoch within us of Shri Rama. If you don't have that Sankoch you get right heart. So this Sankoch one has to learn... the Mariadas, means the boundaries of your relationships (820402); You see there is a Sankoch... means... restraint... in a wise way... enlightened restraint... how far to go with a person... is the question (.0012); Not to say something in such a way that you touch the wrong side of a person... is Sankoch. The delicacy of understanding. You see... this arrogance and rudeness comes to us because we have no Sankoch. That Sankoch, that understanding comes if you love someone and understand (820402)

Shri Rama being Sankochi... means he's a man full of Grace (850000.2); Shri Rama was known to be a very formal person... Sankoch... that he would go to any extent to bear upon himself the problems, than to tell others to do something... this is one of the greatest qualities of Shri Rama... that he would not order anyone do anything for him. The softness of Shri Rama goes to the extremes... which I call the Sankoch (871004; 861223); There's no word in English language... because you have 'formality'... which is a very insipid word to describe Sankoch... it's an action... 'formality of the heart'... in action you see (820402)

Sahajvidya - Right Heart

Rama was on the right side of the heart... means the heart put to activity... do you understand that. When you are in the 'left heart' that's your sincerity... your 'heart felt' thing... but the heart felt thing... how many of you are really putting that to action... absolutely into action. Without that your Rama's tattwa cannot be improved. Rama's tattwa is only improved when you put all the things into action... that's exactly what Shri Rama did (820402)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 861223 Nasik - see 861221 good 15
- 850000.2 Nasik talk - see 850000.1 good 25
- 790608.2 Maria's House Tape 2 poor
- 811005 Beauty that you are - Houston good 70
- 820402 Shri Rama's birthday - Chelsham Road good 70
- 820711 Nabhi to Sahastrara, Derby good 90
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 871004 Dasshera Puja/Shri Rama - Les Avants, Switzerland good 70
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

The Heart

The Heart centre, the fourth centre behind the sternum bone in the spinal cord, and in which the 'lub-dub' sound in the heart is produced without percussion (MME); The Kundalini, when it reaches the top of the head, you can feel the lub-dub of a heart... Kabira has said... 'at the top of your head, you can feel Anahata'... Anahata is the sound of the heart... you can feel it... it has to happen (821007)

The area of the soft bone at the crown of an infant's head (910505)... the Fontanelle bone area, through which passes the Kundalini, linking the human awareness to the All Pervading Power of Divine Love (MME)... is at the point where the Heart chakra is, so there is a direct connection with the Heart chakra (830204); This is the hole through which the Kundalini pierces (840622)... you are so built that your Brahmarastra is also your heart. Try to open your heart by projecting it (821219)

The left Heart... where resides the qualities of our own mother - if our mother is fanatic, or a disciplinarian, this can lead to problems of the left heart. Mothers should give children freedom and dignity (820711); Where resides the quality of the essence of motherhood... left heart catches if a person is frightened by his mother in childhood, or if a person is a bad mother (810829); 'Left Heart' is connected to our worldly mother (MME); If motherhood is challenged by, for example the husband's infidelity, breast cancer can develop (890801); The 'mother relationship' is represented in the heart (790618)

This centre controls the heart itself, and can get caught up when we exert too much, physically and mentally and also drink heavily. Such people can get fatal heart attacks. Also in danger of heart attacks are the vulgar, crooked, cunning and vile of nature (MME); Too much hard work may lead to heart catching (780619); Left Heart catching means going against God, against the Spirit, being materialistic, egoistical and also may mean too much drinking (791202.2); Thoughts can cover the heart (850806); The heart itself is the abode of Shiva... of the Spirit (910002)

Sahajvidya - The Heart

The Heart of the Universe is represented by England; The importance of the heart is maximum (840702)... from heart everything circulates; The heart is represented in the head at Brahmastrara... put Mother in your heart and raise to the Sahastrara; We are in our Mother's Heart, and are circulating in Her Body (850806); In England, I've worked the most. In India, I've not worked so hard. And all the efforts I've put in, in England... is because England is very important... is the heart... and the heart should not fail. We have to sustain it... we have to humble down. We always say... to humble down in your heart (840214)

Your heart has the Spirit, the light... and has also got seven auras around it... which get enlightened by the Spirit... it's a very instantaneous or you can say simultaneous happening. But, before that... when the Kundalini rises... there are the seven centres represented on the seven seats in our brain... all the Sahaja Yogis know where they are. So when these centres are enlightened... the auras start shining in the heart. And 'this' centre is actually the 'seat' of the Spirit (800721)... of the heart... situated at the centre of the Sahastrara... and is connected with the brain (910505); The Spirit has moved from there and has gone to the heart... that's why in childhood you'll find there's an opening here... it's a very soft bone called as the Fontanelle Bone, the Talu... because the Spirit comes out from there and is settled on the heart (800721)

So when the Kundalini rises... first these centres get enlightened... then in the brain... then the auras in the heart start getting enlightened... ultimately, when this centre which is the centre of the heart here, in Sahastrara, this point... when this gets enlightened, then the Spirit also gets enlightened fully... and then these auras become doubly shining... then the auspiciousness in many dimensions starts expressing itself. But to keep that light on... one has to keep the Kundalini over here (800721)

Sahajvidya - The Heart

Then what happens... then we are ruled by our hearts... rather than by our brains... and then the more you depend on your vibratory awareness... the more you use your heart, and your Spirit, and not your brain. The more you use your brain... again you go down... because it is taken over now by the Spirit. But if you can... just leave it to your heart to work it out... and don't think... because now you are in thoughtless awareness after Realisation. And if you try to maintain that state... pay attention to your heart... let your Spirit emit itself... so that it clears out completely the confusion of the brain and everything... then you'll be amazed that you cannot lose your vibrations... you cannot lose your Realisation (800721)

The brain when it is not nourished by the heart is very dangerous, is ruthless. Conversely, if there is heart only and no rationality, we can become dangerous to ourselves, lethargic and indulgent into wrong things (890611); All our brain activity goes against pure intelligence; Our thinking can make us so bumptious, so ego oriented, so impure (830113)

We have to train our heart in Sahaja Yoga, and to train our heart in Sahaja Yoga, one has to know that it is enveloped either by ego or superego. The limbic area actually represents the heart (830121); Those who use their right side too much... use their brain too much... their heart fails... while those who use their heart too much... the brain fails (821008); Reality is achieved through the heart... not the brain (910728); The ego covers the heart, and is to be surrendered (850528); If left Agnya is catching... put your hand on your heart... just assert... 'Mother I am the Spirit' (840622)

To keep the Sahastrara clean is to open your heart... if your hearts are not open, how will I fill it up with my love... open your hearts to your fellow Yogis and Yoginis; To keep Sahastrara absolutely clear cut, we must listen to whatever I have told you, and obey it, as absolutely an ordained thing (870503.1); We have to be on guard to see what is closing the Sahastrara (960505)

Sahajvidya - The Heart

Recognition of our Mother, is the mental activity of the Heart. Develop it by introspection and meditation, developing those waves of gratitude, love, oneness and Joy (910505); Surrendering just means you open your heart to accept Mother's Love... give up this ego, that's all, and it will work out; "I am trying to push myself into your hearts, and I'll definitely settle down there" (821219)

Now the 3 powers of Adi Shakti work in you. One gives you longevity... and a clear-cut idea about your desires... if your desires are 'right', all your desires are fulfilled by this power... all your desires... all - but first... one should know... that your desires should be 'right'... for example... why do you want... what is the purpose... are you sure about it... if your desires are clear-cut, then they will be fulfilled... absolutely one hundred percent. That power you can achieve only by putting your bandhan on your heart... whatever desire you have... you say it, and put it on your heart... means you are asking from your heart... seven times... you just give it a bandhan, and the work will be done... but don't use it for nonsensical things... because if you use it for nonsensical things, this power will go away... use it for something special... of a higher level (800127.2)

In order to mature so that we may become one with the Absolute, we have to maintain a certain amount of Suchitta, purity, within ourselves. We have to fight the confusion - it has to be faced and seen. Confusion comes from conditionings, brain washings, physical and mental problems, and from the atmosphere etc. Some people achieve maturity much faster than others... despite the fact that they may have been ruined by many... but still they do it. What makes it very quick is the left side, what we call Mahakali's power... or we can call it as Iccha Shakti... the power of Desiring. If the power of Desiring is very strong, and comes from your heart... absolutely from your heart... then it works much faster. Once you put your heart to it, everything will work out well... because the whole force is coming from your heart... because in the heart resides the Spirit. So the only judging point is... 'am I doing it from my heart... or... am I doing it superficially' (791009.1)

Sahajvidya - The Heart

At this moment, my children... my Sahaja Yogis... are at that level that they can completely open their hearts without any fear. It's a very different stage you have reached now... just assume your powers... know that you are that... just open your heart. Material problems are not difficult to be solved... physical problems also. Give up that fear which is placed within you, in your experiences. Now this is a new experience, of a new life, where your energies come from the Spirit... which is love - in one word it is love... and in 3 words, it is Truth... it is Attention... and it is Joy... all put together, it is Love... when you mix them up, it becomes love... and that is what you have. So, love is the strongest thing... and the sweetest thing. It's such a beautiful combination... and the one who has the wisdom, that subtle wisdom, can only achieve it (0.0011)

If you pay too much attention to your physical side, you can become a dry personality... absolutely. Such a person gets heart troubles... because the spirit resides in the heart, and if you are too much physical, then the heart goes out - you must pay attention to your spirit. So you are not only a physical being... you are also a mental being... you are an emotional being... and, a spiritual being... all these must be integrated... and there should be a complete balance (821008)

Modern Hatha Yoga is a misnomer (791111)... and is simply a set of exercises (811005); It was brought to the West around the late 50's, and is effective in losing weight... but you will get problems, because the left side is neglected, leading to dryness, and to left heart catching (780619); The main thing with Hatha Yoga, is... there is no talk of compassion... so only physically you'll improve (960710)... all Hatha Yogis have a problem (780000)

One has to work, but work should not be put at the top of our priorities (800613); If we work too hard, we may catch on the heart (780619); Too much of hard work is not good (780000); Work is not important - we will not have this after some time (821101)

Sahajvidya - The Heart

That which binds our heart is fear, fear because maybe we have been tortured or troubled by somebody in the past and so our heart is closed, or perhaps we have frightened others and so we are fearful that they may do the same to us. Aggressiveness is malignant and creates a cancer, and then we start reacting. There should be no reaction to anything, and no aggression (870503.1); If motherhood in a woman is challenged, by her husband flirting with other women, she can develop breast cancer (890801)

One chakra overwhelmingly not working alright in most western people is the heart... you have to purify your heart by looking at the photograph and putting all loving feelings about your Mother... understanding Her work... and putting Her into your heart... the heart has to be clean... absolutely surrendered... and we must try to put the Mother before everything else. You have to work it through your heart, and not your brain (830121)

Now we have got different mantras for different chakras... if one chakra is catching, then you work on that chakra only, and develop your mantras on that. Supposing you have to say something for your heart, a mantra... first of all you must ask forgiveness from God, because your attention has not been so much as it should have been, on the Spirit. Now you ask for forgiveness from your heart... it should not be ritualistic, but it should be from your heart... and not to think about it, but put your hand towards it... direct the vibrations... but don't think at that time... that is the most important thing; Humble down yourself... means to bring down your attention to your heart... don't think (800907)

When you are saying the mantra, put your attention without thought to that particular chakra... but if you are thinking, then you are again catching the heart much more. By thinking, the right side gets overactive, the ego develops... and engulfs the heart. So by 'thinking' how to correct the ego, the worse you become - then you are fighting it. So we have to give a balance... bring down your ego... with your hands. Not mentally you resolve it, but through your vibrations and mantras... mantras are very important for Sahaja Yogis; For ego you say 'Mother you are our ego... we don't

Sahajvidya - The Heart

do anything... you do everything' - if you say like that, it will work out... otherwise it will not; Be humble... be humble in your heart. What you have to surrender is your ego... means your thinking; If you are thinking, open your eyes, and say 'I forgive, I forgive'... even if you take my name, it's sufficient (800907)

Now when you are facing the photograph, just to check up yourself, humble down yourself first of all, like a person who wants to perfect himself... and try to find out what is wrong with you. Humble down means to bring down your attention to your heart... don't think. Now see what chakras are catching... you need not judge 'why' you are catching... that's not important for us. It is catching... alright... so you don't go on a trip of thinking; Once you start 'thinking', then there's a barrier between the Spirit and you - in any art or in any deftness, that's how the creativity, the spontaneity is finished... by thinking. So do everything in silence... in thoughtless awareness... that's the main point. Try at least to see my face without thinking... my face itself makes you thoughtless... on the photograph you can watch my face without thinking... and it will work out. Silence your mind (800907)

Now for Sahaja Yogis as I say there should be no ritual... ritualistic things always make you absolutely dead... there should not be... like early in the morning you start with a mantra... and go on repeating mantra like a mechanical thing... it's absolutely paying no respect to the Deity. But in a proper way... whichever Deity you want to awaken... think of that Deity, try to cleanse it, with all the understanding and deliberations... with respect... with a protocol... and not just to take somebody's name and just go on chanting any mantra you feel... it's not a mechanical thing. Sahaja Yoga is a thing which has to come from the heart... it is heart felt... if you do not do it from your heart it has no meaning (810511)

Sahajvidya - The Heart

Then how you behave is very important... you should not be artificial... or superficial... but best is to put your hand on your heart... both the hands... and just try to feel... your Mother is Adi Shakti... she has created all this Universe... she has created all this world... and she is for your protection - as soon as I come to know about your problems, my attention can work it out. All this protection is given to you because you are seekers of truth... and the truth is that I am the Adi Shakti Incarnated. Once this truth becomes one with your self, there's nothing to fear... because all the Deities know this fact... they know about this Incarnation very well... they'll do anything to substantiate your belief in every way... my photographs... in the sky... they are so anxious. They are behind the stage... before the stage... all sides of the stage... listening to me... feeling very happy that I am telling you the truth. But the way they recognise... the way they act... they never disobey. If you behave in the same manner, you are completely protected from all these problems I have told you about (911013)

Then praise the Lord... because God is fond of praise... if you praise the Lord, then he gives you everything... it's true. You cannot get to Mother, unless and until you are really bhakti from your heart... but if you have bhakti, then you can get to Mother... it is written... Bhakti Ganya. So your faith has to be absolutely untarnishable. So when this faith in God is absolutely established within you, that there is God Almighty... that he's Almighty... and that 'I am the messenger of that God'... just this understanding, when it becomes absolutely formed in you, then you are in Guru Pada. But we have to remember one thing... that we must have complete faith in the Kingdom of God... and in the powers of God Almighty... complete faith (920719)

Spirit is the reflection of God Almighty, which resides in the heart actually... but the seat of the Spirit is here, on top of your head, where is the fontanelle bone area... but it resides in the heart... it is the collective being (821007); The greatest thing He has given us, is Realisation... and the 'way of Sahaja'. Look into

Sahajvidya - The Heart

your heart, and humble down... and thank... every moment - that is the key to start the Joy... out of every moment. Every moment has an ocean of Joy in it... but to start it, you must thank... whatever you have got. Thankfulness is the way to Joy... there's no other way - we get everything, but we never thank... judging type we are - today is the day of thanking; Thankfulness, if you do not have, you'll never enjoy what you have... whatever you have got... whatever God has given you... out of His Grace... out of His compassion... out of His love. We do not know how to thank Him... you see this is the point... have we thanked Him... every moment of our life. When you thank Him, the waves of Joy will rise within you (790000.2)

The heart can be opened out by Sahaja Yoga... by one thing... by saying 'Mother, come in my heart' ... just say it 12 times... it works; And for the brain, you can say it 7 times... it works - I am available to you (880921)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 960710 Airport Talk, Vienna - see 960710 good 40
- 910505 Sahastrara Puja, I schina, I taly - see 910915 good 40
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 870503.1 Sahastrara Puja, Australia - see 870503 good 45
- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 800127.2 Deep Meditation - see 800127.1
- 791202.2 Guru Puja/2, Dollis Hill - see 791202.1 [incomplete] good 30
- 790000.2 2nd Talk - see 790200 not good
- 780619.2 Working out session - see 780619 not good 0
- 780619.1 Yoga Kshema, Western problems, Caxton Hall - see 780619 good 40
- 780000.01 Talk on Easter 78
- 780000.02 How to meditate, Seminar Talk
- 780000.04 God & Creation, Caxton Hall Public Program

Sahajvidya - The Heart

Tape References (cont'd)

Date/Ref - Title - Qual - mins

- 780000.05 Public Meeting Talk No 1, Caxton Hall
780000.06 Public Meeting Talk No 2, Caxton Hall
780000.07 Ego, Superego & Subconscious, Finchley Ashram
780619 Difference between East and West - Caxton Hall
790000.2 Shri Mataji working on new people good 55
790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
791111 Meaning of Yoga, Dollis Hill good 50
791202.2 Guru Puja Pts 3 & 4, Dollis Hill
800127.2 Powers bestowed upon S Yogis and how maintain them, Bordi good 30
800613 Essence within Innocence good 40
800613.2 Seeking that which lies beyond, Stratford, London
800721 Auspiciousness - Caxton Hall good
800907 How to know where you are - Chelsham Road good 120
810511 Lord Jesus, Forgiveness, Caxton Hall not good
811005 Beauty that you are - Houston good 70
820711 Nabhi to Sahastrara, Derby good 90
821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
830113.2 L M'dhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
840214 Shri Mataji talks to the English - Bordi poor 75
840622 South Bank Polytechnic, London good 40
840702 Hampstead Public Programme [sound quality very poor] poor 40
850528 Kundalini Power and Creation, Los Angeles good 45
850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
880921 Speech at Ammonk Ashram, New York good 35
890611 Dynamism, Virata Puja, Connecticut, USA
890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
910505 Sahastrara Puja, Ischia, Italy
910728 Guru Puja, Cabella good 60
911013 Navaratri Puja - Cabella good 25
920719 Guru Puja - Cabella good 65
960505 We must feel responsible, Sahastrara, Cabella good 55
960710 Airport Talk/Mahalakshmi Puja '96 Vienna/Moscow
MME = Meta Modern Era by Shri Mataji Nirmala Devi

Heat - Burning

When felt on the fingers, is an indication of something wrong on the centres, and is indicative of a catch (791203); When the Kalki chakra is caught up, all your fingers start burning... on the hands, the palms, sometimes even in the body you get a terrible burning (790928); Burning... or tingling (790608.2); We can feel catches on the fingers, as heat on the fingers, instead of cool all over... the fingers denote the chakras. After Realisation it is also possible to feel like 'pins and needles' on the hands - if there is a problem on the centres it can be cured (791203)

The biggest sin of modern times, which is immorality, the 'Sin against the Mother', produces cancer which is also heat producing, and is also called the 'Sin against the Goddess' and results in psychosomatic, or physical diseases, such as Aids, cancer etc... with delayed punishment (941009; 830113.2); All cancer patients give heat (810524)

Many wrong books have been written about Kundalini, saying that you will start jumping, or get heat or burning etc. This is all wrong, is satanic, and is written by people with wrong motives. The first Deity of Holiness sits at the triangular bone, and shows his temper by giving bad experiences to those who have experimented with the Kundalini in a wrong way, and has punished them as a result (800609)

Now when you find that a person has a cancer... on the hands you find that all these fingers (all fingers of left hand - Ed) are burning... sometimes even these fingers (fingers on both the hands - Ed) start burning. If you put your hands toward a person who is suffering from cancer, all your fingers start burning (left and right hands - Ed)... and you start burning here and here (indicating the area on the outer part of the palms, at the base of all fingers, on both left and right hands - Ed). Also you may start feeling a throbbing here (indicating the solar plexus area - Ed)... of course throbbing doesn't mean that a person has cancer, but it's one of the symptoms. So far I haven't seen one patient of cancer who has not been emotionally very much inclined... so it's more a case of emotional disturbance (821008)

Sahajvidya - Heat/Burning

If you find that your right side is hot, what you do is put your right side towards the photograph, and your left side up towards the ether... the ether takes away the heat. But what actually happens is that your right side gets the vibrations, and the heat is pushed towards your left and passes out into the ether. Now this heat comes from too much futuristic living... and this heat has to go away. For that, there are various things we have to use, but mainly for right sided people, they should not use any light at all... they should not sit in the Sun... but should sit in the moonlight. They should read some poetry... and should tie up their watches, and not look at time... and they should allow time to pass... and should just become very sort of emotional people... and should sing songs of bhakti. They should not do Hatha Yoga - there are many things they should not do (880921); The Moon represents the Atma... the cooling capacity - you are all on the right side... so you ask for the Moon... ask for the Spirit (.0011)

A right sided person has all the elements which give heat... you can say the light and the fire... so to correct it, light is not going to help very much. What is going to work out is the Mother Earth and the water element which is cooling... even ice is very helpful to people who are right sided. So all cooling effects should be used for correcting your right sidedness. The same with food... those who are right sided should take to foods which are left sided i.e. carbohydrates, and should become partly vegetarian, and should eat things at the most like chickens, but not fishes or sea food, because they are all hot (830121); For problems of the right side... of the stomach area... take sugar - 5 of the dharmas are helped by salt, and 5 are helped by sugar (781005); Mango juice is not so good for people who have diarrhoea - the Indians know... that it's very hot, and creates heat in the stomach, though it's very tasty (881221); Fish... is a strongly heat producing food, to be avoided by persons who are too much on the right side of the subtle system. Also sea foods in general (830121)

Sahajvidya - Heat/Burning

Some of you might start feeling hot in the hands... maybe some of you... if so, you can just throw it away... or... those who are feeling the 'left' hand hot, please put your right hand on the heart... those who are feeling hot in the 'right' hand, then you put your left hand on the liver... just below the ribs... and right hand towards me (790524); If the right hand is burning but not the left hand... that is when a person is right sided, being an intellectual or futuristic person (830512), the left side subtle system is raised and taken over to the right side, by movement of the right hand, to bring the system into balance (830121); If we have ego, we should raise the left side, and put it to the right side... there's no other way out... you have to work it out with your hands (830121); In vibrational terms... hot is not good... is caught up (820711)

In Sahaja Yoga, we regard the left hand as the minus hand, and the right hand as the plus hand. Whatever you may do with the left hand, you are sucking in, whilst with the right hand you are giving out. So as an example, if you want to correct a liver which is overheated, you put the left hand on the liver, and the right hand outside, and then you are taking the heat from the liver, and giving it out with the right hand (800517.2); To clear the liver, it is no good trying to use the fire element (directly - Ed), because it would be adding fire to fire - so if you want to use the fire, then you must take out heat from the liver with the left hand, and give it to the fire with the right hand (800517.2)

Now this liver has a special capacity to extract all the poisons from the body... as heat... and the heat in the body is to be conveyed to the blood... and that has to be taken out of the body... maybe as perspiration... or in other forms. But what happens is that when this liver is out of gear... it cannot pass this heat into the blood stream... and the heat remains in the body... and you become heated up... and that makes all these problems for you. Those people who have bad liver feel a little heat when the Kundalini rises... but you can definitely cure your liver... no doubt about it (820514)

Sahajvidya - Heat/Burning

We also can become confused and wobbly when we drink alcohol, which is against our attention. Alcohol was not intended for us to drink, but was provided for us as a polish. Gin is good for polishing diamonds. However if we drink it, then our liver suffers, being also polished, and so preventing the transfer of heat into the blood. The result is that we become hot tempered and angry (810328); Flowing colds, characterised by sneezing, running nose, and hay fever are due to the liver producing heat (870408); The liver gives heat, whilst the cooling is done by Vishuddhi (830202)

Another precaution you have to take is that when you are sitting in the Sun, sometimes your head gets very heated up, and then immediately if you go and get cold water, definitely you will get sick - no doubt about it. So if you are sitting in the Sun, immediately you should never, never, never take any water, til you have eaten something sweet... take some sugar, or jagari, or a biscuit or something... even if you are very thirsty you should not take it; If these little precautions have been taken, then nothing should happen to Sahaja Yogis... if we get sick then our Mother gets sick... that's what the problem is (881221)

Hamsa chakra is a very material thing... and has to be worked on, on a material level only... and is where you get troubles like sinus, colds and coughs, and all that... and can result from the drying up of the nose... because of the use of central heating. Indians, Maharashtrians especially, take a Kaduk bath... means with very hot water... this is an absolutely wrong idea. Normally a cold bath is best... but if not possible, then take a tepid water. This will solve one of the problems that you do not expose yourself to too much cold or heat - the temperature is kept the same as the room temperature. People have died... of their lung cancer, because they can't get out of 'their' bad habit of taking bath every morning. I call it bad habit for Indians, not for the English... because they take their bath, and then immediately are going out to work. So take your bath at 4 o'clock in the morning, stay in the house and get used to the climate, and then go out... or take your bath in the night (.0011)

Sahajvidya - Heat/Burning

Now, heat and cold... for example - to take coffee, and then take water is absolutely wrong. Water if you take, then gradually heat it up... and take coffee last... and then don't take water til you have taken some carbohydrates. I mean this is what it is... is the heat and the cold... the combination of the heat and the cold should be understood; Supposing you have taken coffee... then after that you cannot take anything cold; So if you're taking ice cream... first take the ice cream, then take a biscuit, then take some water, then take a biscuit, and then... you can take something hot. Now supposing you are taking something hot, and you have to take water also, then take 3 biscuits (881221; 0.0011)

In England they eat so much of cold foods that I am amazed... the amount of ice western people eat, we can't understand. Indiscriminately they'll take ice cream... and after that they'll take coffee... or after coffee they'll take ice cream... before eating ice they'll have hot... that's the worst of all. We don't understand how to discriminate between hot and cold. Food also we should not eat immediately from the oven, sizzling... sizzling food you should not eat. I don't know why such devilish ideas are coming - let your juices flow out to digest it... and then eat it... otherwise you'll burn your tongue... your palate... burn everything. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot (0.0011)

Left Side... is the side which is cool, and needs heat (800517.2)... whilst the Right Side or Sun channel (811005)... is the side which is hot and needs cooling down (800517.2); The Vishuddhi... looks after the cooling function - the liver gives heat, whilst the cooling is done by Vishuddhi. If the Vishuddhi is good, then there is a bloom on the face, a glow, a sparkle in the eyes (830202)

A Realised Soul... if he goes in a place, which is not to be seen... or to a guru or somebody like that... immediately he will feel heated up... and if he doesn't run away... if he still goes on and on... he will lose his vibrations... and he'll become just like the other person (770215)

Sahajvidya - Heat/Burning

People who are in the 'centre' may suffer from the drying up of the liquid in the body, if they have to fight the anti-God elements very much... so a kind of dryness can develop in their peritoneum... that's why it's nice for them to eat some ghee or butter. They must rub their fingers and hands... with ghee or butter... to soothe it down, because the heat from the other people can make them dried up (830209)

When the Kundalini enters the limbic area, the lotus opens, and looks like flames but with no heat, but extremely cooling and soothing (960505); The catalyst that causes the Kundalini to rise - the identity of which is easy to find out: simply to ask the question, and see the answer on the flow of vibrations (cool flow to confirm... absence of or heat to deny); Ask questions of the Primordial Mother (840702)

Now how will you know that these vibrations are telling you the truth... it's very simple if you understand the common sense of 'relativity'... like... bring two mad people, absolutely certified as mad... and two sane people... now you put your hands towards the people who are mad... you will get horrible burning... maybe in the whole hand... on the left hand side. You get maybe ten cases like that. Now you ask the question... 'is there God'... and you start getting Cool Breeze flowing into you... or... 'is this power... All Pervading'... you start getting Cool Breeze flowing into you. That is how you find out which is the truth (800721)

Moreover, a Realised Soul cannot get burnt... the fire cannot burn... the burning cannot come to him... it is very important to understand... also if you are doing something wrong, it may burn you... but if you are a good Sahaja Yogi... and I should say a perfect Sahaja Yogi, fire will never burn you. We have an example of Sitaji... that she went into the fire... nothing burnt her. So this is what one has to understand... that once you get to the subtleties... of the fire, and the water... both of them, become sort of Divine (981216)

- Jai Shri Mataji -

Sahajvidya - Heat/Burning

Tape References

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 830512 Hampstead - see 840802 (Video)
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 820514 You must become the Spirit - see 820514 good 45
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 790524 Seeking & Rationality good 40
- 790608.2 Maria's House Tape 2 poor
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 791203 When You meet Me - Caxton Hall good 35
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800609 Subtlety Within - Caxton Hall good 50
- 800721 Auspiciousness - Caxton Hall good
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 811005 Beauty that you are - Houston good 70
- 820514 You must become the Spirit/Puja on Fighting Asuras
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25
- 840702 Hampstead Public Programme [sound quality very poor] poor 40
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 941009 Navaratri Puja, Cabella - video says 941008] good 55
- 960505 We must feel responsible, Sahastrara, Cabella good 55
- 981216 India Tour '98 - tape 1 - The Elements Not good 20
- 981216 The Subtle Elements

Hell

There are three areas, which are very dangerous... where we should not enter into... the Supraconscious... the Subconscious... and down below... is the Hell (831001); It is a reality (870513); It is the easiest thing to go to Hell - you don't have to do anything, or make any effort for it (830204); That exists all around us; Is a bottomless pit (790507); The area that exists down below this last chakra... is the Hell... absolute Hell (831001); Is described the best by Mahavira, and where there are worms, mosquitoes etc. (850000.2)

Down below are the 7 stratas of Hell - Hell exists... within us... it is there... and there are 7 stratas of that also. On top of the head is the Superconscious mind, which is the subtle mind... is the Eternal Mind... the Unconscious into which you have to go... also in 7 stratas (771121)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850000.2 Nasik talk - see 850000.1 good 25
- 771121 Tantrism, Caxton Hall poor 75
- 790507 Sahaja Yoga Introduction good 60
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 831001 Santa Cruz interview good 45
- 870513 Melbourne PP [PP video set 4/5,6] good

High Blood Pressure

Is a right side complication... associated with the kidneys, which can arise from a right side imbalance of the Swadisthan (840313; 821008), when we are working too much; To cure this problem, take the Photo, and raise Left to Right (firstly 108 times, then 21 times, then 7 times), and do footsoaking, with salt in the water. Raise left, and bring Grace to the right (830129); Right sided people are vulnerable to kidney troubles (830209); Supposing he is suffering from high blood pressure and other things like that, he has to take to food which will... he should stop eating meats and things like that... so he balances (830308)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 830129 Swadisthan Chakra - Delhi (False Gurus, & Conditionings) good 70
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 830308 1/2 Hour Intro talk - Melbourne (plus Q & A-25 mins) good 30
- 840313 Intro Talks - Delhi and Hampstead

Himalayas

Where is the Sahastrara, and where exists Sadashiva, at Kailasha (830725); The Himalayas are regarded as the real abode of Sadashiva, and which is 'on top'. But the Sahastrara part, which is the limbic area, should be near Nasik at Sapta Shringi, because we have got 3½ coils settled here, and as Sapta Shringi has come out of Mother Earth, this is the place where we can say resides the Sahastrara. Then the 'on top' are the Himalayas, and the Himalayas are beyond the Sahastrara (850000.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850000.2 Nasik talk - see 850000.1 good 25

830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50

- end -

28 May 2003

Hindi

Is a phonetic language... it has a sound... and that sound gives that vibratory effect. You try to learn it. My mother tongue is Marathi... but I speak Hindi... because after all, I know the importance of it. You can know our own, one National language... there's no harm in it... little bit of Hindi language if you learn, it's a good thing (770215)

I'll be happy if you could learn Hindi language... best is to learn Hindi... that too a good Hindi, not Sanskritised, but a day-to-day Hindi... because I feel better if you all understand what I am saying... it's not difficult, because you are all Sahaja Yogis - you can learn Hindi in no time. It's not because Hindi is my language... it is not... it's Marathi... but Marathi is very difficult - I don't think you can learn Marathi... it's very precise... but Hindi, you should... it is very easy. You must know one thing... that in Hindi language, there is 'Adub'... means modesty and... respect... but more than respect... a style of saying things... not in Urdu, but in Hindi, of day-to-day talking... there's respect, and a way to address others. All this will give you... a kind of a more flexible vehicle to express your love (971225)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-971225.2 Christmas Puja, G'pule - see 971225.2

-971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30

770215 Talks about Sat Chit Anand, Delhi poor 65

971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe

971225.2 Christmas Puja, G'pule/New Year Puja, Kalwe - see sub

- end -

20 Jun 2003

Hindu

The religion in India, which is not exclusive... has no 'organisation'... and does not have 'one' book to follow... and which accepts all saints, whether Hindu or Muslim. The word was coined originally by Alexander the Great, who crossed the river Sindhu to come to India... but unable to properly pronounce the word, it became 'Indhu'... and thus Hindu, to mean the name of the religion that Indians followed. From Hindu, we get Hindustan, the name for India, according to English usage... but which became India after Independence (MME); Hindu books include the Gita, and the Vedas (920621)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

920621 Kundalini Puja, Cabella good 55

- end -

1 Jun 2003

Hirenyagarbha

Mahabrahmadeva and Mahasaraswati (900811.1); The collective Brahmadeva (840916); Is the causal of Brahmadeva... first the causal is created... then the Deity; In the brain... at the back here... is actually Mahaganesha... just in the centre point... it is the minutest point... and around him moves Mahabhairava... and around this... is Hirenyagarbha... this is Swadisthana. Swadisthan is divided into two parts... left... and right... both are Hirenyagarbha (810904); Is part of the Ekadesha Rudra (810904); The 11 powers... of the Ekadesha Rudra... include the powers from: Ganesha; Bhairava; Hirenyagarbha (the collective Brahmadeva); Kartikeya; Hanumana; Mahavishnu (Christ); Buddha; Mahavira; Shiva/Parvati; Sadashiva/Adi Shakti; and Virata (830204; 840916; 970316)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

810904 Advice given by Shri Mataji, Brahman Court poor
830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
840916 Ekadesha Rudra Puja, Rome, Italy good 60
900811.1 Shri Saraswati Puja, Vancouver, Canada good 40
970316 Power of Rudras and desirelessness, Delhi good 15

- end -

12 May 2003

Hita

The well-being of the Spirit (810802); Whatever is good for the Spirit (840708), for the benevolence of the Spirit (890814); Was established by Shri Krishna (830202); Whatever is Hitam for your Atma, must be true... so although it may not be Priya... may not be liked, may not be pleasing, just now... after some time it becomes Priya... because you realise what you have got out of it (770215; 790618; 870816.1)

Correcting by the Mother is for our Hita, for our own good, is said for our Hita - is 'said'... in love... not done (830202); The problem is that when I say something, no-one thinks that I am saying about 'you'... each person. You immediately start shifting your mind to other persons, finding fault with other people (821219); Sometimes our Mother shouts at us... just once She shouts - immediately all the bhoots run away (830113); We accept correction, because we want our ascent (871016); It should be benevolent... for one's Hita (860305)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871016 Mahakali Puja, Germany - see 871016 good 25
- 870816.1 Talk prior Krishna Puja, St Quentin, see 870816 [+French] good 25
- 860305 Wimbledon Address - see 860305 good 45
- 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 840708 To Know the Truth - Ilford [with 40mins Q&A] good 40
- 860305 Wimbledon address/Brompton Square
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium

Hitler

There could also be some... of these busy bodies... on the right hand side - Hitler used them - some of these dead spirits, who can catch hold of you... they can enter into your being... the Supraconscious ones, which are very aggressive. Hitler is the one who used these Supraconscious people... these very aggressive people... and enticed the poor German people and made them so aggressive (821008)

Who took 9 years to build himself up, and who started destroying people (980320); Who killed so many people, yet never realised he was doing something wrong. Ultimately he killed himself because he was afraid he'd be caught... not that he repented (980705)

These two areas... the Collective Subconscious, and the Collective Supraconscious... are to be avoided (821008)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

980320 Felicitations, Delhi good 55

980705 Royal Albert Hall 1998 good 50

Holiness

Is an innate quality of a personality, where a person rejects all that is unholy, all that is inauspicious; The first thing that God created on this Earth was Shri Ganesha, because he could emit Holiness; It is said that without Holiness, you cannot work out anything... in every walk of life Holiness was the most important part... that was to be looked after. For Sahaja Yogis, the most important thing is to lead a very holy life... innocence gives you that Holiness (870102)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-870102 Ganapatipule - see 861221 - 10

- end -

12 Jun 2003

Holland

Together with Belgium, represents the left Nabhi (860921.2); The responsibility of Holland is the Justice (860921.2); There has to be justice, but justice is not to be demanded. As soon as we start asking for justice, there is no peace. So we should not ask for justice - we should do justice... to ourselves and to others... and we should be peaceful to ourselves and to others (860921.2); If the principle of these two countries starts working properly, they can bring peace to the whole world (860921.2); In Holland is found beautiful Delftware, beautiful porcelain (860921.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

860921.2 Role of Belgium and Holland, Mechelen good 65

- end -

12 Jun 2003

Hollow Personality

That short-cut or short circuit to achieving our ascent, when we allow the Divine Love to flow through us (781115); First you have to empty yourself... if you are already filled with these ideas... these age old ideas... and you are still carrying on with them... how can the Divine be filled. If there's a pot already full of water or anything... you cannot fill it... so you have to empty yourself... empty your mind - it's possible through Sahaja Yoga, if you can take your Kundalini beyond Agnya chakra... by... not reacting (001231)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-001231 New Years Puja, Kalwe - see 001225.2 not good 25

-781115 Evolution - see 780911 good 45

- end -

12 Sep 2002

The Holy Ghost

All Pervading Power, of God's Love; The Mother in the Trinity (831001); The Adi Shakti (840708); The Primordial Mother (851128); Cool Breeze of the Holy Ghost, The Ruh; The Paramchaitanya; Rutumbhara (MME)

The 'Power' of God, who does all the Divine Play, and which is witnessed by the Father aspect of God; In the Bible, it is a mystery, because the Mother of Christ was the Holy Ghost, and it was thought that if attention goes to Her, She will be killed - and then Christ who had 11 destroying powers would have destroyed the whole world. So that is why they never said anything about the Mother - who is Mahalakshmi, who is the Power of Ascent, who is the Protector, and who kills all the demons and devils both inside you and without, and is called as Jagadamba, the Mother of the Universe (830302); Who eats the bhoots (890423), and who is the Kundalini within you (821219)

The power... 'She' is the power, and 'She' is called as Shakti... 'She' is the power. So 'He' is the God Almighty... and his power is a 'She'... the Holy Ghost...the Divine Power of God... is Love... which has got... one is the Creative power... and another is the power of Desire. First he must have desire... and then he creates... so, he has the power of Desire... then he has the power of Creativity... and also he has a third power which gives us Sustainance... and Evolution... so this third power is more important because that gives us this Ascent also. This is the manifestation of the Holy Ghost, which is the power of God Almighty... which is the power of his Divine Love (821008)

- Jai Shri Mataji -

Sahajvidya - The Holy Ghost

Tape References:

Date/Ref - Title - Qual - mins

- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 830208 India and West, Delhi [+ 30 mins Q&A] good 50
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 831001 Santa Cruz interview good 45
- 840708 To Know the Truth - Ilford [+ 40 mins Q&A] good 40
- 851128 William Blake, Hammersmith (C100) Not good
- 890423 Archangel Shri Hanumana, Margate good 45

Honesty

We have to be very honest in Sahaja Yoga (830204); Dishonesty is one of the sins against the Father (MME); If we are honest with Sahaja Yoga and with our seeking, then we do not know 'how' the Divine looks after us (830204)

In Sahaja Yoga, you have to be really dedicated and honest - you should enjoy your honesty... you should enjoy your love... your generosity... everything. First and foremost quality of a Sahaja Yogi is that he has to be absolutely honest... he has not come here to make money... or to make power... but he has come to rise into the new, beautiful world that we are creating. You have overcome so many things I know... you have achieved so many things I know... which is not possible... humanly impossible things you have done... you have got over all this nonsense... but still there are some people among you, who still are in the stinking mud of nonsense (010321)

Also in... say (a place - Ed) they have problem of dishonesty... they are dishonest people... this is our special temperament I think... we are very corrupt people... (this place - Ed) has become so corrupt... I can't believe it. I was here (some years - Ed) back, and we had never heard of corruption... now they have become so corrupt... and that also enters into Sahaja Yoga - they will be just found out and will be punished... not by me, by you... but by their own Kundalini. So every country has it's own speciality, as far as doing something wrong. We are not here to do anything wrong... we are not going to express ourselves as wrong people... but we are here to prove that we are perfect... we are wonderful people. I think all of you understand me... that today I am little worried about people who are dragging Sahaja Yoga downwards... and they should understand... that I understand everything... and when they'll be harmed, they should not blame me for that... it is obvious that they are nowhere near Sahaja Yoga (010321)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

010321 Mother's Birthday Puja, Delhi good 50

MME = Meta Modern Era by Shri Mataji Nirmala Devi

Honey

In Puja... the ingredients that were used were... firstly very little ghee, followed by honey, yoghurt, milk, and sugar (850310) - whatever pleases your Spirit, is used... is to be given... when you give honey then your attention gets enlightened (800927); Satwoguni... is the centred person who eats honey, ghee, Channa, lean meat (830131)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

800927 Lethargy, Chelsham Road good 75

830131 Nabhi Chakra, Delhi good 80

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

- end -

12 Sep 2002

Horseshoe

Is auspicious... do you know that in modern times the symbol of Sahaja Yoga is a horseshoe shape... it has many meanings... but why that shape is auspicious people did not know. People do not know why one thing is auspicious... and another thing is not auspicious. Now this has been in England for years... people were using horseshoe as an auspicious thing... and it is... 100%... the shape of a horseshoe emits vibrations... you can see for yourself... the shape... is the shape how the Shakti moves... how the power moves... always like this... elliptical... like if I love this person, the vibrations will go like this... and embrace her and then will come back... but it can be 360 degrees it moves. The whole creation took place by the movement of the Shakti like this (800721)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800721 Auspiciousness - Caxton Hall good

- end -

17 Jun 2003

Hot & Cold

Hot and cold is a very important thing one has to know. You should never take a bath with hot water in the open, or with the window open... if you do, sure shot you will get a temperature. If you have to take a hot water bath, take it in the night, or at the time when you can go off into your bed; But if you take a bath with cold water, you can never catch cold, because the temperature is the same; In England, if you take a hot bath and go out immediately... you can get cancer of the lungs (881221)... in the UK, bathing is better done at night before retiring, to avoid problems due to the cold climate (820710); Don't take a hot bath in the open... always get into cold water... cold is always good (881221); In the River Ganges, the water is absolutely freezing cold... but people get into it slowly, slowly they slip into it, and when you come out your cheeks are red like apples... it's so very cold. But nothing happens, nobody catches cold or anything... so in running water is the cleanest, and where you can... get into cold water (881221)

Indians, Maharashtrians especially, take a Kaduk bath... means with very hot water... this is an absolutely wrong idea. Normally a cold bath is best... but if not possible, then take a tepid water. This will solve one of the problems that you do not expose yourself to too much cold or heat - the temperature is kept the same as the room temperature. People have died... of their lung cancer, because they can't get out of 'their' bad habit of taking bath every morning. I call it bad habit for Indians, not for the English... because they take their bath, and then immediately are going out to work. So take your bath at 4 o'clock in the morning, stay in the house and get used to the climate, and then go out... or take your bath in the night (.0011)

Sahajvidya - Hot and cold

Bathroom addiction is too much in English people I have seen... they are very bathroom conscious... though they do not take baths... one should just form such habits that within 10 minutes you should be out from the bathroom; You should take a bath at a time when you will have one hour before going out; So use water as much as you can... wash your hands 10 times... is very essential... to get your vibrations alright you must wash your hands (800927); Before Puja, you must take your bath (800927); Some people go without bathing the body, for months together... then you have no respect for yourself (781002)

Laziness is not a very good thing, and for that I think... early in the morning, 4 o'clock, if you take a bath, you won't feel lazy the whole day... if you can try that... all day you'll feel very energetic... but you must do it early in the morning, because after that you must spend at least 2 hours in the house... then there won't be any problem (891203)

In India, the custom is to eat very hot food... garam garam kha... so garam... they are really garam people. In England they eat so much of cold foods that I am amazed... the amount of ice western people eat, we can't understand. Indiscriminately they'll take ice cream... and after that they'll take coffee... or after coffee they'll take ice cream... before eating ice they'll have hot... that's the worst of all. We don't understand... how to discriminate between hot and cold. Food also we should not eat immediately from the oven, sizzling... sizzling food you should not eat. I don't know why such devilish ideas are coming - let your juices flow out to digest it... and then eat it... otherwise you'll burn your tongue... your palate... burn everything. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot (.0011)

Sahajvidya - Hot and cold

Or supposing you have taken coffee... then after that you cannot take anything cold; So if you're taking ice cream... first take the ice cream, then take a biscuit, then take some water, then take a biscuit, and then... you can take something hot. Now supposing you are taking something hot, and you have to take water also, then take 3 biscuits (881221; .0011)

Another precaution you have to take is that when you are sitting in the Sun, sometimes your head gets very heated up, and then immediately if you go and get cold water, definitely you will get sick - no doubt about it. So if you are sitting in the Sun, immediately you should never, never, never take any water, til you have eaten something sweet... take some sugar, or jagari, or a biscuit or something... even if you are very thirsty you should not take it; If these little precautions have been taken, then nothing should happen to Sahaja Yogis... if we get sick then our Mother gets sick... that's what the problem is (881221)

We should cover the head in winter time, so that there is no freezing of the brain... covering is to be occasional, not all the time... if it is too tight, you can get bad circulation; Also to avoid sitting in the Sun, so the brain does not get melted (830204); Protect the throat from cold conditions, and if we speak, speak of Sahaja Yoga (830202)

Fashion is madness (971005); You see the fashion is to expose the knees... it's very dangerous, because you can get both the Nabhis... in this cold weather... or hot weather... either you catch the right Nabhi, or the left Nabhi... and what is there in the knees, to expose. So for Sahaja Yogis it is important that they must decide... 'now, that's all finished... no more' (960710); It's so absurd... I just can't understand... like in England, it is so very cold... in Scotland even worse... but people don't wear anything when they sleep... I mean that's easiest way to get sick... they don't wear undershirts. Then the most fashionable dresses... are the dresses where you cannot see any cloth anywhere... I mean, it's all missing. The women... the way they dress up... I'm surprised... this is the best way to get sick (.0011)

Sahajvidya - Hot and cold

In vibrational terms... hot is not good... is caught up (820711); The 'Cool breeze'... could be hot with some people... because of their problems - if it is hot, there is something wrong with you (810524); Some of you might start feeling hot in the hands... maybe some of you... if so, you can just throw it away... or... those who are feeling the left hand hot, please put your right hand on the heart... those who are feeling hot in the right hand, then you put your left hand on the liver... just below the ribs... and right hand towards me (790524)

'Cool breeze'... is not a thing that is freezingly cold... if it is freezingly cold, that means 'left side'. Cool breeze is actually never 'very cold'... it's not freezing. It could be hot with some people... it could be very cool... because of their problems... but if you are a normal person, you feel a cooler sensation... it is slightly less than your body temperature... it's not so very cooling as to freeze you. If it is hot, there is something wrong with you (810524)

A Realised Soul... if he goes in a place, which is not to be seen... or to a guru or somebody like that... immediately he will feel heated up... and if he doesn't run away... if he still goes on and on... he will lose his vibrations... and he'll become just like the other person (770215)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 960710 Airport Talk, Vienna - see 960710 good 40
- 881221 Hygiene - Sangli - see 881217 good 45
- 820710 Mooladhara, Swadisthan, Nabhi & Void see 820701(Video)
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 790524 Seeking & Rationality good 40
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 820710 Derby PP [PP video set 4/3,4] good 55
- 820711 Nabhi to Sahastrara, Derby good 90
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 960710 Airport Talk/Mahalakshmi Puja '96 Vienna/Moscow
- 971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

Hotel Food

Some people stay in a hotel or lodge or something, and think no end of themselves - they are not enjoying. But a Sahaja Yogi can sleep anywhere, can live anywhere (980321); It is better to avoid... food, which is not cooked with love; We should vibrate our food - the food should carry love, be cooked with love, and be eaten with love, with kind words (830131)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

.0012 Weekend seminar in Pune, Tape 2 good 50

830131 Nabhi Chakra, Delhi good 80

980321 75th Birthday Puja, Delhi good 55

- end -

28 Jun 2003

Hot Tempered

A hot tempered fellow... when he gets into hot temper... should think of somebody who is very silent by temperament. Or, a man who is... so silent that, he... can't say anything... although he is angry about it... when his Mother is insulted... then, if he thinks of someone who would not tolerate this stuff... then immediately he will get the power. So you have to choose to be in the company of a Sahaja Yogi who does not have the same habits (770126.1)

In Sahaja Yoga, you are not allowed, at all, this asceticism... you have to be loving, affectionate, kind... and... 'disciplined' - I must say this... because when you are loving, you go out of bounds sometimes... because you have no discipline of Sahaja Yoga. Loving doesn't mean that you become like Romeo-Juliet... doesn't mean that. You must have your balance, through your discipline - if you have no discipline... you can never be a good Sahaja Yogi (971225); Without doing anything... without saying anything, you got your Realisation... you got it Sahaj... in a very simple manner... you didn't do anything about it... absolutely Sahaj... so you have no business to be harsh, horrible, hot tempered or strict gurus. But it crawls up, I have seen sometimes... quite a lot of military business starts... in Sahaja Yoga also... that cannot be... no disciplining is needed. The way we deal with others is... by... kindness... sweetness... concern... that's what your Mother has given... concern (920719)

Now liver trouble is another thing you yourself do not feel... others know you are liverish... the way you are hot tempered... the way you are fussy... the way you snarl at people... the way you are never satisfied with anything... the way you criticise others... all this is liverish. Such liverish people are never happy with themselves. The liver looks after your attention... and those who have liver problems, their attention is horrid... when they walk... they don't walk straight... but their eyes are going this way... that way... their attention is wobbly... because of a

Sahajvidya - Hot Tempered

bad liver (820514); Alcohol... was not intended for us to drink, but was provided for us as a polish. Gin is good for polishing diamonds. However if we drink it, then our liver suffers, being also polished, and so preventing the transfer of the heat into the blood. The result is that we become hot tempered and angry. We also can become confused and wobbly when we drink alcohol, which is against our attention (810328)

If somebody has complained that you are hot tempered... accept it... just accept it... is a great thing that there is somebody who tells you that. If somebody says you are miserly... accept it... so we must change. If you don't want to change... you'd better leave... that's the main point (810904); If you are hot-tempered, alright go and beat yourself with shoes... but if you are not, then you need not... you must know what you are... first of all introspect... then accordingly, you should work it out (971225)

Right sided people have a very very overactive personality... and become very hot tempered and obnoxious... and can be so cruel. Such a man aggressively destroys others... the images of others... pulls them down... criticises others... jumps on them... he can be hot tempered... can be absolutely demonic - Hitler is the example. These people who eat too much of proteins... all the time, meat, and heavy foods... they develop muscular capacities too much. They will be very quarrelsome and aggressive... snappy and sharp in their language; They look brilliant, and consider themselves to be very intelligent... but actually they are stupid people; Now he may not look mentally upset... but when he grows old, he will just talk... he'll go on talking so much... so egotistical that he just goes on talking... he doesn't allow anybody to speak. This is very injurious to a proper social life (830209); Any person who leads a life of asceticism of a severe type, like Vishwamitra, or Durwasa... these people become so hot tempered, that you cannot talk to them... they are very snappy... their language is very sharp (830209)

Sahajvidya - Hot Tempered

Tape References:

Date/Ref - Title - Qual - mins

- 971225.2 Christmas Puja, G'pule - see 971225.2
- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 820514 You must become the Spirit - see 820514 good 45
- 770126.1 Bordi Attention - see 770126.1 poor 40
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 810904.1 Advice given by Shri Mataji, Brahman Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 820514 You must become the Spirit/Puja on Fighting Asuras
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 920719 Guru Puja - Cabella good 65
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe
- 971225.2 Christmas Puja, G'pule/New Year Puja, Kalwe - see sub

Chakras affected: Right Side

- Jai Shri Mataji -

Household

Together with household matters, the family is the concern of the Left Nabhi, the Gruhalakshmi... the Goddess of the family... and of the household. The most important role of the wife is to produce and care for the children; The family is the most important basis of a healthy society - if the family is destroyed, then all society is destroyed; The family is the nest, for the children to be able to grow up with dignity (810328)

The Left Nabhi... reflects our relationship with our wife (850806), the qualities of family, and of the household; The centre of the Gruhalakshmi, the Goddess of the household. Men and women are equal, but not similar, both being important for a balanced family life. If the woman starts trying to compete with the man, then the family and children suffer. The wife is the shakti, the strongest point of the family and has to bear the angularities of the husband (810328); One of nine Lakshmis... is the Gruhalakshmi, is the housewife (960716)... the Goddess of the household - the wife. In our subtle system, is on the left Nabhi (810926); The 'Principle' or 'Essence' of the family, and of the marriage, of the household, is the child, for whom all is created (781218; 871225)

The ladies have to be very good housewives, to be the Gruhalakshmi, the Goddess of the household. In India, the housewife is a very powerful institution, and regarded as the highest. It does not mean that you have to keep the house very clean. It means that you have to be very open-hearted, loving and devoted personalities. The Gruhalakshmi is the power of tremendous love, compassion and forgiveness. The ladies have to be very dharmic and chaste, innocent by nature, and not cunning or crafty (860921.2)

In India, the wife gets up long before the husband, and does all the preparation of the food etc., and then sits down with him and fans him as he eats... so giving him a rhythm for the whole day... and so he does not get hectic. She does not discuss horrible things in the

Sahajvidya - Household

morning, but creates a feeling of peace in the household. She does so by absorbing. She is a very mature person, and sees the futility of unnecessarily arguing. She is so powerful that she does not take, but just gives. Where the women are respectable, and respected, there reside the Deities (860921.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

-871225 Tapasyas - Poona - see 871219 good 25

781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70

810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55

810926 Shri Mataji in America, NY, day 3 [+PP video set 2/1,2]

850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90

850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45

860921.2 Role of Belgium and Holland, Mechelen good 65

- end -

21 Apr 2003

Housewife

The ladies have to be very good housewives, to be the Gruhalakshmi, the Goddess of the household. In India, the housewife is a very powerful institution, and regarded as the highest. It does not mean that you have to keep the house very clean. It means that you have to be very open-hearted, loving and devoted personalities. The Gruhalakshmi is the power of tremendous love, compassion and forgiveness. The ladies have to be very dharmic and chaste, innocent by nature, and not cunning or crafty (860921.2); In India, every housewife must wear her ornaments... you see... it's auspicious... she cannot go about without ornaments (790609.3)

In India, the wife gets up long before the husband, and does all the preparation of the food etc., and then sits down with him and fans him as he eats... so giving him a rhythm for the whole day... and so he does not get hectic. She does not discuss horrible things in the morning, but creates a feeling of peace in the household. She does so by absorbing. She is a very mature person, and sees the futility of unnecessarily arguing. She is so powerful that she does not take, but just gives. Where the women are respectable, and respected, there reside the Deities (860921.2)

Gruhalakshmi

One of nine Lakshmis... is the Gruhalakshmi, is the housewife (960716)... the Goddess of the household - the wife. In our subtle system, is on the left Nabhi (810926); The wife is the shakti of the family, and is the strongest point, and bears all the angularities of the husband. She is equal to but not similar to the husband, both being important to a balanced family life. A good balanced family is basic to a good society (8103280); A woman's job is to be the Gruhalakshmi, to be auspicious, kind, soft-natured, and to produce a warm house... to care for the Nabhi of everyone... of the family... to give vibrations to the food (830131); The Gruhalakshmi is the most powerful shakti - she is the power of tremendous love, compassion and forgiveness (860921.2)

Sahajvidya - Housewife

Tape References:

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

790609.3 Maria's House Tape 3 poor

810328 Nabhi talk, Australia [some noises, + 15 mins Q&A] good 55

810926 Shri Mataji in America, NY, day 3 [+PP video set 2/1,2]

830131 Nabhi Chakra, Delhi good 80

860921.2 Role of Belgium and Holland, Mechelen good 65

- Jai Shri Mataji -

Hugging & Kissing

This hugging and this kissing business is just a vulgar thing... there's no need. Of course you can hug when you meet for the first time, but morning til evening if you hug... it's a headache. There's no need to hug someone all the time. After all if you meet somebody for the first time, you do feel that exuberance of your own expression of love... then you can hug somebody... (881221); Alright when you meet, alright men can hug men, women can hug women... but all the time, hugging onto one woman, or hugging onto one man is absurd for Sahaja Yogis... maybe your wife, maybe your husband... doesn't look nice... it's not a very dignified picture (840118)

A lady came and just put both her hands around my neck and she just hugged me... and everybody was angry with her... because that is not to be done - while others who have greater respect... they have greater love for me... but they won't do that kind of a thing (840118)

For Hamsa chakra it's important not to kiss people... I think kissing must be given up, because in kissing, you do allow the germs of another person... in Sahaja Yoga it's alright... but that doesn't mean you go crazy with the kissing; The more you start expressing your love by all these gestures... the less it is, inside. So to do it superficially... anything... too much... has to be avoided in your discretion... but avoiding extremes... avoiding too much outward expression, again can create another indiscretion (880710)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

-880710.2 Discretion of Hamsa, second talk - see 880710 good 10

-880710.1 Discretion of Hamsa - see 880710 good 55

840118 Spontaneous talk - Vaitarna not good 35

880710 Discretion of Hamsa, Munich

Human Beings

Humans are set aside from animals by reason of their possessing among other things, qualities and attributes such as ego, appreciation of cleanliness, beauty, feelings of guilt (820710), ability to think of God or of abstract things (790616), and have 10 valencies, where animals have only 9 (840622); In Yoga, there are at least 11 - the 11th integrates you with the religion. We get identified with righteousness, compassion, perseverance and detachment, and start to enjoy the doing for doing's sake, the loving for loving's sake, start to enjoy our loving capacity, our forgiveness, generosity - we enjoy all these great qualities (871016); You must know that neither you are British, nor Indians, nor anything... you are just human beings (800517.1)

The strife and strain which is on human beings is perhaps because they are not yet worthy of God's Blessings... still, as God has created them, He tries to do His utmost to see that human beings are kept comfortably alright on this Mother Earth (871213)

We are all made the same way, but with variety - e.g. we all cry, laugh, chew the same way (830202); Others are human beings, you are not... you are not human beings any more... you are Sahaja Yogis - it's a different race. All over the world this race has to come (801116)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871213 Announcing the New Age, Ali Bag - see 871213 not good 20
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)
- 801116 New Age - Plaw Hatch Seminar good 70
- 820710 Derby PP [PP video set 4/3,4] good 55
- 830202 Vishuddhi Chakra, Delhi (+ Q&A: 5 mins) good 80
- 840622 South Bank Polytechnic, London good 40
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 871213 Announcing the New Age - India 87/88

- end -

28 May 2003

Human Nature

Humans are set aside from animals by reason of their possessing, among other things, qualities and attributes such as ego, appreciation of cleanliness, beauty, feelings of guilt (820710), ability to think of God or of abstract things (790616)... and have 10 valencies, where animals have only 9 (840622); In Yoga, there are at least 11 - the 11th integrates you with the religion. We get identified with righteousness, compassion, perseverance and detachment, and start to enjoy the doing for doing's sake, the loving for loving's sake, start to enjoy our loving capacity, our forgiveness, generosity - we enjoy all these great qualities (871016); You must know that neither you are British, nor Indians, nor anything... you are just human beings (800517.1)

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To be materialistic is your nature... because you have started with it... but it is also human nature to ascend... and which way you go is the thing... the ladder can take you up... or it can bring you down - if you are to go up, then your eyes should be upwards (800927)

- Jai Shri Mataji -

Sahajvidya - Human Nature

Tape References:

Date/Ref - Title - Qual - mins

- 871213 Announcing the New Age, Ali Bag - see 871213 not good 20
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 800927 Lethargy - Chelsham Road good 75
- 801116 New Age - Plaw Hatch Seminar good 70
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 840622 South Bank Polytechnic, London good 40
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 871213 Announcing the New Age - India 87/88

Humility

The basic seeking power is humility... if you think you know everything, you cannot humble down... and you cannot seek. Even if you seek, you don't want to follow anybody else's path... you'll have your 'own' path... you'll do whatever 'you' want to do (000507); One thing is very important is the humility... you should be a humble person... not think that you are something special... or some sort of a self important person... once you think you are important, then you are not part and parcel of the whole... how can one part be so important... if you start thinking like that, anywhere in your journey of Sahaja Yoga, then I must say you are not in the Sahaja Vasta, the Sahaja State (000507)

Humility is one of the criteria of a Sahaja Yogi... a person who doesn't have humility cannot be called a Sahaja Yogi... so this humility will give you a more permanent state by which you will not react... you just watch... and that's how the new state, a witness state comes into you. When you become the witness... you are in the present... and you just watch and enjoy... the enjoyment of all the creation is not within your mind when you are thinking... so one has to learn that we should not react. But today's problem is that all human beings are very good at reacting... reaction is a basic principle of today's life. You are all Sahaja Yogis... and what you have to do is to understand why this ego is coming in my head... what have I done... who am I... once you go on asking such questions, this ego will disappear. In Sahaj culture we have a proper training for getting rid of ego... you can yourself introspect... see why you behave like this... try to see... what is this Mr Ego doing within your head. Of course the mantra of Christ is the best... but when you are doing this mantra, you should be in a very humble state... what am I after all... who am I... look at so many stars... look at so many beautiful things... who am I... what have I done... why should I be so egoistical (001225)

Sahajvidya - Humility

Those who are humble... who are kind... will attract more Sahaja Yogis... so it is important to change your temperament. If you try to show off, nobody is going to be impressed by you... if you think you are something very great, nobody is going to look at you. Be very humble, kind, generous... also very joyous. If you are really doing Sahaja Yoga, no sickness can come... no trouble can come... it is a fact... try to understand (001231)

Those who are humble can only become friendly with each other, can share their problems with each other. So humility can only help you to articulate, to have rapport with your friends. But humility should not be sympathetic - it is a detached quality, that does not get attached to any person (850901)

Only a person who is not guilty will be really humble, because guilty people are aggressive... are sarcastic...; A humble person is a free person, free to be humble, to be kindly, to be gentle, to be compassionate - that sort of Sahaja Yogis you have to be. When people meet you, they will be impressed; Humility doesn't have any subservience, and is very different to compassion. Humility is a very human quality, is a special quality only the bhaktas have. It is such a beautiful quality of taking the showers of Bliss, and a person who cannot take, is so lonely. Such a person cannot get companionship with anyone (850901)

Humility is never expressed in the Western life... on the contrary, they despise the people who are humble (871225); Those who are humble will get to the Kingdom of Heaven, not the arrogant... the humble have a right to be joyous... this is 'surrendering' (871024); If we say 'Not I... but the Divine that is doing it...', or 'I am not doing anything...', then the ego does not come up, and we become humble (960505)

We have certain powers... and these powers increase, when we humble down - they do not increase with arrogance... with arrogance one can only become stupid... that's the only end of arrogance. So with humility, one should know that now you belong to Sahaja Culture, and Sahaja Culture is that of humility... if you are not humble, then you have not yet achieved your Sahaja Yoga (880921)

Sahajvidya - Humility

Moreover, the person who has Lakshmi, has to be a very humble man. The temperament should not be of a very serious type... but should be very mirthful... and he doesn't show off... by a big car... and this and that (960716)

Now when you are facing the photograph, just to check up yourself, humble down yourself first of all, like a person who wants to perfect himself... and try to find out what is wrong with you. Humble down means to bring down your attention to your heart... don't think (800907)

Humility is such a guard for you... of course sometimes people will take advantage of humble people... it doesn't matter... as long as you haven't lost your humility everything is alright. But people lose their humility, when others try to trouble them - and that's one thing one should not lose - if you have to keep connection with the Divine, you have to be humble... there's no other way. If you have to get something out of the Divine, you have to be humble people... through arrogance you will not get it... through aggression you will not get it. Some people also feel that... 'I love Mother'... but that love is to be expressed through complete humility... that's the only way... that's the only channel through which you can approach me... there's no way out (850901)

There is only one category which should not have humility... that is the Incarnations. I cannot have humility, I cannot humble down myself - I am not supposed to do it. No Incarnation was humble... they cannot... because they have no guilt. I act as a very humble person, but to be frank I have no humility of any kind within me (850901); An Incarnation comes down, in complete humility, not to be humiliated, but to make you understand that an Incarnation has come all the way, for your emancipation and for your spiritual growth... then you should, with great surrendering, and with great humility... should accept it (790000.2)

Sahajvidya - Humility

Tape References

Date/Ref - Title - Qual - mins

- 001231 New Years Puja, Kalwe - see 001225.2 not good 25
 - 001225 Christmas Puja, G'pule - see 001225.2
 - 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
 - 871225 Tapasyas - Poona - see 871219 good 25
 - 871024 Light of Love, Diwali - see 871024 good 25
 - 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
 - 790000.2 2nd Talk - see 790200 not good
 - 790000.2 Shri Mataji working on new people good 55
 - 800907 How to know where you are - Chelsham Road good 120
 - 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
 - 871024 Light of love, Diwali/Press Interview, Milan
 - 880921 Speech at Ammonk Ashram, New York good 35
 - 960505 We must feel responsible, Sahastrara, Cabella good 55
 - 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good
 - 001225.1 Christmas Puja, Ganapatipule good 20
 - 001225.2 Christmas Puja, G'pule/New Years Eve Puja, Kale
- Jai Shri Mataji -

Humour

Be congenial... take a joke from others. If others are joking with you... you should not get angry... take a joke... be a sport. The English language has one very good quality... that they can laugh at themselves... the language has found out ways and methods of how to laugh at yourself... that's something beautiful about English language (800927)

Sweetness... Madhuria... a quality of Shri Krishna, in the way he spoke to and communicated with people (910001; 900811.1) - one has to imbibe within oneself the sweetness... if you are sweet, you are filled with humour, you do not hurt others, and you are not hurt either. Anything can be done with sweetness (880103)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880103 Patience and sweetness - G'pule - see 871213 good 15

800927 Lethargy, Chelsham Road good 75

900811.1 Saraswati Puja, Vancouver, Canada [3 min music Intro] good 40

Hum

The 'Hum' sound... the survival instinct, makes us feel or think "I am". 'Hum' sends the message: 'don't be afraid'... 'I am'... 'Hum' drives out fear, and invokes the help of the Divine, and is used to correct Superego problems of fear, feeling subordinated, worries, conditionings. 'Hum' is a mantra (781218); When it is conditioning, you are in doubts, with this kind of fear... 'I shouldn't do like this'... 'I shouldn't do like that'... 'this is not allowed'... 'that is not allowed'... that is the conditioning part of it, and can be of many types (980510); When you are infested with negativity, with depression, with the attacks of the superego, then you have to say 'I am'...' I am going to fight you' (811006)

Means 'I am'... not the ego part, but the 'hum'... to understand that I am a Yogi... and I know so many things, which normally people do not know... the discretion of the right side is 'hum'... and the discretion of the left side is 'tsa' which means 'you are'... it comes from the left side - and for every human being, the 'you' is the Divine (880710); The right side indiscretion comes from the ego manifestation of people... this ego is hum... this ego when it is used properly, then it's discretion (880710)

For example, the ladies don't have courage to wear the saris outside... why... sometimes, doesn't matter - as Indians can wear your dresses, you can wear saris also... or, the men won't wear Indian dress outside... a little 'hum' is needed (880710)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880710.2 Discretion of Hamsa, second talk - see 880710 good 10

-880710.1 Discretion of Hamsa - see 880710 good 55

781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

880710 Discretion of Hamsa, Munich

980510 Meditation is the only way, Sahastrara, Cabella good 60

Husband

Husband and wife are equal, though not similar, like the two wheels of a chariot, both of which are needed to maintain the proper balance; Men take out their tensions on their wives... who are the strongest part of any family... and have the capacity to bear and absorb all this; The husband is to be respected by the wife, and also to be respectable; Men feel they want to be superior, but this domination of the men is a myth. The women are the real power, the shakti of the family (810328)

One should understand that as a husband, you have to get things corrected (950625); When you are married... you must love your wife... spend time with her. She is the one who is your companion... she is the one who should be consulted... and you must be with her... and that should be your greatest joy in life as far as the material side is concerned (790609.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

790609.3 Maria's House Tape 3 poor

810328 Nabhi talk, Australia [some noises, + 15 mins Q&A] good 55

950625 Richmond Park talk, Richmond Not good 45

- end -

12 Sep 2002

Hydrogen

Hydrogen is from the left side, as opposed to Oxygen which is from the right side (850528); Left side is hydrogen... and... carbon comes from Ganesha, also on the left hand side (830209)

Mother Earth created the Carbon. Through the effect of electricity, carbon got attached to Hydrogen and Oxygen, and so produced amino acids, and so Prana started, which ultimately produced the mind and the brain, and when we become Realised, becomes the Pranava (850528)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850528 Miracles (+ Facing Seeker's questions) see 860725 good 10

830209 Problems of Left, Right and Centre - Bombay good 65

850528 Kundalini Power and Creation, Los Angeles good 45

- end -

12 Sep 2002

Hygiene

Personal cleanliness is very important. After going to the toilet, you should use water all the time... it's very important... the western style is very dirty... is a very dirty style of living not to use the water... it's very unhygienic also. That's why you find in the West, most of the people are sick... they do not wash their hands properly; You have to remember to wash your hands after coming out of the toilet, before food (881221)

This 'paper' business is the dirtiest... you are so much used to that smell, that you don't feel it... the smell is too much in the hands and the sensitivity is lost. There is no need to put scent or anything, but with the soap... here in India we use the clay, because the clay here is very good... just use the clay nicely and clean your hands, it's very important. This is something you (in the West - Ed) are very negligent about - you have to be very careful. We (the Indians - Ed) cannot live without it... even if we go to some place, and there is nothing available, and we have to use the paper sometimes, even in England, then we come home immediately and have a bath (881221)

You must always use water, as much as possible... for washing, when you go for your morning ablutions... water must be used... paper is a very dirty and unhygienic habit... but even if you use paper, you must use water after it... it's very important that all the time, the water should be used as much as possible... for Sahaja Yogis it is a very very important thing (860504)

Also, from our childhood we are taught, that we must wash our hands at least 10 times a day; And we do not eat too much raw food also... that's another good thing... and then there is no question of things falling into it (881221); So use water as much as you can... wash your hands 10 times... is very essential... to get your vibrations alright you must wash your hands (800927)

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

800927 Lethargy - Chelsham Road good 75

860504.1 Sahastrara Puja talk - Alpe Motta, Milan good 85

860504.2 Second Sahastrara Talk - Milan/Delhi University address

Ice Cream

Now, heat and cold... for example - the combination of the heat and the cold should be understood (.0011); Supposing you have taken coffee... then after that you cannot take anything cold; So if you're taking ice cream... first take the ice cream, then take a biscuit, then take some water, then take a biscuit, and then... you can take something hot. Now supposing you are taking something hot, and you have to take water also, then take 3 biscuits (881221; 0.0011)

In England they eat so much of cold foods that I am amazed... the amount of ice western people eat, we can't understand. Indiscriminately they'll take ice cream... and after that they'll take coffee... or after coffee they'll take ice cream... before eating ice they'll have hot... that's the worst of all. We don't understand how to discriminate between hot and cold. Food also we should not eat immediately from the oven, sizzling... sizzling food you should not eat. I don't know why such devilish ideas are coming - let your juices flow out to digest it... and then eat it... otherwise you'll burn your tongue... your palate... burn everything. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot (0.0011)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

.0011 Weekend seminar in Pune, Tape 1 good 180

- end -

30 Sep 2002

Ice

Those who have got flowing colds must know that they are liver patients... they should put some ice on their livers. Also they should put their left hand on their liver, and their right hand toward the photograph, and in the water, salt... it's right side... those who are sneezing, or feeling hay fever, or flowing of cold... just try to treat your liver and you'll be alright (871224)

A right sided person has all the elements which give heat... you can say the light and the fire... so to correct it, light is not going to help very much. What is going to work out is the Mother Earth and the water element which is cooling... even ice is very helpful to people who are right sided. So all cooling effects should be used for correcting your right sidedness. The same with food... those who are right sided should take to foods which are left sided i.e. carbohydrates, and should become partly vegetarian, and should eat things at the most like chickens, but not fishes or sea food, because they are all hot (830121)

Now if we have ego, what we should do is raise the left side, and put it to the right side... there's no other way out... you have to use your hands; Then everyone must soak their feet daily, and must do daily meditation. For correcting your right side, use the Mother Earth or water or even ice or also carbohydrate or vegetarian types of foods. For left side, use light or fire or nitrogenous foods i.e. proteins (830121)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871224 We are here for our ascent - Poona - see 871213 good 30

-830121 How to proceed - Vaitarna - see 830104.1 - side B good 35

- end -

30 Sep 2002

Ida Nadi

The left or moon channel (tha in Hatha yoga); Left sympathetic nervous system, having the power of desire, operating through our emotions. Beyond is the Subconscious, and then the Collective Subconscious (811005); On which are found Shri Bhairava and Chandrama (890806); Also called as Chandra Nadi (800809); The channel for our existence... and the activity of our emotional life... the left side... and which also gives you your subconscious area... where whatever you are listening to me now, goes into that (790200.1)

On the left hand side of this mechanism, there are 7 stratas... on the right hand side, there are 7 stratas... down below there are 7 stratas... and on top, there are 7 stratas. The left hand side channel, called the Ida channel, represents the Subconscious mind within you... you listen to me through your conscious mind... and put it back into the Subconscious mind... all your experiences go into the Subconscious... that is the limit of 'your' subconscious of present... beyond that is your subconscious of previous lives... and beyond that is the Collective Subconscious (771121)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-790200.1 Talk to westerners & about negativity - see 790200 poor 65

771121 Tantrism, Caxton Hall poor 75

800809 What are we inside - B'ham good 30

811005 Beauty that you are - Houston good 70

890806 Shri Bhairavnath Puja - Garlate, Italy good 25

- end -

30 Apr 2003

I deals

The ideal is Christ; It is for you people to bring back the glory of Christ, to bring back the dharma of Christ, to reflect the great image of Christ. Who could be a better ideal than Jesus Christ. Whatever he had to do, he did with such grace and beauty (871225)

It is very easy to condemn an ideal life, but to attain that life is very difficult, and some people because they cannot attain it, try to condemn it... so that they feel they are no way less than those great lives (871213)

All these ideals are created everywhere in the world by the Divine Power, and people look at them and think that these great lives are beautiful... though they have suffered a lot. These ideals are very important for human society, otherwise they will have no absolute measure to find out what is right and what is wrong (871213)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871225 Tapasyas - Poona - see 871219 good 25

-871213 Announcing the New Age, Ali Bag - see 871213 not good 20

871213 Announcing the New Age - India 87/88

- end -

17 Jun 2003

Ideas

A person's... attention may have been fixed by conventional ideas. Some of them are correct... some are incorrect... some are absolutely false... some are useless... some are only because they wanted to make money... so they published some trash. Now, as soon as you get Realisation... you go back to your own... gross awareness... and start tallying this 'subtle' with the gross - and you again start losing the vibrations. You are not to fix your attention... but you have to make your attention subtler and subtler (770126.2)

Brilliant ideas may come, if one's attention is constantly involved with experiences of Sahaja Yoga - which can be encouraged by the practice of keeping two diaries, one for everyday experiences, and the other for special things that happen or occur (800517.2)

An ego oriented person has another very big problem... that he asserts his ideas above everything else. So always such a man... because he's stupid and idiotic... the idiotic ideas survive... and because of these idiotic ideas, every planning that is done by such people is a failure. A stupid man is a very big problem to the whole society, though he never realises it... he thinks 'I have managed the show'... I am the most successful person (830209)

A new idea has come, that you should not eat any salt and sugar... just imagine... salt is so important for our breathing, and sugar is so important for our combustion (871213)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871213 Announcing the New Age, Ali Bag - see 871213 not good 20

-770126.2 Bordi Attention - see 770126.1 poor

800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

830209 Problems of Left, Right and Centre, Bombay good 65

871213 Announcing the New Age - India 87/88

- end -

27 Apr 2003

Identifications

We have to drop out our identifications with the past (830723.1); The whole purpose is lost when you start identifying with whatever was hanging on to you. So now you should say... 'now finished... done... now I'm another person... 'that person' who was there is dead, and finished, and gone... I'm a different person' - this is the place where you must have faith (800518)

If we put our attention on a person with love, we get an understanding of that person. We should identify with a person who has done something, instead of finding faults or problems... see what is good in others (960505)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800518 Old Arlesford, Winchester, pt 3 (The Real Becoming) good 30

830723.1 Rutumbhara Pragnya, part 1, Lodge Hill Seminar good 25

960505 We must feel responsible, Sahastrara, Cabella good 55

- end -

27 Jun 2003

Idiotic Ideas

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Tape References

Date/Ref - Title - Qual - mins

-871213 Announcing the New Age, Ali Bag - see 871213 not good 20

-770126.2 Bordi Attention - see 770126.1 poor

830209 Problems of Left, Right and Centre, Bombay good 65

871213 Announcing the New Age - India 87/88

- end -

27 Apr 2003

Imbalance

If you do not feel vibrations equally in both hands, then there is no balance. If there are no vibrations on the right side, or if the right side is heavy, or hot, then this means that you are right sided. Also, if there are more vibrations on the left side, and none on the right side, this also means that you are right sided. If the left side is numb, this also means right sided. However, if it is the other way round, then you are left sided (830202); Some of you might start feeling hot in the hands... maybe some of you... if so, you can just throw it away... or... those who are feeling the left hand hot, please put your right hand on the heart... those who are feeling hot in the right hand, then you put your left hand on the liver... just below the ribs... and right hand towards me (790524)

The right side can be easily corrected... it shows outside... people don't like it... such a person is criticised... everybody says he's egoistical... and such a person goes 'out'. But the left sided person, you see... he's very pitiable... and you have very great pity for such a person... and you sympathise... and you get lost with that person. They are more dangerous and difficult to be cured... very difficult (860504)

This right and left side movement has to finish... you have to be in the centre, and to come in the centre the best thing is to meditate... about 10 minutes in the night and about 5 minutes in the morning. Some people do not meditate... then they cannot grow. The way you can grow is only through meditation and understanding (980706)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

790524 Seeking & Rationality good 40

830202 Vishuddhi Chakra, Delhi (+ Q&A: 5 mins) good 80

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

980706 Holland Park School, London 1998 good

- end -

9 May 2003

Immunity

We face so many problems, all kinds of problems, in all sorts of surroundings, and in this way we are able to develop immunity to these horribly negative people that are all around. If we were excluded from all this, we would not develop the immunity which we should have (791009.1); I will give you such tests and things, by which you will come in contact with them... see them... and get out of it - without any harm being done to you. It is necessary... you have to touch them, you have to go near them... I know you can. I give such tests only to people about whom I am sure that they will come out (801116)

London... has it's own problems like other places have their own, but are different. Bombay is like the roots, whereas Delhi is like the branches. London is like the fruits or the flowers, but is very vulnerable, because of it's position... and because so many problems, all kinds of problems are facing us... of developing immunity to all sorts of surroundings. If we were excluded from all this, we would not develop the immunity which we should have, because there are some horribly negative people here. So it is best to develop a group as a whole, and to develop good bonds amongst the group, and to go on enlarging that group as a whole - this is the best way to be protected - it is working out (791009.1); If suddenly a negative force comes in to trouble you... so what... otherwise how will you know what you are. If there is no darkness, how will you know you are the light (961020)

When we are doing work of some kind, and others do not appreciate it, or do not join in, or they maybe spoil it, then the normal thing is to react by going back into Tamoguna. We should regard work as a training for developing our immunity, and do it with detachment, and with enjoyment, and by so doing get into the Satwoguna in the centre (800517.2)

Sahajvidya - Immunity

We should not hold on to our children in the presence of others, but should let them be with others; In India, parents give their children to sleep with their relatives, not with themselves. The psychology is that the child gets used to another man, or another woman... while they are innocent. So the relationship of innocence is developed, and nobody feels anything funny if somebody touches you, later on; Let the children be with other people... don't have fears... they will love you much more; Overprotected children are very dangerously placed, because they have no immunity for anything (850421)

The cold is a disease (also hay fever)... of London and England, due to less resistance... no immunity, because of lack of calcium within us. If proper care is taken in childhood, with adequate vitamins A and D, with massaging with cod liver oil or olive oil, and with proper sunning, then we would get colds less. It is a Vishuddhi problem (800517.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850421 Ganesha Puja, Children, B'ham - see 850408 not good 25
- 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 801116 New Age - Plaw Hatch Seminar good 70
- 850421 Mooladhara + Meditation, B'ham good 35
- 961020 Navaratri Puja, 'Be aware of your own state', Cabella good 55

Impotency

You will be amazed... that in the western countries, the percentage of impotent people is so high... unbelievably it is like that... they talk so much about sex... and do 'other' things... it's all talking... so much of impotency is settled in these western countries... and the diseases, the dirty diseases... which are caused by these indiscriminate sex activities are so much... that they have to be guarded against (791202.3); What is sex... any Tom, Dick or Harry can do sex... are you now sex points... if you do it in a wrong way... you will have diseases... you will have impotency... no children will be born to you if you misuse it (790200.1); Men... are the extroverts, whilst the women are the introverts. Men can become homosexual or impotent... with aggressive women, who try always to compete with the men (850528); In America, women speak too much, whilst the husbands keep quiet. Women should not speak; When they try to compete with the men, they make the men 'homosexual'. Aggressive women do not behave like women... and make the men impotent (850528)

All these people who came on this Earth... said that you lead a clean life and a sensible married life... it is not permitted to have adulterous life in any religion whatsoever... because adulterous life brings forth all kinds of problems for the sex... for spoiling the last chakra - people can become impotent... or, over excited... or could become suffering from all the troubles of this centre... for which you know the diseases... so one has to lead a very clean wonderful married life. Marriage is supported and sanctioned by the collective... it is sanctioned by God Almighty... so, that kind of a life, that kind of a sexual life, is a sensible one... one should not get a shock out of it. When I say this in the west, people really don't like it... but I am your Mother... I have to tell you the truth. Whatever you have done is done... finished... doesn't matter... but now you should come to your sanity... because there are all these horrible satanic diseases waiting just to work it out (821008)

Sahajvidya - Impotency

Tape References:

Date/Ref - Title - Qual - mins

- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 850528 Kundalini Power and Creation, Los Angeles good 45

- Jai Shri Mataji -

Incarnations

God incarnated to give impetus to our evolution, to give the lead in evolution (781115); All the Incarnations who came on this earth were part of the Sahastrara, of the Brahmachaitanya, of the Adi Shakti (870503.1); Incarnations take all the problems upon themselves, and also they fight the evil, but they don't suffer (890423); All these worldly things are just a drama for these Incarnations (830725)

Incarnations never commit sins (871225); Whatever an Incarnation does, is dharma - if they kill someone, hit someone, it is dharma - nothing they do is wrong. They are Absolute, are immaculate... if they cheat, deceive, it's perfectly alright - for the higher goal, the lower goal is given up, e.g. to protect one's country, it is ok to slay someone, because it is for the higher goal. Every movement of an Incarnation has a ripple in it, which is for the good. There is not even a moment, where it is such that it is not good for the world. An An Incarnation is the enjoyer of everything... the work of William Blake and of Michaelangelo was done for the Incarnation to see (830725)

There is only one category which should not have humility... that is the Incarnations. I cannot have humility, I cannot humble down myself - I am not supposed to do it. No Incarnation was humble... they cannot... because they have no guilt. I act as a very humble person, but to be frank I have no humility of any kind within me (850901); If you have to keep connection with the Divine, you have to be humble... there's no other way. It is like a plug and a socket: a plug has to be a plug, and a socket has to be a socket. In the same way, if you have to get something out of the Divine, you have to be humble people. Humility is the only way, the only channel through which you can approach me... there's no way out (850901)

Today long time back... Christ declared to the multitude that he was the Advent... who was the Saviour. Before this no Incarnation said publicly that they were an Incarnation. At the time of Christ it was necessary to say... otherwise people would not have understood (791202.1)

Sahajvidya - Incarnations

I never said about myself because it was felt that human beings had now achieved a new dimension of ego, even worse than at the time of Christ... human beings had lost all contact with Reality... they were identified with artificiality... and to accept such a great Reality is going to be impossible for them... that is why I never said a word about myself... til of course some Saints told about me. Somehow the possessed people also told about me... and also people started wondering that how the most difficult thing of Kundalini awakening takes place with that speed in the presence of Mataji. So... through rational understanding people reached the point that Mataji has to be something exceptional... because nowhere in the scriptures is written down anywhere that such an Incarnation came on this Earth, whose mere glance, even thought, can raise the Kundalini (791202.1)

Many Saints who are away from the madding crowd sitting in the jungles on the Himalayas all know about it... because their awareness is at a point where they understand. They understand more than you do... because you are still children... newly born... they are grown up (791202.1)

"But today is the day... I declare that I am the One who has to save the humanity. I declare... I am the One who is Adi Shakti, who is the Mother of all the mothers, who is the Primordial Mother, the Shakti, the Desire of God, who has incarnated on this Earth, to give it's meaning to itself, to this creation, to human beings... and I am sure... through My Love and Patience and My Powers... I am going to achieve it (791202.1)

I was the One who was born again and again. But now in my complete form and complete powers, I have come on this Earth, not only for salvation of human beings, not only for their emancipation, but for granting them the Kingdom of Heaven, the Joy, the Bliss that your Father wants to bestow upon you" (791202.1)

Sahajvidya - Incarnations

These words are to be kept within the bounds of Sahaja Yogis only for the time being... and today is the day of Guru Puja, not my Puja, but your Puja as Gurus. I anoint all of you as Gurus, and today I will tell you what I have bestowed upon you, and what great powers you already have within you... (791202.1)

Among you there are people who have still not been able to recognise... my announcement will work it out within them... the recognition. Without recognition you cannot see the play... without the play you cannot have confidence within yourself... without confidence you cannot become the Guru... without becoming Guru you cannot help others... without helping others you are not going to be in any way happy. So to break the chain is very easy... but to build the chain one after another is what you have to do. This is what you were all wanting to be. So be confident and be joyous and be happy... that all my Powers will protect you, my Love will nourish you, and my Nature will fill you with Peace and Joy... May God Bless You (791202.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871225 Tapasyas - Poona - see 871219 good 25

-870503.1 Sahastrara Puja, Australia - see 870503 good 45

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

-791202.1 Guru Puja/1, Dollis Hill - see 791202.1 good 20

-781115 Evolution - see 780911 good 45

791202.1 Guru Puja/1&2, Dollis Hill [Mother's Declaration]

830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

890423 Archangel Shri Hanumana - Margate good 45

- end -

4 Jun 2003

Indian Customs

Indians pamper the son-in-law, or the daughter-in-law... it's done in India to create better relationships... it's a custom... be careful... It doesn't mean that you are God, or that you are in superlative condition. Please be careful, when you are marrying Indians - you will find that the parents will pamper you... will look after you... all kinds of things they will do... but still one has to understand that it's just a custom, and you should not feel pampered, but on the contrary you should just feel blissful about it. But when it is done... suddenly they go off, and they think no end of themselves (881211)

At the time when garlands are given, you are not supposed to garland yourself... it's regarded as absolutely unmannerly... somebody else has to garland you. Any man cannot garland a lady... because only the husband has the right... so 'anyone' won't garland. A son can garland the mother... but 'any' man cannot garland any lady who is of a younger age, or who is not yet married, and even if married she has to be an old woman. Even if the leaders here are garlanded, they immediately take out their garlands... except the Gods... I mean I can carry my garland, but I also take it out... is based on logic (881211)

Once you have used your hands for eating, or your spoon for eating... if it has touched your lips... it is Jhutha... whatever is like that is not to be eaten... once you have eaten something, or touched something with your lips, it is finished, in India. In India, they are very particular about this. In Marathi, it's called Urtha, and in Sanskrit it's Utistha. So whatever is like that is not eaten (840118)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-881211 Detachment, Rahuri - see 881207 good 25

840118 Spontaneous talk, Vaitarna not good 35

- end -

30 May 2003

India

India has something magical about it, that it transforms people - come to India if you can. Those who can come monetarily, should not find excuses not to come, like 'oh I am not ready'... come with full force, not half heartedly. Do not play into the tricks of your mind (871016); If you are going to India, it is best to enter by the villages (790416)

Indian women, the way they are humble, are chaste - one has to learn. Of course there are many who are not also (850901); Women are very powerful in India... and women don't think much in India... they are on 'intuition' more (790608.2); In India, women and men all respect their chastity very much (850901), but there is a problem that the women are not much respected (980321); India may be poor in terms of money, but is not so poor in Spirituality (980320), yet the people in India are not seeking as you people are seeking. This is their big problem, because they think that they know everything about God and they don't have to bother, while you (foreigners - Ed) are really seekers of truth... no doubt about it (881203); In India, there are many Chief Justices who are Sahaja Yogis (790416)

Don't get impressed by the 'intellectuals' of India... they're neither intellectuals... nor are they Sahaja Yogis... be careful (840214); In the north, the Indians are more interested in politics, though it is much reduced now, and they do not like to hear anything against anyone - and that is a good thing. In the South, including Maharashtra, they are more ritualistic. Because of these two things, growth in Sahaja Yoga may be slow (980320); In India, in the North, U.P., Bengal, there is more violence, and there the men's eyes are always wobbling, whereas in the South, it is more peaceful (840906); In Benares, all sorts of horrible people live there (790416); Because of the English involvement in the formulating of the laws in India, there are no laws prohibiting Black Magic there. It is because of this that it is not possible to catch the false gurus there (790416)

Sahajvidya - India

In India, birthdays are according to the days of the moon (840906); Indians are too much hospitable (850000.2), and they have this fondness to feed you... they are very anxious to feed you. But don't fall a trap to that... you should say no no no... they themselves don't eat so much (881221); People in India are very conditioned people, because they are traditionally made (880106); When a man's first wife dies, then he may keep a hair or something... that's an Indian nonsense... yes it's wrong... never to keep anything... they know that (791111)

The first and greatest curse on Indians is this thing of 'relationships', supporting some relative who is no good for Sahaja Yoga... and the second is the caste system, which is the greatest cancer you could think of for such a Divine country like this (880106); India is a country of great punyas, and that is why there are powers which will look after the protection of this country, and this country will gradually rise (820130); India is the microscopic form of the whole Mother Earth (840902), and in Maharashtra is the Kundalini of the Universe (830127)

In India, the climate is very congenial for meditation... the climate is so good, that you can live in the jungles... with no problems. From the very beginning, we have had Seers who were seeking the truth... in the jungles. Then this group scattered, and in different places formed universities, called as Ghotras, and into these were sent children from the age of five years, where they were kept like brothers and sisters (890617.1)

- Jai Shri Mataji -

Sahajvidya - India

Tape References

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 880106 Swimming in the sky of joy - G'pule - see 871220 good 25
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 850000.2 Nasik talk - see 850000.1 good 25
- 790416 Living work of God, Easter, Putney good 45
- 790608.2 Maria's House Tape 2 poor
- 791111 Meaning of Yoga, Dollis Hill good 50
- 820130 Predictions on Sahaja Yoga, Durga Puja, Sholapur good 25
- 830127 Spiritual Roots, Delhi [I 'm here... plea for God]+25 min Q&A good 50
- 840214 Shri Mataji talks to the English - Bordi poor 75
- 840902 Ganesha Puja talk, Switzerland [French translation] good 55
- 840906 Talk at Gregoire's House - Vienna [German translation] good 65
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 890617.1 Mahakali Puja, Vancouver / Vancouver Public Program good 15
- 980320 Felicitations, Delhi good 55
- 980321 75th Birthday Puja, Delhi good 55

Indiscretion

When you fail in discretion, you find... some problems there are (880710); Sometimes people think... 'oh... we did a lot at that time... now, we can't do it'... then you have failed; Like I heard that people are saying... 'now we have come here, so we'll not go to Guru Puja... it's wrong... very wrong... you have to come to Guru Puja... no question... Guru Puja is the one Puja you cannot miss... even if you miss Sahastrara Puja... it's alright... but Guru Puja is very important... at any cost you have to come for Guru Puja. Guru Puja is extremely effective (880710)

There is another way of indiscretion in Sahaja Yoga... is that people start using me. Like supposing somebody is writing a poem... so he'll come to me and he'll say 'please correct my poem'. I'll correct one poem... two poems... three poems... ten poems... then... he will lose the capacity to produce poems - you should not use me for your own purpose in that manner... but in any case you are using me... but with the understanding that Mother is all the time with me, and is helping me. There's no need to come forward, and jump on my time... and to take my time... and to bother me... so that I should feel... 'oh God... when will I get rid of him'. Or others will say...'Mother, you should come to my house... you must take my child... you must meet my husband'... so taking attention to what you call yours, is also indiscretion. Instead of that... 'you' put your attention to 'me', instead of taking my attention to you... it's a very delicate line... of discretion... but once you know... you are discreet... you cannot be indiscreet... even if you want to be... and that is what is the ascent path. Some people have a habit of dominating me... like I'm talking, they'll talk in-between... if I am saying something, they will come forward... then I'll play tricks... I am good at playing tricks... but I'm very discreet. It's alright... my discretion plays the tricks... because if I'm direct, you won't like it... so better be discreet and play tricks (880710)

Sahajvidya - Indiscretion

There's a method of expressing 'thank you', and you go on saying 'thank you, thank you'... just a lip service... but many people in many countries don't say 'thank you' at all... but they're very grateful... inside... the 'grateful' is inside... it creates a depth that is necessary. So to do it superficially... anything... too much has to be avoided in your discretion. But avoiding extremes... avoiding too much outward expression again can create another indiscretion... like the English... they just don't speak... it's artificial (880710)

For Hamsa chakra it's important not to kiss people... I think kissing must be given up, because in kissing, you do allow the germs of another person... in Sahaja Yoga it's alright... but that doesn't mean you go crazy with the kissing. The more you start expressing your love by all these gestures, the less it is, inside (880710)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880710.2 Discretion of Hamsa, second talk - see 880710 good 10

-880710.1 Discretion of Hamsa - see 880710 good 55

880710 Discretion of Hamsa, Munich

Individualism

As long as you try to be individualistic, you cannot be a good Sahaja Yogi... you have to become one with the whole - we have to face ourselves for that... very important it is... especially in the West (830821); Individualism is against the spirit of the 'whole' (920229); When you are surrendered, there is no question of individualism... those people who think of any kind of individualism... are going to go out of the circulation of Sahaja Yoga (810904)

I must warn you, there are some Sahaja Yogis who will try to have their 'own' party... they are very power oriented... they will have an exclusive party... it is a very dangerous sign... it is a cancer - everything should be collective. Anybody who does that kind of thing, you should know is a possessed person... and you will be harmed if you follow such a person. We are all collective... we have to know everything among each other... and we have to live like one family, all over the world. Once you develop that kind of a love for everyone, then you will be surprised, you have become a great personality - that means... the drop becomes the ocean (960716)

People start thinking... 'we can be on our own, we can start working it out on our own'... they think... 'our relationship is with Mother direct'. Nothing can be worked out on your own; I would suggest that... if the information... that you are writing... is for Sahaja Yogis, first thing that you should say is that... 'they cannot work it out on their own - Mother only loves those who love each other... and anybody who thinks 'I can work it out on my own, I have a special relationship with Mother' should know that they are going out'... this sentence, you put first (810524)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

810524 Subconscious, Supraconscious, Chelsham Road not good 70

810904 Advice given by Shri Mataji, Brahman Court poor

830821 Mother Earth, Surbiton good 50

920229 Shivaratri Puja, Glenrock, Australia good 60

- end -

24 Apr 2003

I -ness

It is not important to say 'I like this... I like that'... no! - that 'I' which likes, is nothing but ego... and keeps you out of the enjoyment, which is Reality... which is the 'real' (000507); 'I don't like it' - who are you... I have seen people with very poor knowledge, who are just knowing little bit here and there... and very critical of others... I don't know the reason why it is so... but maybe they think no end of themselves (000507)

We should now say 'We' - all the Sahaja Yogis together, or 'this Johnny' using of course our own name. In this way we speak in the 3rd person, where we become the witness... not involved... but detached (821101); This 'I' word must go away... that is what meditation is - where you are no more 'I' (760330)

With superego, all the time there is fear... danger... crying... and weeping sort of people... while on the other side are people who act... have ego - ego on the one side and superego on the other - and when they close down... we become like the shell of an egg... we are closed... we have an 'I-ness'... we become Mr 'So-and-So' (821008)... when ego and superego close over the Fontanelle bone area... and the individual becomes isolated (810928)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

-760330.2 Deities on various Chakras, Delhi - see 800102

-760330.1 Gudi Padwa, Delhi - see 760330 good 30

760330 Gudi Padwa, Delhi/Transformation, Bordi

810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80

821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105

000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Innocence

The first quality of creation, and one of the qualities of Shri Ganesha (811005), and cannot be destroyed, and which gives us real strength (890801); Is the source of Joy; Is expressed as our 'Morality' (960915), as chastity. The practice of innocence is chastity, which gives us the Mariadas, and which is the foundation of all dharmas (850901); Innocence remains intact up to the stage of animals, who don't know they are committing any sin, or breaking any laws... a tiger who eats a cow, or an elephant who tramples a human being still remains innocent (860907); God looks after all those who are innocent (951224)

One of the powers that Ganesha has... is he generates innocence within us - we respect our innocence... our chastity... and a lifestyle which is decent and decorous. This is the reason why in Sahaja Yoga we have to be particular about how we dress up... that our dress should be decent, dignified, and... should in no way show our vulgarity - we should look after our chastity... and our morality... which is meant for both women and men... not only in dress, but even in day to day life, it is important (930721)

If you are not innocent, you cannot have respect... so innocence has to be developed, to have that respect. In innocence, you don't think that you are the wisest of all, and make everybody look a fool... nor do you laugh at others, and make fun of them... nor do you 'play games', and put people down. But what I've seen... even coming to Sahaja Yoga... this is the worst part of it... I have seen people who play games, after coming to Sahaja Yoga... they gossip... and say all kinds of wrong things... which I have never said before... so many kinds of things I hear... that I am amazed how Sahaja Yogis are such creators of gossips. Ego is anti-innocence... and that's why this kind of a nonsensical gossip people do... which I can't understand... so filthy (840902)

Sahajvidya - Innocence

There are all kinds of things that you have got from your past... and you must try to get out of it... otherwise you cannot rise high. A person who is not innocent, cannot worship Shri Ganesha... those who are not innocent, play 'games', try tricks, gossip, indulge in filth... he cuts them out. Innocence is a very sharp thing... it does not have any compromise... which you can see in the life of Christ. With his trunk, Ganesha throws people out... he sees for a while, and if people remain still half baked, they are thrown out of Sahaja Yoga. Innocence gives you complete sincerity, and Ganesha is the judge... and he is the one who throws you out on the periphery... like a tangent you get out of Sahaja Yoga... and then you go down and down and down... and you may develop horrible diseases of the Mooladhara chakra (840902)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

811005 Beauty that you are - Houston good 70

840902 Ganesha Puja talk - Switzerland [French translation] good 55

850901 Vishnumaya Puja/Brompton Sq. Puja - Wimbledon/Brompton Sq.

860907 Establishing Shri Ganesha Principle, San Diego good 55

890801 First Know Thy "Self" - Porchester Hall [+25 min Q&A] Good 50

951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75

960915 Without Innocence you cannot enjoy, Ganesh Puja, Cabella good 60

Inspiration

That which is coming to us, which is 'new' - and is very different to the 'thoughts' that we have. First these inspirations come to us, in 'light and shade', and then are 'moulded by us into language'. They come from inside... then we are spontaneous, inspirational. It is not like normal thinking, which is very superficial, and which is the interaction between thoughts and action, action and reaction (781218)

Reduce your arguments to the minimum... and minimum... and don't think... then the inspiration will come to you from within, and when the inspiration will be coming, then you'll find that it will be very different... it will be very beautiful (800907)

Go on telling your mind that 'this is not... this is not... this is not...' any thought that comes to your mind you go on telling 'this is not... not this... not this... not this...' then the inspiration starts coming. You see what I feel... people are not inspired... they have got fear, on one side... or else they go into an ego trip (820402); So to stay in the centre, what you have to do is to go on saying 'not this thought'... then you will be a deep Sahaja Yogi... because intellect is nothing... so-called intellect is nothing... only God has Intelligence. The most intelligent person is the one who knows that our intellect is just an ego trip... this is the sign of Pure Intelligence... of Pure Understanding... that the heart is the ruler... there resides the Spirit which is the most intelligent thing within us... and the inspiration of the Spirit is the manifestation of the Pure Intellect of God... and what I told you today is the Intellect of the Heart... but of the brain... zero (820402); But then... what is the use of the brain... why not have only heart you see would be alright... but the brain is the one which 'acts'. Heart is the inspiration... but the brain acts on it... it's communicating... but the inspiration, the source is the heart... is the Spirit... again... connect yourself to the Spirit. Whatever you have to say, relate it to the Spirit... not to anything else (820402)

- Jai Shri Mataji -

Tape References: (Date/Ref - Title - Qual - mins)

781218 Agnya, Caxton Hall (1st 15 mins poor quality, later improving) not good 75

800907 How to know where you are - Chelsham Road good 120

820402 Shri Rama's birthday - Chelsham Road good 70

Instruments

God wants to use us as His instruments, for the flow of His pure universal love (790416) - that Mother is doing everything is correct in a way... but, you are the instruments. So the source may be there, but the instrument is the one which delivers the goods, and like Hanumana, you are the instruments, and you have to work... you have to do the job; If you think that... "I" am doing this, then... finished. But if you know that it is done by the Divine, that the Paramchaitanya is doing everything, and that "I" am just an instrument, then the humility will be there and you'll be an effective instrument (890423)

What is the role of England in the whole Cosmos? We are specially born in this place for a particular type of special work we have to do, as an instrument of the Divine... not doing yourself something, but as an instrument. Like a painter has a brush and is nicely painting - it's the painter that's painting. But if the brush starts thinking "I" am the one who is painting, it's stupidity; When the drop becomes the Ocean, then it doesn't think it is a drop... it thinks it is a part of the Ocean. In the same way, once you grow up, you become very collective (980706)

You do not think that you are ordinary, otherwise I would never have chosen you... but you have no recognition of yourself also... as you have no recognition of me... you have to recognise yourselves and respect yourselves. Do not respect material things - respect yourself first of all... and the matter within you (800927)

In the third state of becoming, we see these things, these catches, but they do not affect us... then we do not call it catching... we say we are recording... like we are an instrument, and we are just recording (800518)

Sahajvidya - Instruments

Tape References:

Date/Ref - Title - Qual - mins

790416 Living work of God - Easter - Putney good 45

800518 Old Arlesford, Winchester pt 3 (The Real Becoming) good 30

800927 Lethargy - Chelsham Road good 75

890423 Archangel Shri Hanumana - Margate good 45

980706 Holland Park School, London 1998 good

- Jai Shri Mataji -

Integration

The essence of Sahastrara (830204)... when all the aspect of our being... Mental, Physical, Emotional and Spiritual are in one accord (870513); You are not only a physical being... you are also an emotional being. If you pay too much attention to your physical side, you can become a dry personality... absolutely. Such a person gets heart troubles... because the spirit resides in the heart, and if you are too much physical, then the heart goes out - you must pay attention to your spirit. So you are not only a physical being... you are also a mental being... you are an emotional being... and, a spiritual being... all these must be integrated... and there should be a complete balance (821008)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

870513 Melbourne PP [PP video set 4/5,6] good

- end -

27 Mar 2003

Intellectual

If the right hand is burning but not the left hand... that is when a person is right sided, being an intellectual or futuristic person (830512), the left side subtle system is raised and taken over to the right side by movement... of the right hand, to bring the system into balance (830121); If we have ego, we should raise the left side, and put it to the right side... there's no other way out... you have to work it out with your hands (830121)

The right side sympathetic nervous system... the right side channel, in our subtle system... is the power of action, that acts through the 5 elements (810928; 831001); The Sun channel, which works for our physical and intellectual activities (MME)

So this intellect, which is now being enlightened, Prabuddha... you must use it in a subtler way. As we are all technocrats, we are right sided... we are very right sided people... all the Sahaja Yogis today are 99.9% are right sided... even in India... and this movement towards the right side is overdone. So now to bring Sahaja Yogis to normalcy, is to bring them to the left side. Under these circumstances, one has to think of those people who really love God - there is bhakti... there is devotion. They don't think... they don't worry... they are blindly following God - you have to develop... that shraddha... that faith... that love. Start with your heart... just give up talking about it... just start feeling your heart - not your mouth so much... as your heart (0.0011)

Bhakti... worship (811005)... devotion (0.0011)... is only possible if you have faith... that's the thing... is the faith... which is challenged nowadays by all kinds of stupid and horrible people... the intellectuals... also by science... and... by this church, and that church. So your faith has to be absolutely... absolutely untarnishable... so when this faith in God is absolutely established within you... that there is God Almighty... he's Almighty... and that I am the messenger of that God... just this understanding, when it becomes absolutely formed in you... then you are in Guru Pada (920719)

Sahajvidya - Intellectual

Don't get impressed by the 'intellectuals' of India... they're neither intellectuals... nor are they Sahaja Yogis... be careful (840214); Indian music is understood by westerners at the spiritual level, not intellectually (830202)

Go on telling your mind that 'this is not... this is not... this is not...' any thought that comes to your mind you go on telling 'this is not... not this... not this... not this...' then the inspiration starts coming. You see what I feel... people are not inspired... they have got fear, on one side... or else they go into an ego trip (820402); So to stay in the centre, what you have to do is to go on saying 'not this thought'... then you will be a deep Sahaja Yogi... because intellect is nothing... so-called intellect is nothing... only God has Intelligence. What is intellect... all those things are good for nothing... only service to your Mother is the best... ask your intellect... 'is it serving my Mother' (820402)

The so-called intellect of human beings... it cheats... it gives you escapes... all the time the intellect is working by saying.. 'oh this may be good... that may be good'... but the real good it never sees... it's a trick of the ego you see... choices... ego likes choices you see... 'this is good... this is bad... this I don't like... this... this' - all 'I' business should be given up... 'we' should come in... not 'I'... that's how intellect will go away. The most intelligent person is the one who knows that our intellect is just an ego trip... this is the sign of Pure Intelligence... of Pure Understanding... that the heart is the ruler... there resides the Spirit which is the most intelligent thing within us... and the inspiration of the Spirit is the manifestation of the Pure Intellect of God... and what I told you today is the Intellect of the Heart... but of the brain... zero (820402); But then... what is the use of the brain... why not have only heart you see would be alright... but the brain is the one which 'acts'. Heart is the inspiration... but the brain acts on it... it's communicating... but the inspiration, the source is the heart... is the Spirit... again... connect yourself to the Spirit. Whatever you have to say, relate it to the Spirit... not to anything else (820402)

- Jai Shri Mataji -

Sahajvidya - Intellectual

Tape References

Date/Ref - Title - Qual - mins

- 830512 Hampstead - see 840802 (Video)
 - 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
 - 0.0011 Weekend seminar in Pune, Tape 1 good 180
 - 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
 - 811005 Beauty that you are - Houston good 70
 - 820402 Shri Rama's birthday - Chelsham Road good 70
 - 830202 Vishuddhi Chakra, Delhi (+ Q&A: 5 mins) good 80
 - 830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25
 - 831001 Santa Cruz interview good 45
 - 840214 Shri Mataji talks to the English - Bordi poor 75
 - 920719 Guru Puja - Cabella good 65
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Intelligence

If it is your intelligence that is creating your ego... that you think you have a very great I Q, then it is better to bring it down a little (800517.1); We should tell our intelligence 3 things: 'I am a Realised Soul'... 'Nothing can make me unhappy' ... and 'Nothing can befool me'. We have to believe it in our hearts, not in our brains. If we can do these things, and they settle down on our intelligence, then the Divine will see to the rest of it, and we will become very loving and considerate persons. 'Nothing should pamper me, and nothing should make me unhappy... nobody can hurt me'. Think that we have our Mother with us, and She is breaking all our granthis - we have only to make sure we don't create more granthis, knots (800517.1); Anybody who is intelligent, cannot have much money... it is a fact... it doesn't go hand in hand. A person who is a worshipper of Saraswati, doesn't get so much Lakshmi... always you will find (.0011)

If this enlightened intelligence comes into us, this is wisdom. That they are laughing at me, someone is dominating me, or making fun of me - all these fears will disappear, just like that. You are a flower, and you are fragrant, and the fragrance is blowing, and many bees are going to come to you - that's what you are, tell yourself like that, bring your intelligence to that level, not too high, nor too low, but in the centre, and everything can be solved in no time (800517.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

0.0011 Weekend seminar in Pune, Tape 1 good 180

800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50

- end -

7 Apr 2003

Intensity

If we do not have an intense desire to ascend, then we cannot ascend. In morning meditation, we must say what is our desire, what is our goal, whilst taking the name of Shri Ganesha - all activity must be surrendered for this goal. This desire... however... may be curbed... through the cocoon of 'my-ness' that develops after Realisation, when as a result, we can become half hearted in our ascent (890619); If you see, the rate at which we are moving is not proper... we have to be much faster... we have to go much ahead, and we have to create much more Sahaja Yogis through our consistent very intensive effort...but it is a side issue... a 'by the way'... Sahaja Yoga is 'by the way'... and this is why we are failing in our responsibilities (970525)

To deal with Reality... it must be done with intensity... even love must be intense... otherwise you are just befooling yourself... playing games... it leads you nowhere (791202.3); You should have only one intense desire within yourself... have I become the Spirit, have I achieved my ultimate, have I risen above the worldly desires. Purify yourself... the desire that you have... leave it... then, once you are purified, that area will be covered through your attention... it's very interesting. When you get over it, then only, you can throw light. Rise above that desire. Every time you get a desire, you rise above it... so your light is emitted on that wider problem that you are facing, that you think should be solved by your Mother (821219)

We have come here at a very important time. Historically this is a very important time, and when we are with our Mother is the most important time, of that important time - we should take full advantage of that... in the real sense of the word. Those who are wise take the best advantage, which is the growth within; Before you stands someone who has control over all the centres, over all the powers, who is All Powerful. How much advantage you have taken of that is the important thing; In Mother's Presence, in India, people become more protocolish, whilst in England people start taking advantage, making fun, joking - you cannot. You cannot be frivolous, or shallow with somebody so intense (830723.3)

Sahajvidya - Intensity

The concentrated type... of attention... is the one which is intense, deep, penetrative - because they have a living mind, not the dead parched mind - they penetrate (830723.3); This penetration of attention has to be seen... for example... if you look at some tree, then just watch it with love... see what the tree is talking to you... what is she saying... or, if you are looking at a mountain, then just talk to the mountain, and see what the mountain is saying to you - put your attention in... completely on one thing... and see for yourself... that will help you a lot (000507); When you put on a bandhan, how long it will last... depends on your intensity... after some time you don't need any bandhan (.0011)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 890619 Ascent, Mahakali Puja - San Diego - see 890611 good 25
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
- 970525 Respect the Mother Earth, Cabella good
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Introspection

We should do a lot of introspection, to find out 'what is wrong with me'... can I sleep on the grass... can I sit on the stone... can I sleep any time, keep awake anytime... am I seeking the comfort of the body... is my attention on my body, or on my Spirit... we have to be strict with ourselves, we have to be our own gurus (910728); It is important that Sahaja Yogis have to do introspection... inward... introspection is inward looking... why am I thinking... what am I thinking... what is the need to think... you will become... Nirvichara (971005); It is very important to do, so as to overcome the two hurdles of Agnya (951224); What is wrong with my personality... it comes from the surroundings... and the ideas that others have been putting into our heads - what matters, is what 'I' think, not what others think (910728)

Now don't condemn yourself if you have some defects... there have to be... you are human beings... but all these defects, with your power of spirituality, you can overcome. For that what have you to do... first is introspection... trying to find out. You separate yourself with your Spirit... and say... 'hello Mr... how are you'... start with that... 'hello... what are you up to' ... and you start seeing yourself outside... and eradicating, removing all that is not yourself (010321)

The fear comes, that I will be putting up my ego - that if we assert something or other as right, then we will get ego; Know that you are a Realised Soul, start respecting yourself, and you will not fall into the trap of ego... 'how can I behave like this'. Then a kind of dignity develops, and we feel shy of doing something stupid (910728); We must have a complete attention towards our weaknesses, and not towards our achievements (760330)

Sahajvidya - Introspection

If you are hot-tempered, alright go and beat yourself with shoes... but if you are not, then you need not... you must know what you are... first of all introspect... then accordingly, you should work it out (971225); Without introspection you will not know... you will never remember what you have done wrong, nor will you think of what you have to do right... but that is only possible... if you go on improving yourself (980712)

For your ascent, it is necessary that you should introspect... try to find out what you have been doing. Are you an absolutely humble person... do you do whatever is told to you... are you a fussy person... do you worry about time... are you a detached person... are you bound by one of the gunas, left or right... or are you all the time like a pendulum moving from left to right, right to left... do you worry about what food you should eat, when you should eat, or whom you should please (980712)

In the light of the spirit you can see, how you are doing wrong. The Spirit is like a mirror, where you can see yourself clearly, and you start changing yourself... and then... there's no introspection needed. When you have your Spirit awakened, you can watch yourself... you can see for yourself, clearly, as soon as you become a developed or evolved Sahaja Yogi... and that's one point one should see... if it has happened to you. If you can see something wrong with you... if you can find out what sort of defects you have... if you can detach yourself from those defects, and if you can understand that all these attachments and defects and habits are pulling you down - then only you can leave them... but that only happens when you have this mirror of your Self shining through (980712)

Your own development, your own connection, your own position in Sahaja Yoga will say what you are... whatever others may say doesn't matter... what you say about yourself, truly, truthfully is the Reality, and you must face yourself all the time (980712)

- Jai Shri Mataji -

Sahajvidya - Introspection

Tape References:

Date/Ref - Title - Qual - mins

- 971225.2 Christmas Puja, G'pule - see 971225.2
- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 910728 Guru Puja - Cabella good 60
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
- 971005 The Main Qualities to imbibe, Navaratri, Cabella good 80
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe
- 971225.2 Christmas Puja, G'pule/New Year Puja, Kale - see sub
- 980712 To be obedient to the Guru, Cabella
- 010321 Mother's Birthday Puja, Delhi good 50

Intuition

Discretion of the Ida Nadi is Intuition... if you develop that discretion within you, through your meditative powers, you develop Intuition... and Intuition is nothing but is the help of the Ganas which are surrounding you... if you learn to take help from the Ganas, you can become very intuitive. Of the whole of Sahaja Yoga, I would say 50% of that is based on intuition... and for that you have to develop a proper sense of Shri Ganesha. Ganesha is Ganapati... the master... the chief of all the Ganas - so the Ganas give you intuition (880710)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880710.2 Discretion of Hamsa, second talk - see 880710 good 10

-880710.1 Discretion of Hamsa - see 880710 good 55

880710 Discretion of Hamsa, Munich

Islam

An extremely moral religion, that opposes the permissive and self indulgent culture of the West, but which is causing problems in so doing (941105.2); The Muslims are against Christians more - also against the Jews - but the Christians they are against... because they think this Christian religion gives complete freedom to do what you like... their women go nude... they wear very scanty dresses... and the women are like prostitutes (970823.2)

Islamic people believe that chastity is only for the women, and not for men... it's very wrong... it is meant for both of them. If the men try to force the women to be chaste, and they themselves are not, then the women will 'not' be chaste... they may appear to be chaste... they may try to be, out of fear... but if they get a chance... they will... because they see the men... they think 'what's wrong'... if they can do it, why not we do it. So the whole society has to take to a very decent life, and very decorous, dignified lifestyle. Otherwise a kind of insecurity starts working among men and women... and a too much complicated life starts (930721)

In the Koran, it is written that Islam means 'surrender to the Divine' (870408; MME), surrender... your ego and your bad conditionings (881217), and also that 'unless you are connected to God, all that is written here has no meaning', that it has no meaning before Self Realisation (870408; MME)... Islam means... surrender (000423)

Mohammed talked more about the Resurrection time than the Doomsday, but Muslims are using more the Doomsday... the same with Christians... just to frighten the people so they will stick on (0.0005); Today, Islam is spreading very fast (840906)

This Koran was written 40 years after the death of Mohammed Saab. It is said that at the time of your Kiyama, [pron: Keeyama] means Resurrection Time... that your hands will speak... that you should feel the vibrations on your finger tips. I would say those who are really Muslims... who are surrendered... and those who have been selected to be higher people belonging to the God's Realm... must have hands that can speak... otherwise they are not Muslims...

Sahajvidya - Islam

so it's compulsory that for every Muslim... if he thinks he is a Muslim... that he should feel the vibrations. His hands must speak... at the time of Resurrection, Kiyama... not the Kayama... these two words are confused in the minds of people... many people do not understand the difference. One is when the Resurrection Time comes in... Kiyama... and the other is when your destruction comes in... Kayama. So those people who can verify... about themselves... and about others... through the vibrations on their hands... or through their finger tips... are the Muslims according to the Koran... but nobody has told them this... they don't know. To them is alright if you go to Mecca, and come back from there... you become a Hajji... finished (000423)

There's another question one should ask... which is very important... why Mohammed Saab who was so much against stone worshipping... why he asked people to go round that black square stone... what was the purpose... that's also just a stone... so why. This stone was a Swayambhu...and it's mentioned in the Indian Scriptures that there is Macceshwarshiva. We have Shivas everywhere in India... there are 12 Jyoti Lingas... you can verify on your vibrations... same with this black stone... and so the people have to go round to achieve Shiva's Blessings... but it became a ritual... and nobody could go further than that ritual (000423)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 941105.2 2nd Diwali talk, Istanbul, see 941105 [+ award to Ma] good 25
 - 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
 - 881217 Punyas, Poona - see 881217 good 30
 - 0.0005 Airport Talk poor
 - 820711 Nabhi to Sahastrara, Derby good 90
 - 830723.1 Rutumbhara Pragnya, part 1, Lodge Hill Seminar good 25
 - 840906 Talk at Gregoire's House - Vienna [German translation] good 65
 - 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
 - 881217 How we do earn our punyas-Dec 88/2 - India
 - 000423 Easter Puja, Istanbul, Turkey good 60
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

1 Jun 2003

Italy

The Lakshmi Tattwa of the Italians has become the Mahalakshmi Tattwa. The Italians have been a rich source of art, music and all sorts of creativity. They are rich in heart, simple hearted and dignified (860921.1); The soul, the essence of all the elements of Europe is here (i.e. Italy - Ed); Italy is a very rich place... it has everything in it, and they are very rich hearted people (860725); Are very humble people (871024); Italians are known for their art... they make beautiful things... but they have to pay so much taxation (971004); The 3 problems of Italy, the Mafia, violence, and poverty... are now reduced (860921.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871024 Light of Love, Diwali - see 871024 good 25

-860725 Soul & Spirit, Volterra (+Mahalakshmi Med'ns) see 860725 poor 25

860725 Informal Talks - 1986/85 (various)

860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45

871024 Light of love, Diwali/Press Interview, Milan

- end -

18 Jun 2003

Jagadamba

Jagadamba... first incarnated 14000 years back... and whose qualities include security... and who incarnates many times to kill and destroy the evil forces, the Rakshasas, or devilish people; Mother of the Universe residing in the centre heart; Part of Adi Shakti, the Desire Power of God (941009; 810829; 811005);

The Centre Heart... the centre of security and confidence (MME)... the fourth Chakra, controlled by Jagadamba (810829)... manifests in the gross as the cardiac plexus (830302); The Mother of the Universe... who gives security, and controls the sternum and antibody production (811005)... controls our immune system (MME)... where til the age of twelve years, we develop our antibodies... which later on in life go into the whole body... into the circulation and fight our diseases... and to fight our emotions (790722)

The 'Power' of God, who does all the Divine Play, and which is witnessed by the Father aspect of God; In the Bible, it is a mystery, because the Mother of Christ was the Holy Ghost, and it was thought that if attention goes to Her, She will be killed - and then Christ who had 11 destroying powers would have destroyed the whole world. So that is why they never said anything about the Mother - who is Mahalakshmi, who is the Power of Ascent, who is the Protector, and who kills all the demons and devils both inside you and without, and is called as Jagadamba, the Mother of the Universe (830302);

The seekers are trying to get out of the Ocean of Illusion, and the Mother is there to protect, guide, counsel and to bring them out of that illusion (830302); To correct a centre heart problem, hold your breath, not with great force, but ordinarily, hold for a while then exhale - 3 times, and use the mantra for Jagadamba (791118)

Sahajvidya - Jagadamba

Jagadamba Prasanna... that is... the Mother is... very happy - so you must just find out what will make Mother happy. When you do something, just weigh it out... will she be happy if we do like this... if we talk like this and say like this... will she be happy - very simple... that's a good judging point. Don't do what 'you' want to do... and what 'you' like... that's a wrong style... absolutely wrong... but you must do what I would like you to do... and that is what it should be... Mataji Prasanna. This is a sort of a certificate with me... that Mataji Prasanna... so... do everything with that permission (770126.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 791118 Where... stand in SY/How get in Med'n, Dollis Hill. see 791009.1 good 45
- 770126.1 Bordi Attention - see 770126.1 poor 40
- 790722 Leeds at Jim's House poor 45
- 811005 Beauty that you are - Houston good 70
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 941009 Navaratri Puja, Cabella - [video says 941008] good 55
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Jealousy

Then there are jealousies... if Mother says this is 'not good' you feel hurt... if Mother says this is 'good' you feel happy... that means you are still at a very subtler state of ego, where you think that whatever you say should be approved by me. That is something is very subtle we do not understand, that if Mother is not approving of it, there must be basic Divine reason... otherwise why should I not approve of it. We must know that it's all the work of God, and we are just channels in the hands of God (850310)

Jealousy... one of the biggest enemies or problems of today (970600); You cannot... go about with many girls... because then there is jealousy... I don't understand what is the freedom they enjoy like this... because then there is jealousy - you cannot go about with many boys, because there can be murders. You see... why people murder... their ego is hurt... nobody says 'alright you go ahead, have a boyfriend... I am very happy' - nobody likes it... it hurts... so they do it secretly... they cannot do it openly (791202.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850310 Public programme, Masonic Hall, Sydney see 850310.1 good 25

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

Jerusalem

I was happy to learn that the great poet of this country, Blake... had prophesised about me... and it's so beautifully done... that he said that England is going to be the Jerusalem... means that this is going to be the pilgrimage... the venue has shifted. He has said that the furnace will be burning in Surrey Heath, where I came first... and then he mentioned Lambeth Vale, where we have got our Ashram... where the foundations will be laid - we have laid the foundations - and that Jerusalem is going to be in England... not in India... and you are the people responsible for this Jerusalem (801019); That which England, the Heart of the Universe, must become... where people will come to worship (820710)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)

-801019 Fighting Asuras, Durga Temple, Hampstead, see 820514 good 15

801019.3 Spreading Sahaja Yoga in Europe

820710 Derby PP [PP video set 4/3,4] good 55

- end -

28 May 2003

Jesus

Or Jesu, from Je/Knowing and Su/Auspicious. Yeshoda (811006); The name Jesus comes from Yeshoda, also written Jeshoda, who was the foster mother of Shri Krishna. The short form of Jeshoda or Jesoda is 'Jesu', which is used in Hebrew, whilst in India, it is Yesu. There is a confusion between the two sounds of 'J' and 'Y' (810330)

The name Jesus comes, because Radha wanted to name him after Krishna's foster mother, Yeshoda or Jeshoda, whom she loved very much - the short form of Jesoda is Yesu or Jesu, and in India, Christ is also called as Jesu... from there the name Jesus has come. The name Jesu is very important, and comes from Je, meaning in Sanskrit, to know, the knowledge, or the one who knows, and Su, meaning auspicious, or which brings auspiciousness, which brings blessings... so Jesu means the one who knows how to bring auspiciousness to this Earth (811006)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

810330 Vishuddhi & Agnya, Sydney Poor 170

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

- end -

4 Jun 2003

John the Baptist

When John the Baptist talked about baptism, he meant... when the Kundalini... rises and... reaches the top of the head... and you find a cool breeze coming out of your head... and which is called as Chaitanya Lahari... as Cool Breeze of the Holy Ghost... and you can feel this cool breeze coming out of your head. He didn't mean the way we do baptism, to just call somebody... put some water on the head, and say... 'oh you're baptised' ... that's just a drama. Baptism is a living process (821007)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-821007 Truth is to be achieved, Bedford - see 821007(Video) Good

- end -

28 Jun 2003

Joints

The Vishuddhi... looks after the joints (790618); Troubles with the joints, is a left side problem (830209)

Arthritis or pain in the joints may be development by those people who are in the 'centre', if they do not give vibrations (830209); Is absolutely curable in Sahaja Yoga, and is because of too much vibrations. Is cured by putting one hand on the affected area and the other outside, when all will be going out into the atmosphere (791009.1); Can be cured by taking the help of the Mother Earth - ask the Mother Earth to take away the problem (821008)

For those who are in the centre, their main disease is in their excretion... and their all kinds of vomiting... if they eat at a place where they should not have eaten... or if they eat a wrong type of food or a wrong type of liquid... they have to immediately go and vacate it... either they'll vomit, or they'll have diarrhoea... but other problems they may develop include: swellings on the body, arthritis or pain in the joints, low breathing, low blood pressure, temporary tiredness, throat troubles, drying up of the liquid in the body, headaches and pressures on the sides of the head, all these from fighting the negativity in the persons they are with (830209)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
- 830209 Problems of Left, Right and Centre - Bombay good 65

Joy

Ahlada (970823.1); Joy comes out of the love that we have for each other, and for God and for the Mother (890725); It is a blessing of the Kingdom of God, that we get drenched in that Joy, which has no duality, like happiness and unhappiness. That Joy is sufficient - to be drenched in that Joy alone (871024), the Joy of the witness state (840708); Joy is single, is absolute - when you are in joy, you are at a state where there is no movement... you are just there. It is that dignified, majestic beauty within ourselves, which we have to nurture... when we don't get upset... are not bothered by what others say (800517.1); When you start giving this Divine Power to others, you start gradually deepening into your own being, and feeling your own source of Joy - life becomes full of Joy and happiness (790507); Sharing of your things is an extremely joy giving thing... that is how all of us have to live... sharing things... we have to learn to share (960716)

You see how the nature acts... how the nature helps... just look at the nature... how subservient it is... it enjoys that... the nature is so subservient... why... what is the need... because it gets the blessings... the beauty... of wholesomeness... of doing something for the whole. The quality of wholesomeness, when it is experienced within ourselves, then only that joy comes in (850310)

Thankfulness is the way to Joy... there's no other way - we get everything, but we never thank... judging type we are - today is the day of thanking; Thankfulness, if you do not have, you'll never enjoy what you have... whatever you have got... whatever God has given you... out of His Grace... out of His compassion... out of His love. We do not know how to thank Him... you see this is the point... have we thanked Him... every moment of our life. When you thank Him, the waves of Joy will rise within you. The greatest thing He has given us, is Realisation... and the way of Sahaja. Look into your heart, and humble down... and thank... every moment - that is the key to start the Joy, out of every moment... every moment has an ocean of Joy in it... but to start it, you must thank... whatever you have got (790000.2)

Sahajvidya - Joy

Joy cannot be expressed in words... it expresses in your eyes, in your faces, in the atmosphere, in nature. This is what we all have to achieve, and for that we have to know that we are not going to bow down to anything that puts our attention into shackles. Mother has freed us... let us spread our wings (880106); When your attention goes to the Spirit, joy starts bubbling in your life. No mental activity can take you there - only by Kundalini awakening is it possible (980320); Joy is so fulfilling... the joy of the Spirit is much more than the joy of any worldly comforts (881207); Is possible only with innocence, the source of all Joy (960915); We are all enlightened... we are all Nirmalites... in everything that you see, you feel the joy pouring in... you can't understand how it is... you see something that you see every day, and there is joy (850502)

The limbic area is a hollow space between the Agnya and the Fontanelle bone area, having within it cells sensitive to joy and happiness, and which gets soothed down by the Kundalini (890801); Everything is to increase our enjoyment... even our ascent is to increase our enjoyment... our sensitivity to joy (881211); So far you see, at human level, one feels only the pains or pressures on the nerves... but never the Ananda. But after Realisation only, your nerves start feeling the joy (850502); Once you have reached the shores of joy... then you should not give it up for anything... because it is your choice... whether you want joy, or you want unhappiness (860707.2)

Laughter

It is good to be able to laugh at yourself... and then problems will start to drop out (781005); Getting frustrated and unhappy with yourself is the worst thing... then there is going to be a problem. You have to laugh at yourself, laugh at your mechanism that is out of order (760330); When you start seeing through the eyes of the Spirit, then you do not feel bad... you laugh at yourself, make fun of yourself... and then you enjoy yourself, joke with yourself... and the whole thing becomes a joke (800907); Learn to laugh at yourself... that is the best way to enjoy yourself (970823.1); In laughter... and in all playful things... lies the truth (800721)

Sahajvidya - Joy

Tape References:

Date/Ref - Title - Qual - mins

Joy

- 970823.1 Primordial Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65
- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 890725 Arrival speech - Melicharg - see 890723 good 20
- 881211 Detachment - Rahuri - see 881207 good 25
- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 880106 Swimming in the sky of joy - G'pule - see 871220 good 25
- 871024 Light of Love, Diwali - see 871024 good 25
- 860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good
- 850310 Public programme - Masonic Hall, Sydney - see 850310.1 good 25
- 790000.2 2nd Talk - see 790200 not good
- 790000.2 Shri Mataji working on new people good 55
- 790507 Sahaja Yoga Introduction good 60
- 800517.1 Old Arlesford, Winchester pt1 (Preparation Becoming) good 50
- 840708 To Know the Truth - Ilford [with 40mins Q&A] good 40
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850502 Niraananda, Vienna Ashram good 60
- 871024 Light of love, Diwali/Press Interview, Milan
- 881207 Why do we come to India-Dec 88/1 - India
- 890801 First Know Thy "Self" - Porchester Hall [+25 min Q&A] Good 50
- 960915 Without Innocence you cannot enjoy, Ganesh Puja, Cabella good 60
- 980320 Felicitations, Delhi good 55

Laughter

- 970823.1 Primordial Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 800721 Auspiciousness - Caxton Hall good
- 800907 How to know where you are - Chelsham Road good 120

- Jai Shri Mataji -

Jung

C. G. Jung who described the 'Unconscious' as the source and matrix of all great creative ideas, as the basis of all Reality. Who rebelled against Freud, and his perverted ideas (MME); Who proved the universality of symbols coming from the Unconscious - the same symbols, wherever we may be (800629); Who said that you have to become collectively conscious (870408)

Who was one of the greatest psychologists ever born, and who opposed Freud who was a very abnormal person who died of cancer. Jung however was a great man who got his Realisation in his old age, and when he died, he was looking like a flower. He did many experiments with people, with their dreams, and he established that there was a Force beyond us, which he called the Universal Unconscious... because it is not in our conscious mind... and which he said was a motherly force... which is guiding you, in your dreams. He also said that human awareness will reach a point, where man will be thoughtlessly aware (790608.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-800629 How... prove the existence of God, Dollis Hill, see 800630 good 20

790608.1 Maria's House Tape 1 not good 50

790722 Leeds at Jim's House poor 45

870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

1 Jun 2003

Justice

The sense of justice comes from a special quality of left Nabhi. Justice is that you do not harm the innocent. This is the basic point, the basis of law - law is for the protection of innocence. A person who believes in justice has to be a very courageous man. There has to be justice, but justice is not to be demanded. As soon as we start asking for justice, there is no peace. So we should not ask for justice - we should do justice, to ourselves and to others, and we should be peaceful to ourselves and to others. The responsibility of Belgians is Peace, whilst that of the people of Holland is Justice - they are interdependent, and both qualities must act. The World High Court exists to give Justice (860921.2)
- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

860921.2 Role of Belgium and Holland, Mechelen good 65

Kabir

Who with Adi Shankaracharya, was one of the Incarnations of the Disciple Principle (790530); Who lived in the 16th century (830302); Who said "when the drop becomes the ocean, what can you say, you are lost, you are no more there, you are finished" (870408); Who was a Satguru (830209), a great Realised Soul, in India (771024.1), and who was a married man (771024.3); All the great Saints of India were married and had children... except for some people like Buddha, who died very early... he had to take a Sanyasa because of his work. Then we had Kabira, Nanaka... all of them were married people (821008)

Who belonged to a Muslim family... but who... realising that I slam was not going to give him what he wanted... knowledge of his Self... waited at the banks of the River Ganges, in Benares... for a Realised Soul, called Swami Ramanand. There he caught hold of the Saint's feet... and asked him for initiation... for Self Realisation. The other people... objected... and said 'Sir, he is an orphan brought up in a Muslim family... he'll not accept anything that looks like it is from Hindu Religion'... but Swami Ramanand immediately agreed... as he could see a great seeker there. Kabir became a great Saint... is accepted by Hindus and Muslims... because he had that power of wisdom... to go to a man, not belonging to his religion, who might not have accepted him... but he knew also through his wisdom, that this man is the one who will love him (930721)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good 771024.3 Caxton Hall tape 3 poor
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 830209 Problems of Left, Right and Centre, Bombay good 65
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45

Kaduk

Indians, Maharashtrians especially, take a Kaduk bath... means with very hot water... this is an absolutely wrong idea. Normally a cold bath is best... but if not possible, then take a tepid water. This will solve one of the problems that you do not expose yourself to too much cold or heat - the temperature is kept the same as the room temperature. People have died... of their lung cancer, because they can't get out of 'their' bad habit of taking bath every morning. I call it bad habit for Indians, not for the English... because they take their bath, and then immediately are going out to work. So take your bath at 4 o'clock in the morning, stay in the house and get used to the climate, and then go out... or take your bath in the night (.0011)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

0.0011 Weekend seminar in Pune, Tape 1 good 180

- end -

10 Apr 2003

Kali Yuga

The Yuga when there is no righteousness (790530)... this age which is passing - into Satya Yuga (900619); This is the Ghor Kali Yuga, means these modern times are the worst times for human beings - all sorts of things are happening, that have never happened before. The worst times have come, and we can at any time fall prey to it... is a fact (980706); The Modern Times, the Age of Confusion and Conflict, when people reach the lowest point of Spiritual and Moral Development in the cycle of Yugas or Ages, each of thousands of years in length - the worst part of which commenced in the first quarter of the 20th century. This was followed by the first stirrings of the transitional Age of Krita Yuga, starting to manifest around the 1970's (MME); The time when I came... was Kali Yuga... but now today the time is of Krita Yuga... the Yuga where work will be done... this is the time where work will be done (820402); One of the signs of Kali Yuga, is that men wear the dresses of women, and women wear the dresses of men... yes really it is the sign (840829.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 900619 Adi Kundalini Puja - Austria - see 900616 good 30
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 820402 Shri Rama's birthday - Chelsham Road good 70
- 840829.2 Pre-Marriage Talk, part 2 - Switzerland good
- 900000 State of the Planet / Water Music good 30
- 980706 Holland Park School, London 1998 good
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

28 May 2003

Kalki

Kalki is an abbreviation of Nishkalanka, and has the same meaning as Mother's name, Nirmala, and means 'spotlessly clean' - without any spots on it. This Incarnation has been described in the Puranas, as coming on this Earth on a 'white horse' in a place called Shambhalkul. Bhala means 'forehead', and 'shambhala' means 'at that stage', so it means that Kalki is situated on your Bhala, your forehead. Here he is going to be born. This is the real meaning of Shambhalkul; In between Jesus Christ, and his destroying incarnation of Mahavishnu, called as Kalki, there is a time given to human beings to rectify themselves, for them to enter into the Kingdom of God, and which is called in the Bible the 'Last Judgement'. All those who have an aspiration to enter into the Kingdom of God are born in these modern times. This is the most important time, because Sahaja Yoga is the 'Last Judgement'. It is fantastic to hear this, but it is a fact and it is the truth (790928)

Between getting our Realisation and getting into the Kingdom of God, we can falter very much. Sahaja Yoga gives all the freedom whether to fall or to come up. If you try to impress on others, after coming to Sahaja Yoga, that you are very great, or that you have achieved this, you have achieved that, then all this nonsense is a very great offence, and you are punished for that. This is the power of Kalki, which is working secretly behind Sahaja Yoga... Kalki is devoid of any compassion (790928)

There are 11 Rudras, 11 destructive, destroying powers absolutely settled in him, which are guarding the beauty of Sahaja Yoga. Anybody who tries to play around with Sahaja Yoga is harmed very badly. Don't try to trouble anybody who is a Saintly person, a good person, nor to play tricks with the Divine. Because Kalki is already on! Be careful about it because once this power comes on you, you will not know how to hide yourself. Not only to Sahaja Yogis, but this I am telling to the whole world today - be careful! Don't take it easy, and do not compromise with nonsensical people - stick onto the 'Right'. The day is very near when Kalki is going to come. Be

Sahajvidya - Kalki

careful. Do not try to harm others, or take advantage of others, and do not show off your own powers, because once this destruction will start in your life, you won't know how to stop it (790928)

This is the time of cleansing - that is why I am here, as Nirmala, to cleanse you; Whatever is wrong is wrong - whether today, tomorrow, yesterday or a thousand years back. Whatever is wrong for your dharma, for your sustenance, is wrong. 'What's wrong with this... with that...' - this question will be answered by Kalki only! Then you will have no time to repent, or to ask the question, 'what's wrong'... you will be chopped off - that is what Kalki Incarnation is (790928)

He is going to come on a white horse as they say. It is a tremendous thing that is going to work out. Every human being is going to be sorted out. Nobody can then claim - everything is being advertised, is being published (790928)

There are so many who have come to misguide you. They are taking money for misguiding you, for giving you sins - they are nicely booking you up for a trip to hell. They themselves are nicely booked there, and when I say about them, people feel very hurt, that why should Mataji talk against these gurus - they are not gurus, they are Rakshasas. The Rakshasas which the Devi killed thousands of years back, are back in the seat again, but the problem is very different at the present moment. Try to understand. The problem of this Kali Yuga is that there is no hard and fast rule, as to say who is a purely negative and who is a purely positive person (790928)

So many Rakshasas have entered into your brain - you side with so many people who are wrong, who are doing wrong things, in the name of politics, religion, in the name of progress or education etc. Once you have sided with them, they are in your brain, they are within you, and when they are within you, how to destroy them? You may be a good person, but you may be destroyed, because of having them within your heads (790928)

Sahajvidya - Kalki

So it is essential to take to Sahaja Yoga, in the most dedicated manner. And this is the only thing that we can give to our friends and relatives, and to all the world around. I am here to help you, to work for you day and night, and I'll spare no effort to help you... and do everything that is possible to make you alright, to pass this examination of Last Judgement. But you have to co-operate with me, and have to go headlong about it, and devote most of your time for Sahaja Yoga, and for imbibing all that is great and noble (790928)

Kalki stays on our forehead, and when the chakra of Kalki is caught up, the whole of Moordha, on top goes out of order, the whole head becomes a blocket. Such people do not allow Kundalini to rise above Hamsa. If you put your forehead before wrong gurus, or also, if there is too much thinking, both can create a problem. The whole forehead, if it is covered by bumps, then you must know that the Kalki chakra is out of order, and if the Kalki chakra is out of order, then all the fingers start burning, on the hands and on the palms, and sometimes even in the body, you get terrible burning. A person's Kalki chakra catching means he might be down with a horrible disease like cancer or leprosy etc. or he may be about to collapse into some sort of a calamity (790928)

To keep your Kalki alright, you must have that 'Awe' for God - that He is a wrathful God, that if we do wrong... He is there with His wrath... that He is 'All Pervading'... He is 'All Powerful'; He has powers to raise us to this stage of higher being... He is the most compassionate Father that we can think of... but in the same way, He has a wrath, and that wrath when it falls on you... be very very careful (790928)

As a Mother, I have to warn you to be careful about the wrath of your Father, because if He comes upon you with that wrath, nobody can stop it, nobody can stop it... and the compassion of the Mother also will not be listened to. Please do not do anything that is wrong; But, if you do anything 'for' Him, or for your own 'being' in your Self Realisation you will be placed in the highest position. The most important thing... where are you, as far as God is concerned (790928)

Sahajvidya - Kalki

The Maitreya, the coming Christ who will come on a white horse (820711); The coming Incarnation is Shri Kalki, who is blemishless, cannot be blemished - anyone who tries to, will be destroyed. He will come to do the last sorting out. There will be no-one to talk to you, or to listen to you, nothing of the sort. He is coming for the harvest, the last cutting. The time remaining is very short, so better get yourself in the proper shape - and then let him come. He is coming with 11 powers known as Ekadesha Rudra, all placed in the head of the Primordial Being, and he will be manifesting all these in such a tremendous manner, that you would not know how people will be destroyed, and the destruction will be of the worst type you have ever seen. So that's why you try to mature, become the fruits, and be in the Kingdom of God... alright (790530)

This destruction has already started, and is going with full speed I think all over... through the so many things that are happening. We have got hurricanes... storms... earthquakes... many accidents... and so many destructive things are working out... which are the outcome of Kalki incarnation. But at the same time, there is another work going on, of the same incarnation... is the resurrection of the people... such people can never be hurt... nothing can happen to them... they will always be saved... because they are under the protection of their Mother (000206)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 820711 Nabhi to Sahastrara, Derby good 90
- 000206 Shri Shivaratri Puja, Pune, India good 15

Karma

Karma is on the superego side, where we start thinking, or worrying 'have we made bad or good karmas?' etc. (830129); But it is the ego that does the karmas, by for example accumulating filth... it is only our egos that do the karmas (790616; 790608.2); Ego is the result of your karmas... and superego is the result of your conditionings, or your Bhakti... unless and until you have Bhakti, you won't take any conditioning upon yourself (0.0012); The Karmas are nothing but what we do, and what we think we have done... so when we feel bad about the things we have done, then they go into the left side... and when we feel happy about them, they go into the right side... all these are your Karmas, whether right or wrong. So what happens is... when your Kundalini reaches this point of Christ... then he sucks in these two pouches... these two balloons come down... your ego is sucked in... your superego is sucked in... so, there is no question of Karmas (831001)

Akarma... is when we do something, but don't feel that we are doing it - are not conscious of it. All living work is Akarma, like the Mother Earth sprouting a seed, or like when we are giving Realisation, or raising the Kundalini - we don't think whether we are doing it correctly, we just go ahead and do it. The same applies when we become good speakers - we think that Mother is doing it (871016)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871016 Mahakali Puja, Germany - see 871016 good 25

0.0012 Weekend seminar in Pune, Tape 2 good 50

790608.2 Maria's House Tape 2 poor

790616 Dr Johnson House, Birmingham not good 55

830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70

831001 Santa Cruz interview good 45

871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium

Kartikeya

Kartikeya... is the brother of Ganapati (961221), and was also Gyaneshwara (961221); He has the peacock as his Vahana (811103); In the brain, we have got all those seats of the Gods... and they are the seats because they are the causal of these... so first the causal is created... and then the Deities. Now in front... in the centre here is Kartikeya - Christ is in the centre itself, where the optic chiasma is - but here outside is Kartikeya, who is the protector of Christ... and around Kartikeya moves... Mahahanumana (810904)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-961221 Mahalakshmi Puja, Vashi - see 961225 good 10

810904 Advice given by Shri Mataji, Brahman Court poor

811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75

- end -

12 May 2003

Kidneys

Organs in the body, controlled by the Swadisthan, which when they malfunction may result in high blood pressure (870500); Right sided people are vulnerable to kidney troubles (830209)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-870500.1 Untitled talk - see 870503

830209 Problems of Left, Right and Centre - Bombay good 65

870500.2 Australia PP [PP video set 5/1] good 35

- end -

18 Jun 2003

Kingdom of God

Is placed within us... it is not without. It is the limbic area that surrounds your ego and superego (811006); You don't have to worry too much about things... it will all come your way... because you have now entered the Kingdom of God... everything is looked after... you can't imagine how small small things it works out (880921); You can control everything... because after all you have entered into the Kingdom of God... anything is possible... it is God... he's Almighty... he can do anything (880921); The Kingdom of God, which is the Sahastrara... is the 1000 petalled lotus... that round place called as limbic area in the gross level (810511)

That's a very subtle thing that we do not understand... that in the realm of God, those who enter only can be initiated... not those who do not enter. First of all we must know that they have to be the citizen of God's Kingdom... so unless and until we give them Realisation, take them to that level, they are not entitled (850310); You are living in the Kingdom of God, and when the Goddess of that Kingdom arrives, you have to be there (850629)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 880921 Speech at Ammonk Ashram, New York good 35

Kissing

For Hamsa chakra it's important not to kiss people... I think kissing must be given up, because in kissing, you do allow the germs of another person... in Sahaja Yoga it's alright... but that doesn't mean you go crazy with the kissing; The more you start expressing your love by all these gestures... the less it is, inside. So to do it superficially... anything... too much... has to be avoided in your discretion... but avoiding extremes... avoiding too much outward expression, again can create another indiscretion (880710)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

880710 Discretion of Hamsa, Munich

Chakras affected: Hamsa

Kiyama

The name in the Koran, for the 'Resurrection Time', also known as the 'Last Judgement' in the Bible (MME; 000902); The Judgement Time (871023), described by Mohammed, who said 'at the time of Kiyama [pron: Keeyama] the Last Judgement... your hands will speak', 'your hands will give witness against you', meaning that on your finger tips, you will feel your own defects... on the 5 fingers, plus 2 others on (the palms - Ed) of the hand, are the 7 centres (871023; 821008; 980705)

At the time of your Kiyama... your hands will speak... at the time of Kiyama... not the Kayama... these 2 words are confused in the minds of people... many people do not understand the difference. One is when the Resurrection Time comes in... Kiyama... and the other is when your destruction comes in... Kayama (000423)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
 - 821008 We don't have to suffer, Bedford - see 821007(Video) Good
 - 871023.1 Press Conference, Xavier's Flat
 - 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
 - 980705 Royal Albert Hall 1998 good 50
 - 000423 Easter Puja, Istanbul, Turkey good 60
 - 000902 Press Conference, Genova poor
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Knees

Fashion is madness (971005); You see the fashion is to expose the knees... it's very dangerous, because you can get both the Nabhis... in this cold weather... or hot weather... either you catch the right Nabhi, or the left Nabhi... and what is there in the knees, to expose. So for Sahaja Yogis it is important that they must decide... 'now, that's all finished... no more' (960710); People wear dresses which are above the knee... but the knees are very important chakras... you should keep them closed... otherwise... you will have knee trouble; Also, you shouldn't wear sleeveless dress... there are two very important chakras... if you expose them... then you'll have problems (970823.1); I find on the streets, women walking with very short clothes... with that, what will happen... your Nabhi chakra will be caught up... and you will have problems with money (960716)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-970823.1 Primordial Taboos, S Dharma, Krishna Puja, Cabella good 65

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

-960710 Airport Talk, Vienna - see 960710 good 40

960710 Airport Talk/Mahalakshmi Puja '96 Vienna/Moscow

971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

Knowledge

You must all individually also work it out that you study Sahaja Yoga in a way. In most of the tapes whatever I have said can be seen... found out... what is said about health... what is said about children... because I spontaneously say things... and if you can sort it out you will know so many things... I mean if you sit down and do a study of these tapes it will help you to find out so many little little things that are so important for life. You can clarify it... can note it down... that this Mother said about these things... it will be very good for us to sort it out this way... what point is to be noted down in different headings... can put different different headings, and jot it down. Mother has said so... Mother has said so... whatever is not on the tape you should not listen to... whatever is on tape is authentic... whatever is recorded already should be accepted (890725)

We should have the desire to have the complete knowledge of Sahaja Yoga, and should never feel satisfied on that point... "my heart must have that knowledge" - we know through the brain, but the knowledge should be in the heart (910728); We should be able to answer any questions (850408)... but don't think that you know everything (840902)

With wisdom you have grown... and gradually I have told you of many things... but I didn't talk of many things... like the Genesis... like the beginning of our life... how we came... because I don't want you to get into any discussion. Whatever you can verify on your vibrations, becomes your knowledge... that is what is gradually told to you. You should not indulge into those books and things, which talk of the origin of the Earth, and the origin of this and that... because your mind will be diverted... you will take to knowledge which may not be knowledge. What you have to know is very simple... is... what are you... you are the Spirit... and the light of the Spirit will tell you everything gradually... as much as you can bear it... it will not tell you something that you cannot bear (930721)

Sahajvidya - Knowledge

The knowledge is so subtle, so great... and of such a high degree... but you never feel bloated up with ego - no... with all this knowledge, you bend down... like the tree, which is laden with fruit, bends down... and that simplicity, that humility... gives you the special edge... which can pierce into any heart. But, believe that you are 'one'... with that great power, which is... God... Almighty (920719); So... with only one word... the word of 'love'... all the rest of knowledge is useless (810524)

If you do not know how to witness, then whatever knowledge you have, is nothing but through your ego or through your conditionings... it is not absolute knowledge... so to get to absolute knowledge about anything, what you have to do is to reach the point of Absoluteness... where you are absolutely clean, pure, Nirmal. Now don't condemn yourself if you have some defects... there have to be... you are human beings... but all these defects, with your power of spirituality, you can overcome (010321)

At the first centre... of innocence... when God created human beings... he gave them freedom... and he said... alright you be on your own... but keep your innocence... don't run towards so called 'knowledge'... the knowledge of... what is this matter... what is that... who is God... all these things... keep innocent. If you had maintained that innocence... with your freedom intact, there would have been no problem at all. But in the curiosity of human beings, when they had freedom, they consulted the Satanic Forces... and the so-called 'Book of Knowledge' started opening out. So whatever we have got... the knowledge... is Avidya... is not knowledge... is non-knowledge... because by knowing this, you do not know the 'value' about a thing. For example... if you know there is gravity in the matter, you can say there is gravity... you know just, there is gravity... it's just a statement of fact... but you can't say 'why'... you cannot explain why it is there... so it is not a complete knowledge of a thing (821008)

- Jai Shri Mataji -

Sahajvidya - Knowledge

Tape References:

Date/Ref - Title - Qual - mins

- 930721 Source of Wisdom, Ganesha Puja, Berlin, see 930919.1 good 35
- 890725 Arrival speech - Melicharg - see 890723 good 20
- 850408 Easter Puja, Hounslow - see 850408 poor 40
- 821008 We don't have to suffer, Bedford, see 821007(Video) Good
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 840902 Ganesha Puja talk - Switzerland [French translation] good 55
- 850408 Easter Puja/Ganesha Puja, Children - Hounslow/B'ham
- 910728 Guru Puja - Cabella good 60
- 920719 Guru Puja - Cabella good 65
- 010321 Mother's Birthday Puja, Delhi good 50

Shri Krishna

The complete incarnation of the Primordial Being, the Virata, who has the Samhara Shakti (Power to kill)... and whose weapon is the discus (811005); Who is the Father (811006); The Incarnation of Divine Diplomacy (811005)... Shri Vishnu (900818); Who is the Brain of the Virata; Who is Shri Kubera, the God of Wealth (960929); Who is Yogeshwara... absolutely detached (910002); Who is a Brahmachari (830725); Who is the incarnation of Narayana, Shri Vishnu, the Preserver and also known as Leeladhara (890814.1); The Virata, Akbar (830129); The Avatara for the Hindus (830131); The Giver of Yoga. The Ishwara of Yoga... Yogeshwara (830202); Who incarnated 10 times, including as a fish, as Rama, as Purashurama and ultimately manifests as the Virata, the brain of God Almighty (890611; 790616); Who gives you the feeling of 'the whole'... you start feeling that you are part of the whole... because he is the whole... he is the Primordial Virata (790609.3)

Who came about 6000 years back (810330; 810511), more than 2000 years after Shri Ram, and who talked of freedom and the enjoyment of life (970600); Who was a Kshatriya, as was Shri Rama (790200.1); Who was born at midnight (821101); Who had 16000 Powers, and whose 5 wives were His Queens, the 5 Elements (830725; 910002); Whose essence is sweetness, Madhuria, and whose consort Shri Radha is Ahladadayini, the giver of Joy (900811.1); and whose qualities include Collectivity, and Responsibility (960929), and who is absolutely detached (910002), the witness (810328), and is the expert of drama... he creates it, acts in it, and is also the spectator (910001); Who controls the vocal cords (890814.1), the teeth, and gums (820125), and who is very fond of butter (810330); Who is black (860823)

Who told only Arjuna of his Divinity, just before he was to start the war (791202.1); Who said 'Unless and until you love each other, I do not exist within you' - all the countries of the world have to love each other (861227); Who said 'the one who can

Sahajvidya - Shri Krishna

'see', can only see... what's the use of talking to the blind' (800809); Who introduced the ideas of the Rakhi, of Holi and of Leela (Divine Play), and who killed many Rakshasas, including Khamsa (950820), and Putana (790928); Those who worship Shri Krishna become brainy people, but without ego - egoless intelligence, or pure intelligence (890814.1)

Shri Krishna was born in a jail, where his mother had been sent by her brother Khamsa, a Rakshasa, because it was foretold that the killer of the Khamsa, would be born to his own sister, and would be her 8th child. So each child born to her was killed. When Shri Krishna was born, his father took him from the jail, and carried him in a basket across the River Yamuna, to Gokul, and left him there with Yeshoda. Then Yeshoda's child, a girl, was taken back to the jail and put in the place of Shri Krishna. So Khamsa found the child and tried to kill her. As she was hurled by Khamsa, she rose up and announced that 'the killer of Khamsa is alive...' (810330); The lightning, (a part of the power of Shri Krishna), was taken out by him, and became Krishna's sister, Vishnumaya the child who Khamsa tried to kill (850901)

Whose power was Radha, meaning the one that sustains the energy. In India, when taking the name of Krishna. one says Radha first, taking the energy before the Deity (811006); Krishna means the one who has sown the seed (811006); Who when he was a child of 4 years, played mischief, had fun with the Gopis, but who when he was the King in Dwarika, heard the call of his sister Draupadi who was troubled by Duryodhana when he was trying to take her sari, and he came on Garuda, the Condor with his four weapons to save the chastity of his sister (811006); Whose weapons were Shanka, Chakra, Gada and Padmi (811006)

Shri Krishna resides in our Vishuddhi chakra... in the centre he resides as Shri Krishna... and on the left hand side his power, Vishnumaya, his sister resides... there he resides as Gopala, as the one who lived in Gokul and played as a child. On the right hand side he resides as the king who ruled in Dwarika... the king, Shri Krishna. These are the three sides of our Vishuddhi (860823)

Sahajvidya - Shri Krishna

Now the greatest freewill comes from Vishuddhi chakra... and that's why they call him Yogeshwara - he is the Ishwara of yoga. The establishment of yoga is possible... when you completely surrender yourself to Shri Krishna... means what... means all your balances will be established... you go into complete balance... and that balance is complete because Vishnu who is the Incarnation for sustaining the dharma... who is responsible for giving you the balance... becomes complete in the form of Shri Krishna. That's why he said 'you leave all the dharmas... surrender all of them to me'... so all the dharmas, if you put at the Lotus Feet of Shri Krishna, means if you follow his ideas, then all your dharmas are balanced. There are so many dharmas... pati dharma... patni dharma... rashtra dharma... but he says forget all the dharmas... surrender them to me... that is at Vishuddhi. It means that it all gets sublimated... it all gets complete... because he is the Collective Being... he is the Virat... because he is the integrated form of all the dharmas... and he is the Virat in our brain... he represents our brain. When this Virat in us is awakened fully... we automatically become dharma ourselves (860823)

So now you have become dharmatit... means you have entered into the Kingdom of God... into the Virata's conditions... and there your condition is such, your state is such that you are dharma... if you try to do adharma, you suffer... if you try to do wrong you suffer... I don't have to tell you to be righteous... there's no need... I don't have to tell you to tell the truth... or don't steal... I don't have to tell you all these things. You will follow Christ... or Krishna... automatically... sahaj. You become the dharma of Virat... now what is the dharma of the Virat... of Shri Krishna... is collectivity (860823)

Krishna is the brain... Shiva is the heart... and Brahmadeva is the liver. Now what is the faculty of this brain... is... that the tree of life, of evolution, grows downwards as they say... and this tree is growing downwards, of awareness, from the brain... but if you have to go to the roots, you have to ascend... and that ascent you have achieved... now you have gone to the roots of your brain... where all your roots... all your nerves are enlightened... where your brain is enlightened... you are an enlightened person (860823)

Sahajvidya - Krishna

Tape References

Date/Ref - Title - Qual - mins

- 890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 861227 Brahmapuri - see 861221 good 5
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 791202.1 Guru Puja/1, Dollis Hill [Declaration] see 791202.1 good 20
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 790609.3 Maria's House Tape 3 poor
- 790616 Dr Johnson House, Birmingham not good 55
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 791202.1 Guru Puja/1&2, Dollis Hill
- 800809 What are we inside - B'ham good 30
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 811005 Beauty that you are - Houston good 70
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830131 Nabhi Chakra, Delhi good 80
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 900811.1 Shri Saraswati Puja, Vancouver, Canada [3 min music Intro] good 40
- 900818 Evening before Shri Krishna Puja - Hallow Tree, Ipswich good 55
- 950820 America and False Freedom, Krishna Puja - Cabella good 45

- Jai Shri Mataji -

Krita Yuga

The Yuga where work will be done - the present day (820402), when you have to pay for what you have done wrong (920725); The Age of Transformation and Actualisation of Spiritual Experience, that follows Kali Yuga and leads to Satya Yuga, the Golden Age... each Yuga or Age... thousands of years in length... in the cycle of Yugas or Ages; When all falsehood, dishonesty, corruption, false teachers, will be exposed, and when wrong doing has to be paid for, but also when there is the possibility for transformation and fulfilment for those who follow the path of Spirituality (MME), when everything is perfected (840718); The new age of active Divinity (820130), the time when the Divine will start acting (0.0006); The time when I came... was Kali Yuga... but now today the time is of Krita Yuga... the Yuga where work will be done... this is the time where work will be done (820402)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

0.0006 Brighton after Public meeting poor

820130 Predictions on Sahaja Yoga, Durga Puja, Sholapur good 25

820402 Shri Rama's birthday - Chelsham Road good 70

840718 Chiswick Town Hall [+33mins Q&A + incomp. Experience] good 55

- end -

28 May 2003

Kshema

Well-being (830131); Krishna has said... Yoga Kshema Wahamya Hum... translated this means: "First you get your Yoga, then you get your well-being" (840708) - when you get your yoga, when you are connected to God, then only I give you your well-being. Your well-being is done through Yoga - that means that unless and until you are a citizen of God's Kingdom, you are not given these benedictions (790530)... that you first get your Yoga... first get your Realisation... and then I'll look after your well-being... he said it clearly. The Divine looks after you so well, you can't imagine (821007)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-821007 Truth is to be achieved, Bedford - see 821007(Video) Good
790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
830131 Nabhi Chakra, Delhi good 80
840708 To Know the Truth, Ilford [with 40mins Q&A] good 40

- end -

20 Apr 2003

Kshum

'Kshum' is the mantra for the Ego side, where there is the problem resulting from dominating others, and is corrected by humbling down, and forgiving others, and also by asking for forgiveness. The ego ends in stupidity, and foolishness, because we forget about God, and about our relationship with the whole (781218); If you have right side problems, then you have to say 'I forgive' (811006)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

- end -

28 Jun 2003

Kundalini Ascent

Keep the L hand all the time on your lap... because the desire is constant... and then we will be going from one centre to another with the R hand on the left hand side only... to all the centres we'll be tackling... just to help the ascent of the Kundalini... to flow slowly in the central path of our ascent (840622; 821008; 821007)... and now close the eyes, because the attention will be attracted inside - if you keep your eyes open the Kundalini won't rise above this centre (Agnya - Ed) (821008; 821007)

The Kundalini itself rises through the Sushumna Nadi... she is the Principle, she is the Tattwa of Shiva... and she rises through the channel that is made by Vishnu, out of the evolutionary process. So how can you do away with one of them... one is the road... another is the destination. So I hope you understand how important it is that your centres should be corrected... your road should be alright... that your Sushumna should be cleared... because we are Madyamargis... we have to go by the centre... by the central path... til you reach your Talubhag... where sits Sadashiva. So keep your road, the Madyamarga clean... and let the Kundalini pass through it. When the Kundalini will pass through it... you will be amazed that... the same Kundalini is going through the Vishnu path and reaching at the Lotus Feet... of Shiva (000206)

Our Kundalini has risen without effort, and without thinking, and has changed us so much - try to support her and keep the central path clean (871016); The central path of our ascent... along which the Kundalini ascends (840622); The Kundalini sometimes dances (900105); May be nourished with pure Love and Compassion, and avoiding involvement into any relationships (920621); When all external desires dim out, and the real desire to be one with the Almighty remains, then the Kundalini can rise spontaneously. It has happened to very few people - Buddha and Mahavira were human beings, but who achieved Godliness (800609)

Sahajvidya - Kundalini Ascent

Without desire this Universe would not have been created; The desire of God is the one that is the Holy Ghost, the All Pervading Power, the Kundalini within you. The Kundalini has only one desire... is to be the Spirit, and anything else if you desire, the Kundalini doesn't rise (821219); The desire to 'rise higher' creates the bridge of Sushumna across the void, within us, and so allows the Kundalini to pass (860921.1)

This Kundalini exists... and there are 7 centres within us which manifest outside, in the gross, all the plexuses that the doctors know of. When you get your Realisation... the Kundalini rises, and passes through the Brahma Nadi... and pierces the Fontanelle Bone Area, which is called as Brahmarandra... and you become one, with the All Pervading Power. And what is the sign... is Saleelum Saleelum... the Cool Breeze which starts flowing... the Vibrations start flowing. When they are emitted, these 5 fingers, 1, 2, 3, 4, 5... 6 and 7... these are the 7 centres in the hands, on the sympathetic nervous system... they get enlightened... and you start feeling in others and in yourself... your inner being... you start feeling what is the matter with another person's chakras and centres... which are the undercurrent of all the problems... physical, mental, emotional, financial, economic, political... every problem. These are the undercurrents which you start feeling... within yourself, because it's Self Realisation... and in another person also because your Collective Consciousness is being awakened. You become 'Collectively Conscious' is the point I am trying to make... it's not lecturing... it's no brain wash... you become. Now you must settle down with it... but it requires a calibre (800102)

In a Mahalakshmi Temple in Kolapur, there is sung a song with the words, requesting the Kundalini, Amba, to rise. Surprisingly it is in the Sushumna Nadi, the channel of Mahalakshmi, that the Kundalini actually rises (871024)

- Jai Shri Mataji -

Sahajvidya - Kundalini Ascent

Tape References

Date/Ref - Title - Qual - mins

- 871024 Light of Love, Diwali - see 871024 good 25
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 800102 God's Love, Patkar Hall - see 800102 Poor 50
- 800102 God's Love, Patkar Hall/Deities on various Chakras, Delhi
- 800609 Subtlety Within - Caxton Hall good 50
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 840622 South Bank Polytechnic, London good 40
- 860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 871024 Light of love, Diwali/Press Interview, Milan
- 920621 Kundalini Puja, Cabella good 55

Kundalini Awakening

Is an evolutionary step (840708), and is the only way to get Self Realisation, because that is how we are made - there is no other way out (830302); Also the Kundalini has one very special power... of knowing the Mother, Shri Adi Shakti... even the Photo (870816.2); When She rises, She enters the Limbic area, after penetrating the 6 chakras, and there enlightens the 7 Peetas or seats of the 7 chakras (830204)

The invitation to the Kundalini enters via the fingers, and goes down the two side channels, the two nadis, and informs the Deity on the Mooladhara Chakra, Shri Ganesha, who awakens and informs the Kundalini, which is sitting in the triangular bone in 3½ coils (791203); The awakening of the Kundalini is not felt... just the calm... it will just shoot off, giving you thoughtless awareness (790507); The Kundalini shoots off, but also spreads in the head, trickles down, and relaxes the sympathetics, enlightens and enlarges the centres, enlarges the parasympathetic, and makes the Kundalini rise even more - all by reflex action of the Kundalini itself (870816.2)

When the Kundalini crosses the door of Agnya chakra... then you get into the state of thoughtless awareness... but at this state, to leave the Kundalini is not a good thing... because the Kundalini can start moving to this side or to that side... can go to the Supraconscious... or to the Subconscious... where they can get into the Siddhis... so at that state, I would not like to leave your Kundalini... I am very anxious always that it should come out of the Brahmarandhra... at that state, you start getting the Vibrations (770215)

It is very simple to understand... like when the Sun rises, the Sun's rays fall onto the fruit and the fruit has got built-in mechanism within it, or the seed has got built-in mechanism within it... which just starts. In the same way you have got built-in mechanism within you... and maybe I am authorised for that... it works out in my Presence (790720)

Sahajvidya - Kundalini Awakening

I have something to do with your Kundalini... very much... and she knows me very well... so much so, as soon as she sees me, she is up there... so happy. And the first impact is so great... you feel it... she rises with such a thumping joy... but again you go back to your crutches... because you are identified with them (79111)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 870816.2 Krishna Puja, St Quentin, Paris see 870816 [+French] good 60
- 830302 Public Talk, Perth see 830301 (Q&A, Qual. not good) good 35
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 790507 Sahaja Yoga Introduction good 60
- 790720 Cardiff Public Program good 30
- 791111 Meaning of Yoga - Dollis Hill good 50
- 791203 When You meet Me - Caxton Hall good 35
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 840708 To Know the Truth - Ilford [+ 40 mins Q&A] good 40

- end -

8 Mar 2003

Kundalini

A Sanskrit word (840622; 821008)... the Kundalini within you, is your own individual Mother, who brings you to the Kingdom of Heaven (860305; 860706); Your own individual mother... and which is the residual power... and has not yet manifested... and what is this power... is the ultimate Desire to be one with the All Pervading Divine (821007); The pure Primordial Desire to be one with God, or the Spirit; The Residual Power of Pure Desire... the Reflection of the Holy Ghost, or All Pervading Power of God's Love, which enters the foetus at 2 months age... your own Holy Mother (810926); The reflection of the Adi Kundalini, i.e. the Kundalini of the Adi Shakti, is the Kundalini within us (960609); Is Gauri (900828); Is Mahakali (900912); The Devi (891008.1); Which cannot be destroyed, and knows everything about us. Which will never give you problems, and is waiting for the moment to give you Self Realisation (890801); Who is your Mother, the source of all that love and compassion, full of kindness, and forgives all that you have done (790616)

The Kundalini is the Residual force... after creating the whole thing... the whole body... it remains just the same... there... she is the power that is 'your' Mother... your own Mother... she is the complete Subconscious... or you can say the complete Mahakali power that you have. She has recorded all the small small things you have done... all the wrong things you have done... and she sits there waiting... so we say she is sleeping... but she is recording everything... and she is waiting there. She knows whatever you have done... and she knows what you desire... she is your loving Mother... she is settled down in the Triangular Bone down below there... in the end of the spinal cord... that is a sacred place... and she is waiting there to arise. You have the most special thing within you, hidden... which is the source of all the Joy... all the Peace... all the Knowledge. You have to have authority, to raise the Kundalini... it's not an easy thing to raise the Kundalini... one must have an authority from God... and that authority is within (800102)

Sahajvidya - Kundalini

There is a Divine Power... very subtle... which is surrounding us... and by this awakening of Kundalini we get connected to that Divine Power... by which you know all about your body... your centres. Kundalini is your individual mother... and she knows everything about you... and she gives you your second birth (000902)

Kundalini itself rises through the Sushumna Nadi... and she is the Principle, she is the Tattwa of Shiva... and she rises through the channel that is made by Vishnu, out of the evolutionary process. So how can you do away with one of them... one is the road... another is the destination. So I hope you understand how important it is that your centres should be corrected... your road should be alright... that your Sushumna should be cleared... because we are Madyamargis... we have to go by the centre... by the central path... til you reach your Talubhag... where sits Sadashiva. So keep your road, the Madyamarga clean... and let the Kundalini pass through it. When the Kundalini will pass through it... you will be amazed that... the same Kundalini is going through the Vishnu path and reaching at the Lotus Feet of Shiva (000206)

The Kundalini... is aware, it understands, thinks, loves, and organises - when it comes up, and it pierces your fontanelle bone... you can feel the baptism. When it pierces, and enters into the first strata of the Superconscious, the first thing that happens is you become 'one' with the Collective Being... and you start feeling from your hands a cool breeze flowing... vibrations... cool vibrations... called by Shankaracharya as Saundarya Lahari (771121)

The Kundalini, when it reaches the top of the head, you can feel the lub-dub of a heart... Kabira has said... 'at the top of your head, you can feel Anahata'... Anahata is the sound of the heart... you can feel it... it has to happen. Then, suddenly you find that it stops... and when it stops you find a cool breeze coming out of your head... and that's called as Chaitanya Lahari... that's called as Cool Breeze of the Holy Ghost... and you can feel the cool breeze coming out of your head. When John the Baptist talked about baptism, he meant this... he didn't mean the way we do baptism, to just call somebody, put some water on the head, and say 'oh you're baptised'... that's just a drama. Baptism is a living process (821007)

Sahajvidya - Kundalini

The 'abode' of Kundalini is called as Mooladhara, and is represented in the Universe as this Mother Earth, and in the Puja is represented as the Kumbha (830821); Kundalini resides in the Sacrum bone in 3½ coils (811005), in every human being, in a dormant state (790616) above the Mooladhara Chakra; 3½ coils has a special coefficient, being also used in watch springs, and if bisected yields 7 points (810928); Pulsates when obstructed (840622), and which can be seen with the naked eye (791203); Which rises in the split of a second like a jet (840702); When there is a blockage, an obstructed 2nd or 3rd chakra for example, then you can see the pulsation of the Kundalini with your naked eyes... you can see (790720); The Kundalini is the 'Principle' within us (781218); The Kundalini cannot move without permission from Shri Ganesha (860907); Our Kundalini has risen without effort, and without thinking, and has changed us so much - try to support her and keep the central path clean (871016); May be nourished with pure Love and Compassion, and avoiding involvement into any relationships (920621); The Kundalini sometimes dances (900105)

In the triangular bone... the pulsation will start... and will rise higher... and if you have a stethoscope... you can even feel the beat, much like you feel the heart beat... as it rises... and then you find the portion of the head becomes soft, just like a child's... this is the baptism... the rebirth which Shankaracharya has talked about (790722)

You can manoeuvre the Kundalini, but not the Spirit... you can raise your hand... the Kundalini will move... you can give it a bandhan... it will go round and round... but what about the Spirit... you cannot manoeuvre it... you have to bring the Kundalini to look after it... you have to take the Kundalini there... to the heart, so that the 'little offspring' as it is just now, has to be carefully developed and matured (830821); Even the Kundalini should be raised with the light... try to use the light or the lamp of the ghee (840214)

Sahajvidya - Kundalini

The Kundalini is the one that thinks... the one that understands... the one that loves you, and knows each and everything about you in this life and the life before. She is absolute dharma, absolute righteousness, absolute purity... the ideal-most personality that you could think of, which doesn't tolerate any nonsense, falsehood, or untruth. She's Nirmala... She's pure - purity personified. She doesn't accept any compromise... and She is within you... see how beautiful you are. She is not afraid of anyone... cannot be enticed, enchanted or tempted by anything... and She loves, but Her love is that pure... that nothing is higher for Her than Her own love. She never reconciles to anything, and She is the one who gives you your Self Realisation. So we have to find out methods of pleasing Her... what makes Her so unhappy... why doesn't She want to rise... we have to find out the means and methods (791111)

The Kundalini will do what is needed to correct you... up to a point she will do... and afterwards when she finds it is not possible to correct you... then I don't know what will happen - if you try to behave like a very ordinary useless person... then you cannot stay in Sahaja Yoga... you will be thrown out (010321); So again I have to talk about Kundalini... that you must have a Kundalini completely establishing itself within you... completely expressing within you... and enlightening your Self. Such a Kundalini should be there... and only possible if you do not put hurdles in her growth - if you allow it to grow... it grows and it works out (010321)

The Kundalini is the 'Desire of God' within you... not the desire 'for' God... it is the 'Desire of God itself' within you... is the Shakti... so when it rises, His Desire is fulfilled in you, and that's how you get 'your' fulfilment (791111); The Kundalini has only one desire... is to be the Spirit, and anything else if you desire, the Kundalini doesn't rise (821219); The Kundalini of Sahaja Yogis is made of love, pure love. Pure love has only pure desire... is to love... love everyone equally (920621)

Sahajvidya - Kundalini

Many wrong books have been written about Kundalini, saying that you will start jumping, or get heat or burning etc. This is all wrong, is satanic, and is written by people with wrong motives. The first Deity of Holiness sits at the triangular bone, and shows his temper by giving bad experiences to those who have experimented with the Kundalini in a wrong way, and has punished them as a result. There must be a proper protocol, and if not, then he is seen in a red or orange colour, to show his temper (800609)

This power of Kundalini was known all over the world, because it can be seen in the museums... the Kundalini drawn in the triangular bone, even in Finland. In the Ukraine there are pictures of the chakras and of the Kundalini. In Bolivia, you find pictures of the Kundalini, and from ancient Columbia, statues are there, in which the Kundalini is the main thing (980705); The Kundalini of the Universe is in Maharashtra, in India (830127)

Yantra... is the mechanism... is the Kundalini... is a living force within you... it exists... it is placed for your Realisation... is a Holy mechanism... and Tantra means the technique which works out our Self Realisation... and is to be known and understood fully... is the manoeuvring of it... the technique of it... which came into being... but was a secret science (771121)

If somebody has planted into you that Kundalini can be only risen through sex... he's a Tantrika... sex has nothing to do with Kundalini... at all... it's a wrong idea... she is your mother... the Eternal Mother that you have... she knows everything about you... you are the only child she has... and she is born again and again with you... how many of you would like to connect your mother with sex... that's the worst thing that you can do to your mother (771024.1; 771024.3)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-891008.1 Destroy those demons within, Margate - see 891008 good 45

-871016 Mahakali Puja, Germany - see 871016 good 25

-860706 Guru Puja, Gmunden - see 860706 good 55

Sahajvidya - Kundalini

- 860305 Wimbledon Address - see 860305 good 45
-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
-821219 Mahakali Puja, Lonavala - see 821219 good 35
-821007 Truth is to be achieved, Bedford - see 821007(Video) Good
-800102 God's Love, Patkar Hall - see 800102 Poor 50
771024.1 Caxton Hall tape 1 poor
771024.3 Caxton Hall tape 3 poor
771121 Tantrism, Caxton Hall poor 75
781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
790616 Dr Johnson House, Birmingham not good 55
790722 Leeds at Jim's House poor 45
791111 Meaning of Yoga, Dollis Hill good 50
791203 When You meet Me - Caxton Hall good 35
800102 God's Love, Patkar Hall/Deities on various Chakras, Delhi
800609 Subtlety Within - Caxton Hall good 50
810926 Shri Mataji in America, NY, day 3 [+PP video set 2/1,2]
810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
811005 Beauty that you are - Houston good 70
821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
830127 Spiritual Roots, Delhi ['I'm here... plea for God'] +25 min Q&A good 50
830128 Introduction to Sahaja Yoga - Delhi good 75
830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
830821 Mother Earth, Surbiton good 50
840214 Shri Mataji talks to the English - Bordi poor 75
840622 South Bank Polytechnic, London good 40
840702 Hampstead Public Programme [sound quality very poor] poor 40
860305 Wimbledon address/Brompton Square
860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria
860907 Establishing Shri Ganesha Principle, San Diego good 55
871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
900828 Ganesha Puja - Austria good 30
900912 Shri Mahakali Puja, Le Raincy good 50
920621 Kundalini Puja, Cabella good 55
960609 You dissolve into the Divine Power, Adi Shakti Puja, Cabella good 50
980705 Royal Albert Hall 1998 good 50
000206 Shri Shivaratri Puja, Pune, India good 15
000902 Press Conference, Genova poor
010321 Mother's Birthday Puja, Delhi good 50

Lakshmana

Shri Rama had 2 brothers... I mean he had other brothers also... but Bharat and Lakshmana... these were 2 brothers... they show the 2 sides of a human being... one was Lakshmana... he was the fiery type... he couldn't bear anybody misbehaving towards Rama, even Parashurama... a contemporary Incarnation of Shri Rama. Shesha as they call it, the Serpent which sleeps in the Bhavasagara... on which Shri Vishnu rests... the same Shesha had taken birth as Lakshmana. Now for a western mind... to them snakes are sort of... they can't understand why people worship snakes. You see snakes are like cobra... cobra and all that are like the kings you see... they are the kings of the underground... and Shesha is the one who supports the whole Universe... so this Shesha is worshipped, as the cobras are worshipped in many villages in India even today. You see they don't trouble anyone... sometimes they do... but mostly they do not bite a good religious man. Shesha is the one who is sometimes expressed in Sahaja Yogis I have seen as anger when you try to be non-protocolish... or when you try to be funny, or you don't behave yourself... that's the Shesha in them... that is also sometimes needed - you have to be a Shesha sometimes because otherwise people will start misbehaving, and by that they will be harmed... not that I will be harmed, but that they will be harmed (820402)

Who lived with Shri Rama and Shri Sita at Nasik, and whilst there got very angry with a Rakshasi, the sister of Ravana who tried to entice him... and cut her nose (861223); Shuparnaka... a very ugly woman, who came to entice Rama. Then Lakshmana, the brother of Shri Rama became very angry with Shuparnaka and cut her nose... and it was in Nasik. Nasika means the nose (871004)

Sahajvidya - Lakshmana

Who had taken a vow to be a Brahmachari, a celibate man for 14 years, (though he was a married man, and whose wife was in Ayodya), because it was the only way to kill a demon called Vegnath, who had run away with his daughter Sulochana (850000.2)

Lakshmana resides on the right side of the stomach, and looks after the right side... and the liver, which gives us the ego part... and which he destroys (861223)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-861223 Nasik - see 861221 good 15

-850000.2 Nasik talk - see 850000.1 good 25

820402 Shri Rama's birthday - Chelsham Road good 70

- end -

30 Sep 2003

Lakshmi

The Goddess of Wealth and Prosperity (MME), and also of Health (960716); The Deity of well-being, who is Motherly (801027) - she is a Mother (860921.1); By which we have balance, are satisfied. She gives fragrance and comfort and love, and is soft and receptive to all. She provides a nest in which the children can grow with dignity (810328); Does not get disturbed or upset, and watches the enjoyment of those who come to the warmth of her household (860921.1); She gives protection and support to others, who are dependent on her - known as Ashreya (860921.1)

Lakshmi has to be gracious (830131), with a gravity, a weight, a dignity; Lakshmi gives rise to the Mahalakshmi principle, once we have established ourselves according to the image of Lakshmi (860921.1); To live according to Lakshmi, we have to give, to be generous, then to be supportive, helpful to others, then thirdly to be respectful of others, and to be respectful of others' property, but especially to be respectful of anything, however small, that has vibrations (860921.1); Lakshmi will disappear with certain things: alcohol, baddha or 'possession' (860921.1; 871024); The Lakshmi principle gives us a great sense of satisfaction... if you don't have satisfaction, then any amount of Lakshmi cannot help you... you become greedy... you want, more and more (960716)

The Lakshmi principle resides in the Nabhi chakra. Lakshmi stands on the lotus (910003), meaning that she does not show her 'weight'. She has pink lotuses in her hands (860921.1), symbolising that she is so kind and benevolent, not pressurising anyone, generous, giving comfort and love. With left hand she gives, and with the right hand she protects. Lakshmi is born out of the guru principle (910003)... she was born out of the sea (871024)

Sahajvidya - Lakshmi

Lakshmi has two beautiful pink coloured lotuses in her hands... which symbolises that a person who has money, should have a very comfortable house which is very inviting - pink colour is for love and invitation. The beetle... with all kinds of thorns on it's body... comes to the lotus... to collect some honey... but the lotus accepts... it invites. The lotus is very happy to have this beetle... and the beetle sleeps inside the lotus... so the lotus gives the bed for it to sleep... and all the fragrance of the lotus for that beetle. Then in the morning, the beetle gets his honey... and then flies away (960716)

A person who has Lakshmi, should dress up in a decent manner... women, and men. The wealth that you have, should be seen in your temperament... in your nature... in your behaviour... in your living. Moreover, the person who has Lakshmi, has to be a very humble person. The temperament should not be of a very serious type... but should be very mirthful... and one doesn't show off... by a big car... and this and that; That doesn't mean that you should become Sanyasis... on the contrary, you should be very well dignified personalities... but there should be detachment (960716)

There are nine Lakshmis... one of them is Gruhalakshmi, is the housewife... another is a Rajalakshmi, which is the power of a king, or a person who is an administrator, or a beaurocrat (960716); If there is any problem... anything... suddenly you must become peaceful within... then immediately you will find, the solution will come to you... this is a 'subtle' of the Lakshmi Principle (960716)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

-871024 Light of Love, Diwali - see 871024 good 25

801027 What happens after Realisation, Caxton hall good 60

810328 Nabhi talk, Australia [some noises, + 15 mins Q&A] good 55

830131 Nabhi Chakra - Delhi good 80

860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45

871024 Light of love, Diwali/Press I nterview, Milan

MME = Meta Modern Era by Shri Mataji Nirmala Devi

Lamp

Steady your eyes... put your eyes on the Mother Earth... and put rose water and netranjan and all that in the eyes... and also use the light... all the time... those who are left sided should use as much as possible, the lamp, lights and things like that... I hope you all have got these things in the house... good ghee lamps should be burnt for people who have left side problems... and see me through these lights... not through the electrical lights... and I don't think wax is so good... but you can get ghee very easily in England... use that ghee, and put your eye onto the photograph through that light... I'm sure it will work out. Even the Kundalini should be raised with that light... try to use the light or the lamp of the ghee (840214)

In the festival of Diwali, meaning 'rows of lights', the lamp has special significance. The pot or container represents that which is visible; the Oil represents Compassion; the Wick the Kundalini, and the Flame represents the Spirit (941105.1); In the lamp, the Ghee represents the mild and soft Love of the heart, and it burns to give soothing light of love to others (871024)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-941105.1 Diwali Puja, Istanbul - see 941105 good 35

-871024 Light of Love, Diwali - see 871024 good 25

840214 Shri Mataji talks to the English - Bordi poor 75

871024 Light of love, Diwali/Press Interview, Milan

Language

When we speak, the thought comes before the words, before the articulation. The thoughts are moulded by us into language (781218)

Hindi is not my mother tongue... my mother tongue is Marathi... but I speak Hindi because I know the importance of it. I also know little bit of English... so I speak in English also. Marathi is alright for me... Bangla is alright... I don't know much of Tamil, or Telagu. Little bit of Hindi... if you learn... it's a good thing (770215); Please try to learn the English language, because I cannot learn 14 languages (871219)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871219 Complete your Realisation, Aurangabad - see 871219 Good 25

770215 Talks about Sat Chit Anand, Delhi poor 65

781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70

871219 Complete your Realisation - India

- end -

1 Jun 2003

Last Judgement

The 'Resurrection Time', known as the 'Last Judgement' in the Bible, and as Kiyama in the Koran (MME); This is the last judgement, that all humans have to face (800630)... how we are going to be judged (791009.1); The time has come... the Last Judgement - the levels are changing. Those who have chosen this path of Divine Love are going higher, and the others who are negative are going downward... they are getting exposed... everywhere they are getting exposed. It's for you to decide which way you want to move... what you want to have (980705); The time of judgement has come... whether you are ready or not (791202.3)

Between Christ and his destroying incarnation of Mahavishnu, called Kalki, there is a time given to human beings to rectify themselves. All those who have aspirations to enter into the Kingdom of God are born at this time - this is the most important time, because Sahaja Yoga is the Last Judgement. Our Mother's love makes it very easy for us to get our Realisation, and the whole story of the Last Judgement, which looks such a horrifying experience, has been made very beautiful, tender and delicate, and doesn't disturb us. But this is the Last Judgement - and we all are going to be judged, through Sahaja Yoga, whether we can enter into the Kingdom of God or not (790928)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 800630 What happening in other Locas, Caxton Hall - see 800630 good 25
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
- 800630 What happening in other Locas/How.. prove existence of God
- 980705 Royal Albert Hall 1998 good 50

MME = Meta Modern Era by Shri Mataji Nirmala Devi

Laughter

It is good to be able to laugh at yourself... and then problems will start to drop out (781005); Getting frustrated and unhappy with yourself is the worst thing... then there is going to be a problem. You have to laugh at yourself, laugh at your mechanism that is out of order (760330); When you start seeing through the eyes of the Spirit, then you do not feel bad... you laugh at yourself, make fun of yourself... and then you enjoy yourself, joke with yourself... and the whole thing becomes a joke (800907); Learn to laugh at yourself... that is the best way to enjoy yourself (970823.1); In laughter... and in all playful things... lies the truth (800721)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-970823.1 Pr'dial Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65

-760330.2 Deities on various Chakras, Delhi - see 800102

-760330.1 Gudi Padwa, Delhi - see 760330 good 30

760330 Gudi Padwa, Delhi/Transformation, Bordi

781005 Dharma [+ further 30 mins - Qual. not good] good 40

800721 Auspiciousness - Caxton Hall good

800907 How to know where you are - Chelsham Road good 120

- end -

17 Jun 2003

Laziness

The first thing that we get into in Sahaja Yoga is laziness - do not compromise with laziness (871016); Alasya (850806); Krishna was against laziness. If we are feeling sleepy, or lazy, then put Right to Left 7 times, with the Right hand, whilst watching Mother, or it can be done also with the Photo (821101); If we feel sleepy or anything, then there's something wrong with us... if you feel sleepy, wash your face... do something... so try to be active... try to be projecting yourself... all the time (891203)

Not to be lazy... this is another curse... so laziness is not a very good thing, and for that I think... early in the morning, 4 o'clock, if you take a bath, you won't feel lazy the whole day... if you can try that... all day you'll feel very energetic... but you must do it early in the morning, because after that you must spend at least 2 hours in the house... then there won't be any problem (891203)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - min

-891203 Farewell talk, Shudy camps - see 891008 good 35

-871016 Mahakali Puja, Germany - see 871016 good 25

821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105

850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90

850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45

871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium

Leaders

I speak through the leaders... so you don't question it. If you question it... then there will be a problem... you have to stick onto your leaders. If you start questioning them, then you will be nowhere... no link between you and me. Don't fight with your leaders... don't argue with them. Stick on and support your leaders, without questioning. Arguing with your leaders... giving them advices... please don't do it... stop it now - mostly the bhoothish people go on advising... and having their own say... and they go against the leaders throughout. Now especially the elderly people... you are more grown up sometimes than the leaders are... then you think you have a right to correct the leaders... it is not so. In Sahaja Yoga, it's not how much you are old... but it is how much you are evolved (860504)

I am connected with them... and through them you are connected... but when you deny them, then you fall. I know what to do with the leaders... I choose them... I arrange them... I organise them... I change them... I know what to do. Now you people, do not challenge... it's nothing but your ego... once Mother has appointed somebody, that's it. So keep in his good books... try to support him... ask him what does he want... what help he needs - the more you get attached to him... get closer to him... the more 'you' will get (860504)

Leadership is a myth... a joke in Sahaja Yoga terms (970600); Will be more effective if it is gentle, if correcting is done not with anger, but with love. Also it is better to set one's own patterns, rather than to simply do as others do. Give problems to others to solve, rather than to solve them oneself. Dignity, balance, poise, truthfulness, all impress others (860305); One should not in any way think that they (the leaders - Ed) stand in between you and your Mother... not at all. You all can directly write to me... you can all send me flowers directly (881221)

Sahajvidya - Leaders

In Sahaja Yoga, we respect the leaders - though they may not be perfect. Leaders must know how to correct others, because sometimes we need correction, and we accept that, because we want our ascent. Leaders should be kind, compassionate and good, but not to compromise with nonsense and laziness (871016); The leader has to be very fatherly, and has to be very righteous, and should not play into the hands of his wife... that's one thing for sure (881221); You must know that you should never challenge anybody who's organising... never (830104)

I would request all the leaders of all the nations, that they should never side with or support or try to cover up any one of their protégées we can say... because by that you are destroying them... you are not helping them at all. There should not be any sympathy whatsoever for people who are negative. You have to get after them, get them corrected, tell them off. But what I have seen sometimes there is a tendency to support a person who is negative... and then that person goes on drifting and ultimately falls into a trap. See that all these people get corrected, otherwise your leadership has no meaning. Many leaders are kind, good and sweet, but that's not sufficient. Sometimes you have to take things into your hands... you have to be responsible; Leaders have to see how people are behaving, how they are talking to each other... this is one of the most important things a leader has to do (871230.1)

Your leader is alright til it comes to the Mother's point... but when it comes to the Mother's point... then you have to protest, against that leader (850629)

- Jai Shri Mataji -

Sahajvidya - Leaders

Tape References

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 871230.1 Marriage, Kolapur - see 871219 good 45
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 860305 Wimbledon Address - see 860305 good 45
- 830104 Stop Complaining - see 830104.1 good 35
- 830104.1 Stop Complaining/How to Proceed - Sholapur/Vaitarna
- 830104.2 Address to the Sholapur IMA - Sholapur good 35
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 860305 Wimbledon address/Brompton Square
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium

Leader's Wife

The part that the wife has to play as a leader's wife, she has to understand... that she's just a mother... and she has no authority as the leader's wife (881221)

There are some... who may be leaders' wives... they may become extremely dominating. This kind of thing is a sinful thing to do... because you are the wife of the leader... you have to behave... you cannot try to hurt people... and trouble them... because you are the wife of the leader. The wife of the leader... has to behave like a mother... she has to treat all the disciples like a mother... and if supposing the leader is angry or upset with someone... she should try to sooth him down... she should try to talk to the other person, and tell him... 'see... this you should not do'... this is her job... not to dominate others. So if anyone... has problems... and he cannot talk to the leader... then he'll go to the lady, and tell her... and then she can really bring it down (950625)

I have to say one thing today... that we have to decide that if the leaders don't have wives who are humble... who are kind... who are compassionate and who are Gruhalakshmis... who are very sweet with the collective... we'll have to cancel the husband as well as the wife from the leadership. We cannot have leaders who have wives who are horrid... we cannot... because the wife of a leader is like a mother. If the leader has a wife of that kind, it is better he should withdraw... improve his wife... do whatever is possible - til she is alright he should not be the leader... is a very important thing... because I have seen such women bring down the men, Sahaja Yoga, Sahaja Yogis and the whole... organisation of God. So one has to be careful... and the women have to understand that if they are the wives of the leaders, they have to be extremely good, kind, generous, sharing, looking after, absolutely motherly... and should not tolerate nonsense... and should correct when people are doing wrong. They should not report anyone to their husbands, should not take over themselves the responsibility of doing things which they are not supposed to do (871004)

- Jai Shri Mataji -

Tape References (Date/Ref - Title - Qual - mins)

-881221 Hygiene - Sangli - see 881217 good 45

871004 Dassehra Puja/Shri Rama - Les Avants, Switzerland good 70

950625 Richmond Park talk, Richmond Not good 45

- Sahajvidya -

19 Oct 2003

Lead Oxide

Shri Ganesha is covered with Lead Oxide... with a red Lead Oxide... which is extremely cold. Lead Oxide is a very cool thing... that Lead Oxide is used to cover all his body... to balance the heat that he has... or the effects of heat he has... so we call it in Sanskrit language is called as Sindur... and in Marathi as Shindura... so he's always covered with that colour, Sindur colour. Lead Oxide though people say causes cancer... but it is the Lead Oxide which is very cold... it can cool you down so much that you can go to the left side... and cancer is a psychosomatic disease... and that might be the reason it might cause, in a very far fetched way we can say it can cause cancer... because if it is too cold and all that, then you go to the left side... and there you can catch the viruses by which you can get into troubles... so the same Lead Oxide is alright for people who are very right sided... for them if it is put on their Agnya it cools them down... they are cooled down... their anger goes down... their temper goes down... and it's a very good thing (900831)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

900831 Hanumana Puja, Germany good 45

- end -

27 Oct 2003

Learning

I am your Mother... I am your Guru... now as a Guru my main concern is that you should learn all about Sahaja Yoga... you should become experts of Sahaja Yoga... and you should become yourself the gurus... this is the only concern I have... but for that complete surrender is required... then only you can learn what is the way you will handle Sahaja Yoga (900831)

You must learn from the people who have gone ahead... and have faltered... if you do not learn from them, then you are not wise (790618); Sahaja Yoga is learned through experience, and through nothing else - you have to experience, and then believe into it. Those who have penetrating intelligence, penetrating love and emotions, penetrating movement of the understanding, they experience and learn... experience and learn. The experiences of Sahaja Yoga are the good conditionings, and to get these 'best' experiences, the first condition is of Rutumbhara Pragnya, where we have to be of that level that we get these experiences... otherwise we will be mundane type of person all of the time... and this starts with our meditation, and with the Samadhi 'seed', sprouting into the new dimension (830723.3)

You must all individually also work it out that you study Sahaja Yoga in a way. In most of the tapes whatever I have said can be seen... found out... what is said about health... what is said about children... because I spontaneously say things... and if you can sort it out you will know so many things... I mean if you sit down and do a study of these tapes it will help you to find out so many little little things that are so important for life. You can clarify it... can note it down... that this Mother said about these things... it will be very good for us to sort it out this way... what point is to be noted down in different headings... can put different different headings, and jot it down. Mother has said so... Mother has said so... whatever is not on the tape you should not listen to... whatever is on tape is authentic... whatever is recorded already should be accepted (890725)

Sahajvidya - Learning

We should have the desire to have the complete knowledge of Sahaja Yoga, and should never feel satisfied on that point (910728), and we should be able to answer any questions (850408); Everyone should have one tape each. Some people take one for the centre, and all listen, and that's it... or one tape for the whole country. No, we must have one tape each - sit down and listen again and again - with pencil and paper, and see what I am saying. Every tape should be with you (890611)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 890725 Arrival speech - Melicharg - see 890723 good 20
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 850408 Easter Puja, Hounslow - see 850408 poor 40
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
- 850408 Easter Puja/Ganesha Puja, Children - Hounslow/B'ham
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 900831 Hanumana Puja, Germany good 45
- 910728 Guru Puja, Cabella good 60

Leaving Sahaja Yoga

Those who are absolute useless, will be thrown away gradually... that's what Mother does... they can be thrown away... so much far away, that they'll never return. But you don't have to worry about such people... they will be thrown away. They will be given some chances... some credits will be given... some graces... but ultimately, they will be thrown away (830821); You know I have thrown many so-called important people out of Sahaja Yoga, because they did like this... to dominate others... by saying 'this is not good'... 'you should not put your hand there' ... or 'your feet there'... or 'do this and that' (810524)

You see Sahaja Yoga doesn't accept - it rejects, more than it accepts... it is a judgement going on... you have to work it out. A very good example of this... is... the way they make butter out of... we call it 'curd'. So, they churn it... when they churn it... what happens... some butter comes out... and the rest remains as buttermilk. To separate it, they put a big lump of butter in that curd, and then they churn it... now all the butter gets around that big lump, and it gathers into a bigger lump you see. But, there are some particles of butter... which are left behind - if they do not stick to this big lump of butter, they are thrown away with the buttermilk. So those who do not come up to Sahaja Yoga, who are not up to the mark, will be all thrown out... no doubt... that is a fact... you have to come up to the mark. And you should not worry about those... you should have no attachment for such people (810524)

A person who is not innocent, cannot worship Shri Ganesha... those who are not innocent... who play 'games'... who try tricks... gossip... indulge in filth... Shri Ganesha cuts them out. He sees for a while, and if people remain still half baked, they are thrown out of Sahaja Yoga; Innocence gives you complete sincerity, and Ganesha is the judge... and he is the one who throws you out on the periphery... like a tangent you get out of Sahaja Yoga... and then you go down and down and down... and you may develop horrible diseases of the Mooladhara chakra (840902); Innocence is a very sharp thing... it does not have any compromise (840902)

Sahajvidya - Leaving Sahaja Yoga

The Kundalini will do what is needed to correct you... up to a point she will do... and afterwards when she finds it is not possible to correct you... then I don't know what will happen - if you try to behave like a very ordinary useless person... then you cannot stay in Sahaja Yoga... you will be thrown out (010321)

If you are still running after nonsensical things... if you are still full of lust and greed, then better you leave Sahaja Yoga... and find some other area where you can do that. It is something surprising how people do not understand their position in Sahaja Yoga. I have seen people who are say abroad... and they have funny ideas... and they will come and tell... 'Mother, I have a wife, but I am in love with another woman... so what should I do'... I said... 'you get out... that's all... just get out'... or the wife might say... 'Mother, I am having relations with another man... and what should I do'... I said... 'you get out... that's all... you get out of Sahaja Yoga... you are no good for Sahaja Yoga... and Sahaja Yoga is no good for you (010321)

There are so many evil forces which are all the time trying to attack collectivity... first they will attack the leaders... then they have their sly methods... of going around and talking something here and there... in the ears... to create some sort of a politics. All such people will be thrown out of Sahaja Yoga... as there is a centrifugal and a centripetal force... both acting equal and opposite. Anybody who goes against collectivity... who sticks to their boots... to their negativity... will have to get out of Sahaja Yoga (860823)

I have known of people who were caught up with Left Vishuddhi and have become devilish by nature... devilish... they have gone out of Sahaja Yoga... they have criticised Sahaja Yoga... they have tried to trouble me a lot... so don't think that if Vishuddhi is spoiled there's nothing so special about it - it can be a very dangerous centre. Of course Heart, Agnya and Vishuddhi... these three centres one has to guard against... so at the Vishuddhi chakra one has to be extremely careful (860823)

- Jai Shri Mataji -

Sahajvidya - Leaving Sahaja Yoga

Tape References

Date/Ref - Title - Qual - mins

- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 830821 Mother Earth, Surbiton good 50
- 840902 Ganesha Puja talk, Switzerland [French translation] good 55
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 010321 Mother's Birthday Puja, Delhi good 50

Leela

Divine Play, introduced by Shri Krishna (910001)... and which were all full of Madhuria (850502); Fun (890814.1); Sweet drama, not serious or tense (830202); Krishna is the one who represents the Madhuria, the sweetness of your character. In little little things are expressed Madhuria... like in poetry or in relating some events - Krishna's Leelas were all full of Madhuria (850502)
- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55
830202 Vishuddhi Chakra, Delhi (+ Q&A: 5 mins) good 80
850502 Niraananda, Vienna Ashram good 60

- end -

28 Jun 2003

Left sided

If there are no vibrations on the left side, or if the left side is heavy, or hot, then this means that you are left sided. Also, if there are more vibrations on the right side, and none on the left side, this also means that you are left sided. If the right side is numb, this also means left sided (830202); If the left side is catching this means we are conditioned, and with a left side catch, we may suffer with pains etc. (800517.1)

A left sided person (someone who is too much in the left side), cannot enjoy the fun of collectivity, and can be very negative, and depressive, finding problems everywhere, but it can be cured by putting left hand to the Photo, or to the Mother, and the right hand on Mother Earth (890806); If we are feeling sleepy, or lazy, then put Right to Left 7 times, with the Right hand, whilst watching Mother, or it can be done also with the Photo (821101); If the left side or back Agnya is strong, then we sleep, but if it is the front Agnya, then we don't sleep. We should be in the centre, with Christ - alert every second (821101); Those who have left hand problems... means who have left side problems... should raise their right... all of you (800721); Left sided... very left sided... put his Right to the Left... very Left sided gentleman... very emotional... put him Right to the Left... Right to the Left... now is he alright (840622)

To correct a left side catch, we can keep our eyes focused on the ground, or use the Mahakali or Ida Nadi Swamini mantras, or the Surya mantra (800517.2); For left side problems, give bandhan or burn your name (870408); If the left hand is shaking, put the right hand on your heart (whilst taking vibrations - Ed) (830302); Left sided people should beware of grouping with others who are like minded (890806), should not do exercises which are forward bending (840313), and may be helped by eating more nitrogenous foods, i.e. proteins (840313; 830121); Left sided people should use the light or the fire to correct their left side (830121); Those who are left sided... who have left side problems, should use as much as possible a good ghee lamp... and see me through the flame. A candle is nice to look at... but... I don't think that wax is so good (840214)

Sahajvidya -Left sided

To get into the centre, to achieve balance, first we move out of the left side to the right side, and from there to the centre. If you are feeling lethargic, are unable to get up, or are feeling sleepy or not alert, plan what you will do and get into action. Even doing Puja is a good idea. Then when you are into action, in order to get into the centre, just watch everything, just witness... say to yourself that you are not doing it (800517.2)

The left sided person, a Tamoguni, is afraid of darkness... everything he is afraid of... he becomes a very crooked person... he always tries to trouble people in a very crooked manner, not openly (980712)... the sly types (800526)... while the right sided man is openly a Hitler. Tamogunis get lots of psychosomatic diseases (980712); The left hand side people are the people... who are docile, who bear up lots of things from others, cry and weep, and all the time are 'on the losers end'. Such people have... lethargic organs... heart, liver, intestines... plus they may have some sort of baddha in them, in the sense that they are possessed by someone (880921)

Imbalances of the Left Swadisthan can result in lethargic organs, resulting in: allergies of the skin (liver), nervous problems, cancer and leukaemia (840313); A lethargic liver gives you allergies... all kinds of allergies come to people through their lethargic livers (830209); Diseases that may result from lethargic organs, include: cirrhosis; rashes; allergies etc (830131); Organs can be lethargic if we eat too much carbohydrate type of food - in which case, we should take more proteins. There is no harm in taking meat (830131); Those who have lethargic temperament... have a left side imbalance, develop clots in their blood, and low blood pressure... and these clots can cause paralysis... on the left hand side (830209; 830129)

Left side diseases include: emotional problems and misery, fearfulness and nervousness, schizophrenia, colds, diarrhoea, lethargic hearts, swellings in the body, gout, troubles of the joints, lethargic livers resulting in allergies, blindness with the eyes open, cancer, muscular dystrophy, osteomyelitis, poliomyelitis, tuberculosis, blood clots, paralysis caused by blood clots, low blood pressure (830209); Sinus is a left side problem (800517.2)

Sahajvidya - Left sided

Tape References

Date/Ref - Title - Qual - mins

- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
 - 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
 - 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
 - 790616 Dr Johnson House, Birmingham not good 55
 - 800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50
 - 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
 - 800526 Attention, Dollis Hill
 - 800721 Auspiciousness - Caxton Hall good
 - 821101 Self Mastery, Guru Nanak's Birthday, London (C120) good 105
 - 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
 - 830131 Nabhi Chakra, Delhi good 80
 - 830202 Vishuddhi Chakra, Delhi (+ Q&A: 5 mins) good 80
 - 830209 Problems of Left, Right and Centre, Bombay good 65
 - 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
 - 840214 Shri Mataji talks to the English - Bordi poor 75
 - 840313 Intro Talks - Delhi and Hampstead
 - 840622 South Bank Polytechnic, London good 40
 - 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
 - 880921 Speech at Ammonk Ashram, New York good 35
 - 890806 Shri Bhairavnath Puja - Garlate, Italy good 25
 - 980712 To be obedient to the Guru, Cabella
- Jai Shri Mataji -

Left Side

The left or moon channel (tha in Hatha yoga); Left sympathetic nervous system, having the power of desire, operating through our emotions. Beyond is the Subconscious, and then the Collective Subconscious (811005); Is the side which is cool, and needs heat (800517.2); The side of our emotions, the past, our conditionings, the superego. In Indian tradition, is the side of Tamoguna (840313); Blue in colour becoming black; Becomes frozen (800526); The side of our existence power, but which can also destroy (781115); The side of darkness, and the past, the Tamoguna (800517.2)

It is the side of our conditionings, attachments, and habits. These problems can be destroyed by Shri Bhairava, who controls this channel, and also can be cured by putting left hand to the Photo, and the right hand on Mother Earth (890806); Fumes from the activity on the left side collect in the balloon of superego, which together with those from the right side collected in the ego, cause us to be cut off or separated, from the main (790616)

Attachment to anti-God people can give serious problems, such as Leukaemia, nervous troubles, cancer, heart attacks etc. (840313)

Those who have left hand problems... means who have left side problems... should raise their right... all of you (800721); The right side subtle system raised and taken over to the left side, by movement of the right hand, to bring system into balance (830121), and done if we are feeling sleepy, or lazy... then put Right to Left 7 times, with the Right hand, whilst watching Mother, or it can be done also with the Photo (821101); Left sided... very left sided... put his Right to the Left... very Left sided gentleman... very emotional... put him Right to the Left... Right to the Left... now is he alright (840622)

Sahajvidya - Left Side

Tape References

Date/Ref - Title - Qual - mins

- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 781115 Evolution - see 780911 good 45
- 790616 Dr Johnson House, Birmingham not good 55
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800526 Attention, Dollis Hill
- 800721 Auspiciousness - Caxton Hall good
- 811005 Beauty that you are - Houston good 70
- 821101 Self Mastery, Guru Nanak's Birthday, London (C120) good 105
- 840313 Intro Talks - Delhi and Hampstead
- 840622 South Bank Polytechnic, London good 40
- 890806 Shri Bhairavnath Puja - Garlate, Italy good 25

- Jai Shri Mataji -

Leprosy

The leprosy parasite is so gross, that it eats petrol... they thrive on petrol (800927); Leprosy I can control (800927)

Kalki stays on our forehead, and when the chakra of Kalki is caught up, the whole of Moordha, on top goes out of order, the whole head becomes a blocket. A person's Kalki chakra catching means he might be down with a horrible disease like cancer or leprosy etc. or he may be about to collapse into some sort of a calamity. Such people do not allow Kundalini to rise above Hamsa. If you put your forehead before wrong gurus, or also, if there is too much thinking, both can create a problem. The whole forehead, if it is covered by bumps, then you must know that the Kalki chakra is out of order, and if the Kalki chakra is out of order, then all the fingers start burning, on the hands and on the palms, and sometimes even in the body, you get terrible burning (790928)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45

790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop

790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]

800927 Lethargy, Chelsham Road good 75

Chakras affected: Kalki

Lethargic Organs

Imbalances of the Left Swadisthan can result in lethargic organs, resulting in: allergies of the skin (liver), nervous problems, cancer and leukaemia (840313); A lethargic liver gives you allergies... all kinds of allergies come to people through their lethargic livers (830209); Those who have lethargic temperament... have a left side imbalance, develop clots in their blood, and low blood pressure... and these clots can cause paralysis... on the left hand side (830209; 830129); The left hand side people are the people... who are docile, who bear up lots of things from others, cry and weep, and all the time are 'on the losers end'. Such people have... lethargic organs... heart, liver, intestines... plus they may have some sort of baddha in them, in the sense that they are possessed by someone (880921); Osteomyelitis... Poliomyelitis... come from the left side... lethargic diseases (830209); Diseases that may result from lethargic organs, include: cirrhosis; rashes; allergies etc. (830131)

Organs can be lethargic if we eat too much carbohydrate type of food - in which case, we should take more proteins. There is no harm in taking meat (830131); Left sided people should take salt more, and with salt they can solve many problems, because salt gives them a personality a composure, by which they can express themselves, in a way that is dignified and not lethargic (830121)

Sickness comes if there is something wrong in the 'Principle', that builds up the human being. Basically there are two principles which affect the body, and the third principle affects the evolution - the first principle of the left sided... if it is in danger then we develop lots of diseases due to lethargic organs... but the right sided people have a very overactive personality, and have overactive organs (830209)

- Jai Shri Mataji -

Sahajvidya - Lethargic Organs

Tape References:

Date/Ref - Title - Qual - mins

- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830131 Nabhi Chakra, Delhi good 80
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 840313 Intro Talks - Delhi and Hampstead
- 880921 Speech at Ammonk Ashram, New York good 35

Chakras affected: Left Side

Lethargy

Lethargy is a satanic force... because it stops your progress and is to be avoided. To get out of it, one has to be alert about it... how it crawls onto you. Shri Krishna has put the worst vice in the whole world as Alasya, lethargy. It is the main problem of England. First lethargy comes in, and because of lethargy we get into vices, and then also just to avoid this lethargy we can go to the right side too much... so according to Shri Krishna, everything starts with lethargy (800927); Whatever is lethargy is anti Christ, is anti God, is anti Mataji... try to become cheerful, blissful, happy, dignified, sensible, sweet (800927)

We deceive ourselves you see... when I am talking, you listen to me and you think that 'oh Mother is talking very sweetly, beautifully'... finished!... but nothing goes inside... why... because of lethargy. Lethargy is a barrier... it doesn't allow me to go inside you... it's a barrier... it's a very sweet thing, which smiles... just you think 'oh Mother's saying something very nice' - it's very great... it gives you happiness and all that... but it doesn't go inside... you do not imbibe. And when I tell to some people, they'll say 'I know Mother... I know I do that'. Then why do you do it... that means you are possessed... you are a possessed person. That you know this is wrong... still you are doing it... then you are a possessed person. Then it's better you beat yourself with shoes (800927)

Some people go on lingering about, very lethargic, with very slow movements as if they have taken some sort of drugs. But see how the Indians are very alert, especially the Maharashtrians... this alertness you have to achieve... you have to work it out in a very quick and a very smart way. Alertness is very important (871224)

Imbalances of the Left Swadisthan can result in lethargic organs, resulting in: allergies of the skin (liver), nervous problems, cancer and leukaemia (840313); A lethargic liver gives

Sahajvidya - Lethargy

you allergies... all kinds of allergies come to people through their lethargic livers (830209); Diseases that may result from lethargic organs, include: cirrhosis; rashes; allergies etc (830131); Osteomyelitis... Poliomyelitis... come from the left side... lethargic diseases (830209); Organs can be lethargic if we eat too much carbohydrate type of food - in which case, we should take more proteins. There is no harm in taking meat (830131); Those who have lethargic temperament... have a left side imbalance, develop clots in their blood, and low blood pressure... and these clots can cause paralysis... on the left hand side (830209; 830129)

Left side diseases include: emotional problems and misery, fearfulness and nervousness, schizophrenia, colds, diarrhoea, lethargic hearts, swellings in the body, gout, troubles of the joints, lethargic livers resulting in allergies, blindness with the eyes open, cancer, muscular dystrophy, osteomyelitis, poliomyelitis, tuberculosis, blood clots, paralysis caused by blood clots, low blood pressure (830209)

Paralysis There are two types of paralysis... one is caused by too much ego... the other by superego. Those who have lethargic temperament... develop clots in their blood... and these clots cause the paralysis, and is also on the left hand side. The other one is caused by the damage to the brain, on the right side, by the overdevelopment of Mr ego within you; Mainly the people get it on the right side (830209)

Sickness comes if there is something wrong in the 'Principle', that builds up the human being. Basically there are two principles which affect the body, and the third principle affects the evolution - the first principle of the left sided, or Iccha Shakti, or the desire power, if it is in danger then we develop lots of diseases due to lethargic organs... but the right sided people have a very overactive personality, and have overactive organs (830209)

Sahajvidya - Lethargy

To get into the centre, to achieve balance, first we move out of the left side to the right side, and from there to the centre. If you are feeling lethargic, are unable to get up, or are feeling sleepy or not alert, plan what you will do and get into action. Even doing Puja is a good idea. This action takes us into the right side. Then when you are into action, in order to get into the centre, just watch everything, just witness... say to yourself that you are not doing it (800517.2)

The left hand side people are the people... who are docile, who bear up lots of things from others, cry and weep, and all the time are 'on the losers end'. Such people have... lethargic organs... heart, liver, intestines... plus they may have some sort of baddha in them, in the sense that they are possessed by someone (880921); Left sided people should take salt more, and with salt they can solve many problems, because salt gives them a personality a composure, by which they can express themselves, in a way that is dignified and not lethargic (830121)

The left side is the Tamasic side, is the side where darkness is affecting people... those people who live in too much darkness, or in the past, or in a sly way... in a hidden way... are introverts... are extremely cautious... are afraid of people... do not talk much... who avoid meeting people... are nervous... will not have self confidence... will be running away from the public... will hibernate in the house... and also they become schizophrenic; Who in their Spiritual ascent, take to Bhakti more... who work through their emotions. They take domination from others... they suffer... they sacrifice. They eat imbalanced food as far as proteins are concerned, and in proteins, are so weak, that they might suffer from lethargic muscles in every way (830209)

Matter is made out of 5 elements, the 5 elements that have made this body of ours... and they are on the right side of the human being. These 5 elements either push you towards the left side or they pull you towards the right side. Now when you start

Sahajvidya - Lethargy

using the matter, gradually you become lethargic... you become a slave to it... it becomes a habit... the comfort enslaves you. Secondly, if you try to overpower the matter, getting overactive with matter, making everything properly, over-efficient with the matter, then your ego develops, and when your ego develops, you go into violence. You become a sort of an aggressive businessman or country, which tries to overpower other nations with their material advancement... you become materialistic and such people have no heart... they are just dried up... the only thing they understand is money (800927); The brain when it is not nourished by the heart is very dangerous, is ruthless. Conversely, if there is heart only and no rationality, we can become dangerous to ourselves, lethargic and indulgent into wrong things (890611)

Only Blake has told of Jerusalem... he could see that vision... he was that sensitive... the way he has described, talked of the glory of this country (England - Ed). All this inertia, this lethargy that is settling into this country is because of our foolishness, and stupidity. You are the most dynamic people... in your spiritual work you can be very very dynamic. You are the ones who are going to throw away all the shackles of nonsense... and you are the ones who are going to recreate a beautiful arena for the whole world... that's why I'm here. I've been here for 6 years... and again I am here for 6 years... perhaps... I hope so. I hope something substantial will be done in all the parts, where the English who are my children... who are the Saints of the past, who are born in this country... and will receive this... and settle into it, and not waste your energy in the ego as your forefathers did - they just wasted their life (800809)

- Jai Shri Mataji -

Sahajvidya - Lethargy

Tape References:

Date/Ref - Title - Qual - mins

- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 871224 We are here for our ascent - Poona - see 871213 good 30
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800809 What are we inside - B'ham good 30
- 800927 Lethargy, Chelsham Road good 75
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830131 Nabhi Chakra, Delhi good 80
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 840313 Intro Talks - Delhi and Hampstead
- 880921 Speech at Ammonk Ashram, New York good 35
- 890611 Dynamism, Virata Puja, Connecticut, USA

Lightning

Contains all 5 elements: ether, sound, light, water... and also earth, when it goes into friction (900811.1); Is part of the power of Shri Krishna, and which he took out, and said 'you become my sister, Vishnumaya, and every time they start to misbehave, you work it out' (850901; 900811.1); Lightning is one of those things... that understands everything. If someone's house is struck by lightning... there must be something wrong with him (880921)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

850901 Vishnumaya Puja/Brompton Sq. Puja, Wimbledon/Brompton Sq

880921 Speech at Ammonk Ashram, New York good 35

900811.1 Saraswati Puja, Vancouver, Canada [3 min music Intro] good 40

- end -

30 Sep 2002

Light

The highest of elements is Light, and is governed by Lord Jesus Christ. Light has an effect... it shows the things that are correct... and makes us understand all the dimensions of worldly things... and ultimately when enlightened by the Spirit, then you start seeing other dimensions also, which sometimes make you laugh... or smile... or cry also (861225); Is absolutely detached. Look after your light, otherwise it will extinguish. When it is established, others will see the light on your face. The light of love never burns, but dissolves all that is bad, turns away from what is wrong, has patience, and expels the darkness, within and without (871024); The light of love is so soothing, so sweet, so beautiful, so enamouring, so abounding... of purity... of relationships, of understanding (830113); If you are the light in the darkness, you have to be brilliant... and not dark... and you have to give light in the darkness... to the dark... and not take the dark upon yourself (840902)

We should understand that how light pervades Sahaja Yoga so much... and you see the light everywhere... so the first element which is light you can say... and the subtlety of the light is radiance... for example a person who gets Realisation has a face which is very radiant... so radiance is the subtlety of light... and so this radiance starts showing on your face... starts expressing itself... and with that radiance, people get impressed. This radiance is to be understood... is the subtle of the light, of which we are made (981216)

Whatever pleases your Spirit is used in the Puja... is to be given; By showing light to God... what we do is we worship light within us... the light element gets enlightened within us. The light element is here on the Agnya. When you do Aarti or when you put light before God... when you show light to God, the light element within you gets enlightened (800927)

Sahajvidya - Light

The light which you are carrying, is very different from this ordinary light, which doesn't understand, doesn't think. Now the light which you are carrying, is the light which understands, which thinks... and it gives you that much of light, whatever you can bear... it will be absolutely in relation to what you can understand (930721)

Light is used to correct a left sided person - but for people who are right sided, the light is not going to help much... like if you put the light before the photo, for those who are ego oriented it is not going to work out (830121); Right sided people should not use any light at all... they should not sit in the Sun... they should sit in the moonlight (880921)

People... who have moved out to the Supraconscious areas... can see me as light... they see all the five elements... they see me as a waterfall... or as an iceberg - they start seeing the Tanmatra... or you can say the causal essence of the elements (770215)

If they have a problem with the Agnya, they should use a candle at the back... if their eyesight is getting weak, or is short-sighted (830209); Behind... he has to be given light... his back Agnya is not alright... tell them to... give light on his back Agnya (950625); Even the Kundalini should be raised with the light... try to use the light or the lamp of the ghee (840214)

- Jai Shri Mataji -

Sahajvidya - Light

Tape References:

Date/Ref - Title - Qual - mins

- 871024 Light of Love, Diwali - see 871024 good 25
- 861225 Pawana Dam - see 861221 good 10
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 830113 Saraswati Puja, Dhulia see 830113.1 (5 Pujas from India) good 25
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 800927 Lethargy - Chelsham Road good 75
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara, Supraconscious, Dhulia (incl 30min med'n) good 60
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 840214 Shri Mataji talks to the English - Bordi poor 75
- 840902 Ganesha Puja talk - Switzerland [French translation] good 55
- 871024 Light of love, Diwali/Press Interview, Milan
- 880921 Speech at Ammonk Ashram, New York good 35
- 950625 Richmond Park talk - Richmond Not good 45
- 981216 India Tour '98 - tape 1 - The Elements Not good 20
- 981216 The Subtle Elements

Likes and Dislikes

These are all mental activities (850528); These words have to go from Sahaja Yoga... 'I like this' and 'I don't like that'... so it is very important to drop these - who are you to like or not like (971004)

Self Centeredness... comes to us, because we think 'this is our right'... 'everything belongs to us'. How much we trouble others, make their lives miserable... we go on demanding things... 'I don't like this'... 'I don't like' - we should not say like this, because it hurts people, and it takes away the pride of a person (980321)

If you see somebody who you don't like, or who has been harsh to you, or cruel to you... you get annoyed... disturbed - at that time... say 'I forgive'... you have to say 'I forgive' if there is disturbance. A Sahaja Yogi is to be known by his character... by his righteousness... by his behaviour... the behaviour of a Sahaja Yogi should be extremely peaceful... Sahaja Yogis who are just rushing up and down... upset... are not Sahaja Yogis (850310)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850528 Kundalini Power and Creation, Los Angeles good 45
- 971004.1 Nature & Balance, evening before Navaratri, Cabella good
- 971004.2 MUSIC - Evening Program, Cabella
- 980321 75th Birthday Puja, Delhi good 55

- end -

17 Jun 2003

Limbic Area

Limbic area... is that area which the Kundalini enters, when She passes through the Agnya Chakra... that area of the Kingdom of God within us (820711), between the Agnya and the Fontanelle bone area (910505)... and which is affected by strong things like 'Crack' which have within them sulphur dioxide, which does not go anywhere, but just rushes into the limbic area. This limbic area is a hollow space, having within it cells sensitive to joy and happiness. These cells now become numb, and so ordinary music cannot be heard - it becomes necessary to shout and scream. As soon as the Kundalini enters the limbic area, She soothes it down. We feel the Cool Breeze, when the Kundalini comes out of the top, at the Sahastrara (890801)

Christ... who came 2000 years back, the greatest Incarnation, the Son of God, the Innocence, who came to this Earth to give the knowledge of the Eternal Life, so we might ascend... sits at the 'Gate' to the Limbic area (790530); We have to 'be' like Christ, and rise higher and higher into that realm which Christ has created for us, the limbic area, which is the Kingdom of God (821226)... which is placed within us... it is not without. It is the limbic area that surrounds your ego and superego (811006)... is the Sahastrara... is the 1000 petalled lotus... that round place called as limbic area in the gross level (810511)... and which actually represents the heart (830121)

The Kundalini (790720)... when She rises, enters the Limbic area, after penetrating the 6 chakras, and there enlightens the 7 Peetas or seats of the 7 chakras (830204); The Peetas for each chakra are placed along the mid-line of the Limbic area, starting at the back of the head with the Mooladhara, then around it the Swadisthan, then proceeding along the mid-line next is the Nabhi, followed by Heart, Vishuddhi, and finally Agnya. All these 6 combine to make the 7th (830204)

Sahajvidya - Limbic Area

So in us is placed the germinating force... is all built in... it's like a computer... absolutely a living computer. Within us is placed through our evolution, one by one, step by step - all these points... have been properly put down... in our backbone... in our brain... and in the limbic area... absolutely in a perfect manner... and only thing that one has to do... is surrender... is to accept it (790608.1)

When the Kundalini enters the limbic area, the lotus opens, and looks like flames but with no heat, but extremely cooling and soothing (960505); There are 1000 petals to this centre, the 1000 petal lotus, with silent flames of all colours looking like petals, peace giving and beautiful. We feel the Cool Breeze in the hands, when the Kundalini comes out of the Sahastrara, at the Fontanelle bone area, and joins with the All Pervading Power (890801)

Thoughtless Awareness... is the first thing that is established, when the Kundalini rises, and we get our Self Realisation, when we stop in the 'Present' moment. The state that exists when the Kundalini passes the sixth chakra, the Agnya chakra (890801)... and enters into the Limbic area (770215); As soon as the Kundalini passes Agnya, there is no thought, we are in thoughtless awareness (781218)

Eka Desha Rudra... is one of the greatest hurdles to the Kundalini entering the Sahastrara, and comes from Void, and covers the Medha, the plate of the brain, so the Kundalini cannot enter into the Limbic area (830204)

- Jai Shri Mataji -

Sahajvidya - Limbic Area

Tape References:

Date/Ref - Title - Qual - mins

- 910505 Sahastrara Puja, Italy, Italy - see 910915 good 40
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 821226 Lord Jesus - see 830113.1 - (5 Pujas from India) good 15
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790608.1 Maria's House Tape 1 not good 50
- 790720 Cardiff Public Program good 30
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 820711 Nabhi to Sahastrara, Derby good 90
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 910505 Sahastrara Puja, Italy, Italy
- 960505 We must feel responsible, Sahastrara, Cabella good 55

Limes

We use something very simple... which is the living lime, and we put our vibrations into that. Then we put them near the head of the patient, and they suck the negativity of the person. You have seen one little boy... who would run all over the place, and would not sit down even for a minute... he was possessed... he was horrid... now he's a sensible boy, he's started going to school... he's started speaking... so all these things happen with the lime. So you vibrate these limes... and you put them under the pillow (781002)

These limes have a speciality... to suck in the vibrations and to contain them... because they are living and they have a coefficient - by which they suck in these vibrations... and they throw these vibrations whenever it is necessary. It's not the limes that do it, but it is the vibrations that are contained in them, that do it (781002)

Just like you create a battery... the battery cannot do anything... but if you put the battery near some point, then it starts working... because it is inside. In the same way, we really make it into a battery... then when they are near the heads of the people, these limes you see, they are doing nothing... but these vibrations come out... and they start working it out... you don't have to tell them... they understand much more than you do... and they know how to find ways to extract the negativity (781002)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

781002 Knots in the 3 channels, Caxton Hall poor 90

- end -

30 Sep 2002

Liverish

Now liver trouble is another thing you yourself do not feel... others know you are liverish... the way you are hot tempered... the way you are fussy... the way you snarl at people... the way you are never satisfied with anything... the way you criticise others... all this is liverish. Such liverish people are never happy with themselves. The liver looks after your attention... and those who have liver problems, their attention is horrid... when they walk... they don't walk straight... but their eyes are going this way... that way... their attention is wobbly... because of a bad liver (820514)

Now this liver has a special capacity to extract all the poisons from the body... as heat... and the heat in the body is to be conveyed to the blood... and that has to be taken out of the body... maybe as perspiration... or in other forms. But what happens is that when this liver is out of gear... it cannot pass this heat into the blood stream... and the heat remains in the body... and you become heated up... and that makes all these problems for you. Those people who have bad liver feel a little heat when the Kundalini rises... but you can definitely cure your liver... no doubt about it (820514)

Liverish people are all angry people... they don't know they are... they think they are very sweet... but they are very irritated... then, when they realise... they just keep quiet... don't talk much... and they keep all irritation within themselves. So the whole thing then explodes. English people are like that. If English are angry... then save yourself. But normally they control their tongue too much... control... control... control... and then. So best thing is... if you get into anger... you should go out, and take out your anger... say whatever you want... out loud... and finish it off... or take a pillow, and hit it (.0012)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-820514 You must become the Spirit - see 820514 good 45

820514 You must become the Spirit/Puja on Fighting Asuras

Liver

The Liver is controlled by the Swadisthan Chakra, as also are the spleen, pancreas, kidneys and part of the intestines (890801); The liver is the giver of your attention (980706); Now liver trouble is another thing you yourself do not feel... others know you are liverish... the way you are hot tempered... the way you are fussy... the way you snarl at people... the way you are never satisfied with anything... the way you criticise others... all this is liverish. Such liverish people are never happy with themselves. The liver looks after your attention... and those who have liver problems, their attention is horrid... when they walk... they don't walk straight... but their eyes are going this way... that way... their attention is wobbly... because of a bad liver (820514)

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Anger... Krodh, starts from the liver but is expressed through the Vishuddhi. The face becomes red, the eyes become red, and from the mouth all kinds of horrible things are said. The whole expression is so different, when you are angry. So this anger is to be seen... where it is... the 'liver'; To master it you have to face yourself clearly. Krodh is the worst enemy, according to Shri Krishna (910001)

Sahajvidya - Liver

Not to bear anger within you... it comes from your liver. You may not even show anger... but inside is anger... so just take it out... clear it out... the liver. If you go on accumulating anger, and bearing it up... it burns your liver... if you show it off... it burns others' livers. So best is to take it out... say, take a pillow... and hit it hard... or which ever way... take it out (810904)

Now a person who thinks too much, plans too much, and thinks he is responsible for the whole world affairs... in this myth... develops his ego to a great extent... he uses his right side Swadisthan too much... by which his left side suffers too much... and then he develops all the problems of the left side in the organs. First of all... the Swadisthan can't look after the liver, so he develops a liver (811006; 890801; 790609.3); Over-thinking gives you liver (791118); If we are hectic, and run about too much, we can also get... liver problems, diabetes etc. (830131); The liver gives us the ego part - Lakshmana looks after the liver, and destroys the ego (861223)

Now this liver has a special capacity to extract all the poisons from the body... as heat... and the heat in the body is to be conveyed to the blood... and that has to be taken out of the body... maybe as perspiration... or in other forms. But what happens is that when this liver is out of gear... it cannot pass this heat into the blood stream... and the heat remains in the body... and you become heated up... and that makes all these problems for you. Those people who have bad liver feel a little heat when the Kundalini rises... but you can definitely cure your liver... no doubt about it (820514)

Some of you might start feeling hot in the hands... maybe some of you... if so, you can just throw it away... or... those who are feeling the 'left' hand hot, please put your right hand on the heart... those who are feeling hot in the 'right' hand, then you put your left hand on the liver... just below the ribs... and right hand towards me (790524)

Sahajvidya - Liver

In Sahaja Yoga, we regard the left hand as the minus hand, and the right hand as the plus hand. Whatever you may do with the left hand, you are sucking in, whilst with the right hand you are giving out. So as an example, if you want to correct a liver which is overheated, you put the left hand on the liver, and the right hand outside, and then you are taking the heat from the liver, and giving it out with the right hand (800517.2); To clear the liver, it is no good trying to use the fire element (directly - Ed), because it would be adding fire to fire - so if you want to use the fire, then you must take out heat from the liver with the left hand, and give it to the fire with the right hand (800517.2)

Supposing you are a liver patient... so we give you some sanctified or vibrated sugar to eat... white sugar. Now doctors will say... 'don't take white sugar'... but we have cured so many people of liver troubles... also migraines... and this and that... and so many problems of allergies are to be cured. Now for that, of course, we say for about a month you just don't eat some fats... you see that's alright... (821008); Those who are liver patients can take sugar, but otherwise you should not take too much sugar (881221); Sugar is so important for our combustion (871213); You must take sugar... it's important for the liver (811006); The liver is called 'liver', because it is connected with life (870408); Also... Channa... is good to eat if you have a liver problem (811103)

The left hand side people are the people... who have... lethargic organs... heart, liver, intestines... (880921); Allergies of the skin can be the result of a lethargic liver, resulting from a left side imbalance of the Swadisthan Chakra (840313); A lethargic liver gives you allergies... all kinds of allergies come to people through their lethargic livers (830209); Right side diseases include: cirrhosis of the liver, unhealthy skin which is sallow... (830209)

Sahajvidya - Liver

Flowing colds, characterised by sneezing, running nose, and hay fever are due to the liver producing heat (870408); The liver gives heat, whilst the cooling is done by Vishuddhi (830202); Those who have got flowing colds must know that they are liver patients... they should put some ice on their livers. Also they should put their left hand on their liver, and their right hand toward the photograph, and in the water, salt... it's a right side - those who are sneezing, or feeling hay fever, or flowing of cold... just try to treat your liver and you'll be alright (871224)

Alcohol... was not intended for us to drink, but was provided for us as a polish. Gin is good for polishing diamonds. However if we drink it, then our liver suffers, being also polished, and so preventing the transfer of the heat into the blood. The result is that we become hot tempered and angry. We also can become confused and wobbly when we drink alcohol, which is against our attention (810328); I never tell 'don't drink'... you go ahead... have cancer... then come to me. Have your liver absolutely shattered... be a drunken fellow... then you come to me (790608.1)

- Jai Shri Mataji -

Sahajvidya - Liver

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 871224 We are here for our ascent - Poona - see 871213 good 30
- 871213 Announcing the New Age, Ali Bag - see 871213 not good 20
- 861223 Nasik - see 861221 good 15
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 820514 You must become the Spirit - see 820514 good 45
- 791118 Where... stand in SY/How get in Med'n, Dollis Hill see 791009.1 good 45
- 790524 Seeking & Rationality good 40
- 790608.1 Maria's House Tape 1 not good 50
- 790609.3 Maria's House Tape 3 poor
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 810904.1 Advice given by Shri Mataji, Brahman Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 811006 From Krishna to Christ, Houston (A New Age has started) Not good 80
- 811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75
- 820514 You must become the Spirit/Puja on Fighting Asuras
- 830131 Nabhi Chakra, Delhi good 80
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 840313 Intro Talks - Delhi and Hampstead
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 871213 Announcing the New Age - India 87/88
- 880921 Speech at Ammonk Ashram, New York good 35
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 980706 Holland Park School, London 1998 good

Chakras affected: Swadisthan; Right Side; Left Side

Lord's Prayer

Works to reduce or stop our thoughts, when said as a mantra. Also 'I forgive' has the same effect, as does the Nirvichara Mantra, or the Mahatahankara Mantra (0.0001); I s the Mantra for the Agnya chakra, the sixth chakra (820711; 810926; 811006); The mantra of the 6th chakra is our Lord's Prayer, but the Bija mantra is Hum Kshum (811006)

To stop your thoughts, first say Ganesha Mantra, then the Lord's Prayer, or "I forgive", or Nirvichara mantra (3 times), followed by Mahatahankara mantra (3 times), and then raise the left side 7 times to get balance - each as necessary until thoughtlessness is achieved (791118; 0.0001)

Christians... who, although Christ includes in His Lord's Prayer: 'Forgive us our trespasses, as we forgive those who trespass against us', none-the-less are full of hatred and of ego, and cannot ask for forgiveness (951224)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 791118 Where... stand in S.Y./How get in Med'n, Dollis Hill. see 791009.1 good 45
- 0.0001 Shri Mataji on Meditation [B side: Ma Blowing into 'mike'] not good 20
- 810926 Shri Mataji in America, NY, day 3 [+PP video set 2/1,2]
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 820711 Nabhi to Sahastrara, Derby good 90
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75

Loss of Realisation

Realisation can be lost... you see, it's like this... when you become a human being, you are born as a human child, alright... but supposing the child is put in the company of foxes... then the child grows like a fox... then it does not have the human awareness, it has the foxes awareness. In the same way, you become Realised when you have jumped into another superhuman awareness... but if you do not allow it to grow properly - you see... it has to grow... otherwise it won't be manifesting itself. And that's how it can be lost... in the sense that you have to be born again... and again it can come up. It is lost in many intellectuals... it's a big problem. Also Realisation can be lost... say... if say, after Realisation, you don't feel like drinking much or something, and you try to force yourself... and try to become a bad person, again and again... then the Kundalini may not rise... and that's how, though there will be an opening... but Kundalini won't rise at all... it can happen... I have known many (791202.3)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0

- end -

17 Jun 2003

Lotus Feet

To neutralise... a guru, who has been a bad guru... you have to surrender to the Real Guru - if your guru is a real guru... then you surrender to the Mother of your real guru... because your real guru is also surrendered to this - so all the gurus are to be surrendered at the Lotus Feet of your Mother. Christ is a real guru... he is. The Christ you know of... is to be also surrendered at the Lotus Feet of your Mother... because he is also my son... Brahma, Vishnu, Mahesha... all of them are my sons... Adi Shakti created all of them... she is the Mother of all the Gurus... of all the Prophets... of all the Incarnations. She exists... and after her... only Parabrahma is (810904)

As you know... I am the Goddess... and the Goddess is supposed to wear, I don't know how many ornaments, just to adorn her chakras. I have lots of ornaments myself, of my own... but only for Puja, I wear ornaments. I don't wear... though I am supposed to wear lots... why? Because it may not be that alright... it may be dignified, but may not be that alright to wear all those things all the time... but I am supposed to wear... like I am supposed to wear many more things on the hand here, rings... and on the Feet... everything... all the time... gold... though I don't do it (860504)

All these Photos that you have separately have meaning - the Hands with a candle, are very good for the eyes, and for the blindness caused by bhoots, whilst the Feet are very good for the grosser problems, and especially for the ego and also the superego... they will correct the Supraconscious, and will go to the grossest point - the Feet are tremendous... we also sometimes should watch the Feet (800517.2); The Vibrations are more at the Feet (890527); The photo of the Devi's Feet is the strongest for correcting problems (841005)... they are very powerful... for physical problems they are better (800609); A Photo of the Face will not work to correct the grosser problems - for that a Photo of the Feet works much better. The Face is for the seekers (800517.2)

Sahajvidya - Lotus Feet

Now in Sahaja Yoga it is proved now... when you rub my Feet, 'you' feel better, not me... you rub my hands, 'you' feel better... when you fall at my Feet 'you' feel better. So when you do for God, the blessings come to you... you are blessed. Whatever is the problem with you, you give to God to solve... also whatever satisfies you, you give to God... the satisfaction comes to you; Then other things are used... ghee is used, for... Shri Krishna is very fond of ghee or butter... so when you rub my Feet with say butter, your Vishuddhi will improve... 'you' know that. Not mine... I have no problem... I have only one problem... that you are within me, and when you have a problem, I have a problem... because these vibrations have to go to you... so I prepare vibrations here as an antidote... and they have to flow (800927)

For Puja, you should not get people who are of mediocre nature, because to bear up Puja is very difficult... people have not yet understood the value of my Being, of my Feet, of my Hands... they cannot... they do not... deserve to be here. So do not get anybody, because he's your friend, or brother or sister... it's wrong... you are spoiling the chances of that poor person... because it's too much for him... he cannot bear it... it's meant for very few people (800505)

What we call the Amrut... that which is drunk by the Devas... the Ambrosia (970600)... means the Ambrose... of my Feet, is not meant for everyone... also the Blessings of the Puja are not meant for everyone... so try to avoid people who are not yet fully equipped. First they will start doubting... or there will be a problem with the protocol... it's a very great privilege to be here... and this privilege cannot be granted to every person. This is a very great privilege that I am telling you all these things... that I am telling you that 'sincerity is the key of your Self Realisation'... it's a privilege... I'm giving you the key. Understand what a privilege it is for you to be here... what fortune... what reward, for what you have done... how many lives have been rewarded by being here. This will help you to do Puja in a more sincere manner (800505)

Sahajvidya - Lotus Feet

Yoga means... the union of our attention with the Feet of the Divine Mother, who alone gives Moksha, or Self Realisation (900923); Stabilise your attention on the Feet of God, by Bhakti, by surrendering, by worship, singing songs - settling yourself at the Lotus Feet of God (800613)

Kundalini itself rises through the Sushumna Nadi... and she is the Principle, she is the Tattwa of Shiva... and she rises through the channel that is made by Vishnu, out of the evolutionary process. So keep your road, the Madyamarga clean... and let the Kundalini pass through it. When the Kundalini will pass through it... you will be amazed that... the same Kundalini is going through the Vishnu path and reaching at the Lotus Feet of Shiva (000206)

Mother's Prayer

Mother please come in my heart;
Let me clean my heart so that you are there;
Put your Feet into my heart;
Let your Feet be worshipped in my heart;
Let me not be in delusion;
Take me away from illusions;
Keep me in Reality;
Take away the sheen of superficiality;
Let me enjoy your Feet in my heart;
Let me see your Feet in my heart (841005)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 800505 Sahastrara Day, Dollis Hill Good
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800609 Subtlety Within - Caxton Hall good 50
- 800613 Essence within Innocence good 40
- 800613.2 Seeking that which lies beyond, Stratford, London
- 800927 Lethargy, Chelsham Road good 75
- 810904 Advice given by Shri Mataji, Brahman Court poor
- 841005 Farewell to Mother - Chelsham Road good 50
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 890527 Essence of Self respect, Devi Puja - Istanbul, Turkey good 30
- 900923 Navaratri Puja - Geneva, Switzerland good 75

Lotus

Is the sign of beauty, and upon which Shri Lakshmi stands (910003); The lotus is regarded as a Holy flower in India, being pink in colour (the colour of love), and which is born out of mud, and kills bad smells with it's fragrance. Inside it is soft, and is welcoming and receptive to all horrid angularities of any visiting beetles, that are then held comfortably. A person with Lakshmi tattwa, has such a temperament (810328); Lotuses grow easily from seed, and can grow in quite cold weather. Should try... see if it can grow - it may grow (811103)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55

811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75

Love

Love is the only way that Sahaja Yoga is going to spread, no other way. Love is a source of energy that makes things grow - it is a living energy... the water of pure love that is to be given to another, so that he comes closer to Reality (910728)... Reality is achieved through the heart... not the brain (910728)

When dealing with people, do so with love (791015); The Spirit is the one that loves, unconditionally - it just flows. It is the source of Love, Peace and Joy... love is the solution (980320); The magnet of Shri Ganesha is Pure Love, and when it is awakened in you, people will start running towards your ashrams, instead of running away (860907); Love is the most powerful thing (790507); The expression of love is very spontaneous... but for that spontaneity to come, you must get rid of your habits... otherwise you can never become spontaneous (850310)

Pure love without any expectations - Nirvaj (910003); Avyaj, or Divine love, which loves for love's sake, and which enjoys that love - it just flows. Even when it corrects you, it corrects in love (791015); The ultimate love is pure, unattached, unlimited love - when we dissolve into the Ocean of Divine Love (910003); Attached love is the death of love (920209); We should feel the same towards everyone, with no 'special' person, no "No2", or "No3" etc. (910728); Pure Love is of the Spirit (890723); When we feel the power of love, then everything vibrates (871106.1)

Nobody should think they love me more than anybody else... I know the one who loves me - the one who loves others, is the one who really loves me. What you say to your brothers and sisters is the most important thing - Sahaja Yoga will never work, if you do not look after that side. How you behave towards your wife... towards your husband... your brothers and sisters... that is the most important thing. You know I have thrown many so-called important people out of Sahaja Yoga, because they did like this... to dominate others... by saying 'this is not good'... 'you should not put your hand there'... or 'your feet there'... or 'do this and that' (810524); Mother loves those... who love each other (810524)

Sahajvidya - Love

Some people also feel that... 'I love Mother' ... but that love is to be expressed through complete humility... that's the only way... that's the only channel through which you can approach me... there's no way out (850901)

God is the Ocean of Love, of Forgiveness, and of Compassion (830127); God is spontaneity itself... His Love is spontaneous (790616); Love is the universal energy, is so pure, so purifying, so joy giving. God wants to use us as His instruments, for the flow of His Love (790416); Truth, Attention and Joy, when combined give Love (820125); The most important thing that God has to give us is His Love, His connection with us, His Kingdom, His Powers... we have just to accept the subtleties... that take us to the realms of Joy and Collectivity (800609); Love is the basis of all this creation. God has created this world, this Universe only because He loved, and He wants to bestow this blessing on you, because He loves you (791015); The basis of all creativity of Saraswati is love - if there is no love, there is no creativity (830113)

The Kundalini is nourished by pure love and compassion, and by avoiding involvement into any relationships (920621); She is your Mother, the source of all love and compassion... full of kindness, and forgives all you have done (790616); The Kundalini of Sahaja Yogis is made of love, pure love. The pure love has only pure desire... is to love... love everyone equally (920621); The Paramchaitanya is Absolute Love, that knows, understands, coordinates and works out everything; This is the time when Paramchaitanya has gone into action (970600; 951224)

Everywhere you are sitting in meditation, you are transmitting vibrations - do you know that. Think of love, think of the whole country, think of the whole world at that time. You are transmitters of these waves of love, and love will flow from you (791015); The message of Shri Krishna is... to show 'that love' which is Ahladadayini... to show your maximum love... not to show your pity... but love which is Ahladadayini (970823.1); What you talk... what you say to others... if it is not Ahladadayini... keep quiet - if you talk sweetly... what's the harm (970823.1)

Sahajvidya - Love

There are so many ways of expressing your love... try to be nice... talk to one another... give some presents... give sometimes flowers; Try to find out the likes and dislikes of a person... do not do things that people do not like... it's better not to do it... what's the use... if relationships are spoiled... not to do these things. My husband doesn't like me to put flowers in my hair - in Maharashtra it's the custom for married ladies to do it... but if he doesn't like, why to do it (800927)

Don't do anything that people do not like you to do... try to avoid it... it creates problems... try to do something that pleases others. If you please others, your Deities will be very happy... because they are all one... within each of you... because they are all related to each other... and they feel unhappy when you try to be unkind to each other... because they are one (800927)

What is love is hard to describe... you can only enjoy it (0.0011); What do we do when we love... what are the signs and symptoms. I don't know, in the West, if that glimpse of love is also there or not... but you can see it in this country still (India - Ed); Say, a mother for example, if her child is sick... she will not sleep a wink... she will not. She will not think of her comfort... of what time she slept... or got up... she won't think of her food... nothing. She will just want that her son will be alright... she will have no desire left, but to see that her son is cured (0.0011)

The love of husband and wife is a very special sort of love, with no adultery nor adulterous eyes (820711); In Sahaj Dharma, the husband/wife relationship should be really romantic... should be really beautiful... but it is not... no, we talk of love, and all that... but very rarely people fall in love, and carry on with it... it's a blessing if you really get that kind of a feeling... but mostly it is a curse. So to fall in love is very good... but that doesn't mean that you forget that you are a Sahaja Yogi (970823.1)

Sahajvidya - Love

When you are married... you must love your wife... spend time with her. She is the one who is your companion... she is the one who should be consulted... and you must be with her... and that should be your greatest joy in life as far as the material side is concerned (790609.3); Man doesn't want a wife to be on the horse, and beating with a whip... why has he married... for the happiness, for the joy, for the sweetness of a woman. It's a very important thing... you have to love... you have to take your husband into your heart first... this is your duty (971004); If you have love for someone, you won't see the bad points... never - you'll always see the good points of that person (950625)

In the lamp, the Ghee represents the mild and soft Love of the heart, and it burns to give soothing light of love to others (871024)

- Jai Shri Mataji -

Sahajvidya - Love

Tape References:

Date/Ref - Title - Qual - mins

- 970823.1 Primordial Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65
- 920209 Ganesha Puja, Perth - see 920209 good 35
- 920209 Ganesha Puja, Perth - see 920209 good 35
- 890723 Guru Puja, Lago di Braise, Italy - see 890723 good 30
- 871024 Light of Love, Diwali - see 871024 good 25
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 850310 Public programme - Masonic Hall, Sydney - see 850310.1 good 25
- 830113 Saraswati Puja, Dhulia. see 830113.1 (5 Pujas from India) good 25
- 791015 How Realisation should.. develop, Caxton Hall see 790928 good 30
- 790416 Living work of God, Easter, Putney good 45
- 790507 Sahaja Yoga Introduction good 60
- 790609.3 Maria's House Tape 3 poor
- 790616 Dr Johnson House, Birmingham not good 55
- 800927 Lethargy - Chelsham Road good 75
- 820711 Nabhi to Sahastrara - Derby good 90
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara, Supraconscious, Dhulia (incl 30 min med'n) good 60
- 830127 Spiritual Roots, Delhi [I'm here... plea for God] good 50
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850901 Vishnumaya Puja/Brompton Sq. Puja - Wimbledon/Brompton Sq.
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 871024 Light of love, Diwali/Press Interview, Milan
- 871106.1 Materialism, Shri Ganesha Puja - Spain [+ translation] good 55
- 890723 Guru Puja, Lago di Braise, Italy (2 talks)
- 910728 Guru Puja - Cabella good 60
- 920209 Ganesha Puja, Perth/Red Hill, Canberra
- 920621 Kundalini Puja, Cabella good 55
- 950625 Richmond Park talk - Richmond Not good 45
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
- 980320 Felicitations, Delhi good 55

Low Blood Pressure

Is a left side complications (821008; 830209); Those who have lethargic temperament... have a left side imbalance, develop clots in their blood, and low blood pressure... and these clots can cause paralysis... on the left hand side (830209; 830129)

A problem that people in the 'centre' may develop is low breathing, and low blood pressure, because of parasympathetic activity... and when they are fighting the anti-God activities, they might feel tired... but again they improve, and they feel alright (830209)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 830129 Swadisthan Chakra - Delhi (False Gurus, & Conditionings) good 70
- 830209 Problems of Left, Right and Centre - Bombay good 65

Lower Chakras

In our Sahaja Yoga, we consider three chakras as the lower chakras, or centres... the Nabhi... the Swadisthan... and the Mooladhara. First one is the Nabhi Chakra, where a person starts seeking... food, shelter, all life's necessities... and either he can go upwards or downwards. The essence of this centre is Swaha, meaning the consumption. So all those people who started developing... started consuming. Then they went to the second chakra, the Swadisthan... where they started entering into space... that is Antariksha... and tried to find out what is on the Moon... what is on Jupiter. Now the third awareness has grown... into the Mooladhara... and so the attention went to this horrid thing called sex... and in the west, people have become nothing but sex points. I've seen it everywhere... that just filth exists (860224)

With this downward movement... what do we expect people to be - they have to be violent. If you make them worse than animals... what will happen... they have to be cruel, despotic... and after this... the next step is Hell... Nagasaki... or anything. So, how to go upward - all the great Saints, and Incarnations, and Prophets have said that 'you have to be born again' - and so with Sahaja Yoga... the Kundalini rises... and takes us to our Yoga. Yoga means that the Kundalini, the power that is within us, which is of Pure Desire... should rise... and should meet the Divine... the All Pervading Power... which is doing all the living work (860224)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860224 Delhi University address - see 860504.2 not good 15

- end -

11 May 2003

LSD

Drugs can be right sided or left sided... LSD and all these, take you to the right... where you can see the auras and things like that... and the left side stuff is like Hashish... which make you miserable afterwards... you laugh and laugh, and then you become emotional - all these things are imaginary... they are not reality... reality is in the centre... is in the present (821007); LSD sends the user to the right side, Supraconscious areas, where he starts seeing things, and becomes disintegrated (811005)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821007 Truth is to be achieved, Bedford - see 821007(Video) Good
811005 Beauty that you are - Houston good 70

Chakras affected: Right Side

Luck

Bad, or ill luck... comes... by many things you see... but once you are Realised, the Angels help you... really... you won't believe... just you get over ill luck. It's a very different situation... there are many people, who are here, who will say how they are helped by God... but our idea of luck changes... like we don't want to be a millionaire or anything - we get a satisfied temperament. But first of all, you should be a citizen of God's Kingdom isn't it... then, he looks after you (821007)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821007 Truth is to be achieved, Bedford - see 821007(Video) Good

- end -

12 Jun 2003

Lung Cancer

People have died... of their lung cancer, because they can't get out of 'their' bad habit of taking... a Kaduk bath... means with very hot water... every morning. I call it bad habit for Indians, not for the English... because they take their bath, and then immediately are going out to work... this is an absolutely wrong idea. Normally a cold bath is best... but if not possible, then take a tepid water. This will solve one of the problems that you do not expose yourself to too much cold or heat - the temperature is kept the same as the room temperature. So take your bath at 4 o'clock in the morning, stay in the house and get used to the climate, and then go out... or take your bath in the night (.0011); In England, if you take a hot bath and go out immediately... you can get cancer of the lungs (881221)... in the UK, bathing is better done at night before retiring, to avoid problems due to the cold climate (820710)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

-820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)

0.0011 Weekend seminar in Pune, Tape 1 good 180

820710 Derby PP [PP video set 4/3,4] good 55

- end -

10 Apr 2003

Lust

One has to try to get very pure eyes... thou shalt not have adulterous eyes... this is what we have to follow... all of us... and our attention has to be alright... for that this Raksha Bandhan is a very good thing. This attention goes out with many other things also... like aggressiveness... can be possessiveness... but the main thing is this... that if you do not have lust in your eye, then 50% you are alright... and half 50% is greed... for which you have to work on the Nabhi chakra... and for which we will work it out on Diwali day (860818)

Some people have a habit of keeping the eyes in an angle all the time... they never see you straight... they think sometimes it's fashionable... and some of them have such eyes that they'll go on looking and pouring their greedy eyes onto others, or their lusty eyes onto others... this is the worst thing you can do to your eyes... because such people easily can become blind. Such people may have trouble of the eyes... specially reddening of the eyes can come to such people very much (860823)

So one has to be careful to keep the eyes very pure... the eyes of a Yogeshwara... who was Shri Krishna. He played with Radha - he married 5 women who were the 5 elements - 16000 women he married... they were his 16000 powers... but he was Yogeshwara... he had no lust in his eyes, in his mind about that at all... he was beyond that... he had no lust in his eyes about these women that he had. Of course I don't expect you to be Shri Krishna... but you have your wife... those who do not have wives, must look forward to a wife... that we'll get a wife and think of a wife who will be your own, so that your eyes will not fall onto every woman (860823)

Sahajvidya - Lust

Tape References:

Date/Ref - Title - Qual - mins

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

-860818 Raksha Bandhan - Hampstead - see 860823.1 good 20

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

Chakras affected: Agnya

- Jai Shri Mataji -

Luv & Kush

Sons of Shri Rama (900616); The two great disciple elements, born firstly to Shri Ram and Shri Sita, and then later as Buddha and Mahavira, as Adi Shankaracharya and Kabira, and then to Fatimabi as Hassan and Hussein. They were teaching people to leave the extremes and to come in the centre - to be the perfect disciples (790530; 770215)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-900616 Mahavira Puja, Spain see 900616 good 30

770215 Talks about Sat Chit Anand, Delhi poor 65

790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55

900616 Shri Mahavira/Adi Kundalini - Spain/Austria

- end -

4 Jun 2003

Macceshwarshiva

That black square stone... which was a Swayambhu... and it's mentioned in the Indian Scriptures that there is Macceshwarshiva... that Mohammed Saab who was so much against stone worshipping... asked people to go round. We have Shivas everywhere in India... there are 12 Jyoti Lingas... you can verify on your vibrations... same with this black stone... and so the people have to go round to achieve Shiva's Blessings... but it became a ritual... and nobody could go further than that ritual (000423)

What is it about Mecca... Mecca is Macceshwarshiva... it's a Shiva... why did Mohammed Saab ask people to worship a stone... he didn't believe in stones... he was against all kinds of idol worship... then why did he say this black stone which is there has to be worshipped... what was the reason... because he could feel the vibrations... he could feel that it's a Swayambhu. So all the Muslims like mad are going there... by going there nobody has improved... because by going to Mecca it's just a kind of a ritual (970525)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

970525 Respect the Mother Earth, Cabella good

000423 Easter Puja, Istanbul, Turkey good 60

- end -

1 Jun 2003

Madhuria

It's a kind of a very sweet relationship... a sweet rapport between each other... thinking of what sweet things we can do for each other... the little little things you know. Even a small thing like... early in the morning you get up, you find another person is sleeping on one side, his blanket is on another side, his pillow on another... so you just put his head on the pillow and cover him with the blanket... that's a mother's job... not out of fear, but out of sheer love. Like, even if it's cold, and buttons are open, you can button up a person... he'll like it... little little things you know. Women have very little sweet things which they do, which make men very happy... but women have lost now that sense - not the fighting, but thinking of what sweet things we can do for each other. And also sometimes teasing, is alright... sometimes tickling, is alright... a kind of a sweet rapport between each other... even the feeling that we can do this, is a master's job... it's a master's job. The one who is a 'master' can do it... those who are not, will not be able to... they will again come back to hurt... ultimately they will end up with hurting, or fighting, or coming to blows... but those who are masters will be so beautifully doing the whole job. It's a kind of a very sweet relationship... it's called Madhuria... without any lust, without any money business, anything... just a sweet relationship... and the joy would be bubbling... and all these perversions, all these things will drop out (830821)

Sweetness, a quality of Shri Krishna, in the way he spoke to and communicated with people (910001; 900811.1); One has to imbibe within oneself the sweetness... if you are sweet, you are filled with humour, you do not hurt others, and you are not hurt either. Anything can be done with sweetness (880103)

Sahajvidya - Madhuria

Olive oil can be used for a massage on the Vishuddhi, as well as the head and backbone. When you touch somebody with oil, you see, the Krishna tattwa acts... because Krishna is the one who represents the Madhuria, the sweetness of your character. In little little things are expressed Madhuria... like in poetry or in relating some events - Krishna's Leelas were all full of Madhuria... it's like a sport... it's like a sport (850502)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880103 Patience and sweetness - G'pule - see 871213 good 15

850502 Niraananda, Vienna Ashram good 60

900811.1 Shri Saraswati Puja, Vancouver, Canada [3 min music Intro] good 40

- end -

25 Mar 2003

Madness

A mad man never gets a heart attack... surprisingly... in a mental hospital you never need a cardiogram... they never get a heart attack... a person who is mad, using his heart more... his left side, his emotions more... his heart should go out... but no... his brain goes out... can you imagine... and the one who uses his brain... his heart goes out. This is the balance created by Nature in us. See how cleverly the Nature is trying to guide us into the centre... 'don't go to the extremes... keep to the centre... keep to the centre'... then when you are absolutely in the centre, then you get your evolution very quickly (820514); Those who use their right side too much... use their brain too much... their heart fails - whilst those who use their heart too much... the brain fails (821008); A lunatic's heart never fails (821008)

Madness can result if we follow wrong gurus (830129)... and can lead to Ekadesha Rudra problems (830129); Mad people have been cured by Sahaja Yoga, because the darkness of the Subconscious and the Supraconscious goes away, and becomes enlightened (790507); Lunatics who come before the pure Divine Vibrations also shake (820711)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

-820514 You must become the Spirit - see 820514 good 45

790507 Sahaja Yoga Introduction good 60

820514 You must become the Spirit/Puja on Fighting Asuras

820711 Nabhi to Sahastrara, Derby good 90

830129 Swadisthan Chakra, Delhi (False Gurus & Conditionings) good 70

Magnetism

The quality of magnetism, (attraction and repulsion in people, and migration in birds), is found in Shri Ganesha (900828); The power of Shri Ganesha is auspiciousness, is the magnet within Mother Earth, and within you (860907); Many fishes have an actual magnet within them. A person who has Ganesha awakened within, becomes magnetic, and attracts... the steel... not the dried leaves. When this magnet is awakened in you, you will be amazed, people will start running towards your ashrams instead of running away. This magnet is 'Pure Love', that does not depend on anything, except on itself. It spreads by it's own nature - does not want or expect anything, but spreads all over and enlightens other's hearts - that is why they are attracted. With Shri Mataji, when the huge crowds come and are very still and quiet for a long time, it is the magnet that is working; The magnets are intact in children... that is why we like children... and are attracted to them (860907)

Certain places we say are very Holy... and how they have discovered that these places are Holy... is because of magnetic forces - these magnetic forces in England were crossing each other at a place called Oxted, where we lived (970525)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

860907 Establishing Shri Ganesha Principle, San Diego good 55

900828 Ganesha Puja - Austria good 30

970525 Respect the Mother Earth, Cabella good

Mahabhairava

Mahabhairava... is the mantra for back Agnya... as is also Mahaganesha (810904); In the brain, we have got all those seats of the Gods... and they are the seats because they are the causal of these... so first the causal is created... and then the Deities. The causal one's are here... in our brain. At the back here... is actually Mahaganesha... just in the centre point... it is the minutest point... and around him moves Mahabhairava... and around this... is Hirenyagarbha... (810904)

Now if you have left Agnya... that means there is a possession on it... somehow; What is the mantra for this... for back Agnya... is Mahaganesha... Mahabhairava... correct (810904)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

810904 Advice given by Shri Mataji, Brahman Court poor

- end -

12 May 2003

Mahaganesha

Ganapatipule is a very important place for Sahaja Yoga (871230.1)... is the place where Shri Ganesha becomes Mahaganesha, and where he is surrounded by the Father Principle, the Guru Principle... the sea... the ocean - the Indian Ocean. That is, here he becomes the Guru (850000.1); In Ganapatipule, Shri Ganesha is in it's complete matured form... then, our eyes become pure, powerful, and Divine (850000.1)

Mahaganesha... is Shri Ganesha... as he exists in the brain (860504); Is the mantra for back Agnya... as is also Mahabhairava (810904); In the brain, we have got all those seats of the Gods... and they are the seats because they are the causal of these... so first the causal is created... and then the Deities... so the causal of Brahmadeva is Hirenyagarbha. The causal one's are here... in our brain. At the back here... is actually Mahaganesha... just in the centre point... it is the minutest point... and around him moves Mahabhairava... and around this... is Hirenyagarbha... this is Swadisthana. Swadisthan is divided into two parts... left... and right... both are Hirenyagarbha... at the back here. Now in front... in the centre here is Kartikeya - Christ is in the centre itself, where the optic chiasma is - but here outside is Kartikeya, who is the protector of Christ... and around Kartikeya moves... Mahahanumana... and around that moves the Ekadesha Rudra. Now what is Ekadesha Rudra... let us see... one by one... Buddha... Mahavira... Christ... Mahabhairava... Mahaganesha... Kartikeya... Mahahanumana... Hirenyagarbha... Lakshmi Vishnu/Narayana... Shiva Parvati... Shiva Shakti. Why Shiva and Parvati... two are to be taken... because Shiva is the Guru... and Parvati is the Shakti (810904)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871230.1 Marriage, Kolapur - see 871219 good 45
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 850000.1 Mahaganesha Puja - see 850000.1 good 10
- 810904 Advice given by Shri Mataji, Brahman Court poor
- 850000.1 Mahaganesha Puja and other Talks - India
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address

Mahakali

Is the reflection in totality of the Adi Shakti and in the potential stage, is Mahakali, but then, when She desires to act, She then divides to produce two other Powers, those of Mahasaraswati, and Mahalakshmi; Is the Desire Power of God Almighty (890619); Is the Comforting Aspect (890524); Eim... is the name... the short form of Mahakali (790609.3); The 1st Goddess, from whom emanate Mahasaraswati and Mahalakshmi, and who establishes Shri Ganesha. Who creates within us desires (hunger, need to be loved, need to acquire), who tests us through creating illusions, who punishes, relaxes us, gives us sleep, shows solutions in dreams, protects us and gives sense of decency, chastity, shame (930000)

Full of joy, yet also the slayer of evil. She selects your partner, gives you that feeling for your spouse. Her greatest disciple is Bhairava. She is the Lord of all the bhoots (900912); She destroys all that is obstructing us, gives us comfort of the Spirit so that we can live anywhere, comforts our bodies so that diseases are destroyed, and we feel younger and more energetic, and also gives us the highest boon, that of Joy - Joy of every kind (890619)

If we have a strong Mooladhara, then the Mahakali power is the strongest within us. All her powers are actually expressed in Omkara, which is Shri Ganesha, and this Shri Ganesha power within us represents the complete love of Mahakali, and all the powers of destroying the evil forces (890617.1); Mahakali power gives you memory... the power of memory (890617.1)

Some people achieve maturity much faster than others... despite the fact that they may have been ruined by many... but still they do it. What makes it very quick is the left side, what we call Mahakali's power... or we can call it as Iccha Shakti... the power of Desiring. If the power of Desiring is very strong, and comes from your heart... absolutely from your heart... then it works much faster. Once you put your heart to it, everything will work out well... because the whole force is coming from your heart... because in the heart resides the Spirit. So the only judging point is... 'am I doing it from my heart... or... am I doing it superficially' (791009.1)

Sahajvidya - Mahakali

Tape References

Date/Ref - Title - Qual - mins

-890619 Ascent, Mahakali Puja - San Diego - see 890611 good 25

790609.3 Maria's House Tape 3 poor

791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga

791115 Significance of Brighton

890524 Integration of Athena - Athens, Greece good 45

890617.1 Mahakali Puja, Vancouver / Vancouver Public Program good 15

900912 Shri Mahakali Puja, Le Raincy good 50

- Jai Shri Mataji -

Mahakali's Powers

Now the 3 powers of Adi Shakti work in you. One gives you longevity... and a clear-cut idea about your desires... if your desires are 'right', all your desires are fulfilled by this power... all your desires... all - but first... one should know... that your desires should be 'right'... for example... why do you want... what is the purpose... are you sure about it... if your desires are clear-cut, then they will be fulfilled... absolutely one hundred percent. That power you can achieve only by putting your bandhan on your heart... whatever desire you have... you say it, and put it on your heart... means you are asking from your heart... seven times... you just give it a bandhan, and the work will be done... but don't use it for nonsensical things... because if you use it for nonsensical things, this power will go away... use it for something special... of a higher level (800127.2)

By this first power, which is the Adi Shakti's power... or Mahakali's power... you get all the love of all the people around... everybody will feel magnetically attracted towards you... and you will be always guided by great souls, and angels. If you come across anybody who is meeting an accident, you will stop that man from going that way... if you are in an accident, everybody will be saved... you will seldom have an accident... if you have it, you won't be hurt much... amazing... all these powers come to you because you are the children of Adi Shakti.

The whole universe of the subtle, Divine Power is looking after you individually... you're all marked... the mark is on you... you are bearing the mark... and they are looking after you. So this power of desiring is the power that protects you... in all the ways that are possible. It guides you... looks after you... gives you peace... and gives you tremendous faith in Sahaja Yoga. Ultimately you become filled with joy of Sahaja Yoga... and you don't like anything else but Sahaja Yoga... to you everything is Sahaja Yoga.

Sahajvidya - Mahakali's Powers

But sometimes you know, we are identified with our ego... and we think our ego is Sahaja Yoga... many a times I have seen it. Sahaja Yoga should be separated from that ego... and brought in our day-to-day lives... when we are meeting each other... talking to each other... that joy... we should see one ripple falling and another rising, and another falling... as you see in the sea. This power is within you... and it is working all the time... that you are loved and looked after (800127.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed on S Yogis & how maintain them, Bordi good 30

- end -

20 Jun 2003

Mahalakshmi

The third, the Sustainance, or Evolution Power of God (791115); That emanates from the Adi Shakti (900923); The Redeeming Power (890524); Reem... is the name... the short form... of Mahalakshmi (790609.3); That resides in the Sushumna channel, and acts as a balancing power, first at the Nabhi chakra (830131); Which enlarges the central channel for the Kundalini's ascent, and guides the Kundalini to those chakras in need (960910); The Spiritual Principle, whose 5 Incarnations are: Sita; Radha; Mother Mary; Fatima, and Shri Mataji (910003); Mahalakshmi is a very Gracious Lady (830131); Christ's Mother was Mahalakshmi, the central power of sustainance, pure sustainance, pure holiness, pure innocence... such a powerful woman she was... very powerful (811006)

The Mahalakshmi tattwa is that you start thinking only about your spirit. When you have become absolutely satisfied with the material wealth, then you start coming to the spirit; Not to worry about what is happening around you, but worry what is happening inside, and build up your Mahalakshmi Principle. Then you will have no problems at all, and through you, Mahalakshmi herself will work to fill your countries with great bounties & great joys (860921.1)

In a Mahalakshmi Temple in Kolapur, there is sung a song with the words, requesting the Kundalini, Amba, to rise. Surprisingly it is in the Sushumna Nadi, the channel of Mahalakshmi, that the Kundalini actually rises (871024); Mahalakshmi is worshipped on a Thursday, as it is the essence of the Guru Principle (861227)

- Jai Shri Mataji -

Sahajvidya - Mahalakshmi

Tape References

Date/Ref - Title - Qual - mins

-871024 Light of Love, Diwali - see 871024 good 25

-861227 Brahmapuri - see 861221 good 5

790609.3 Maria's House Tape 3 poor

791115 Significance of Brighton

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

830131 Nabhi Chakra, Delhi good 80

860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45

871024 Light of love, Diwali/Press Interview, Milan

890524 Integration of Athena - Athens, Greece good 45

900923 Navaratri Puja - Geneva, Switzerland good 75

960910 What State you have to reach, Diwali, Lisbon, Portugal good 55

Mahalakshmi's Powers

By the middle power... you will give Realisation to people... you will be able to tell... and correct... the chakras... this is all by your centre power. By this power only, you have a very great power over your Will... if you decide that you are going to be like this... you will be... if you want to be a happy person... you will be... the transformation will be at your hand... you can transform yourself... without any difficulty... if you use the central power of Mahalakshmi. Of course you will get better jobs, better money, prospects... but not too much of it... so much so that you will feel very much satisfied about it... so that your attention is more in the centre (800127.2)

All other powers of Mahalakshmi you will achieve later on... but for that, your Sushumna has to be cleaned very much... and for that you have to develop detachment in life. Unless and until you develop detachment, the deeper powers of Mahalakshmi do not come up... for example, even in the smaller things, like... having connection with me... even that one... is to be a detached thing... even to say Aarti... or to do something to come forward, that 'I' have to do it... even to invite me to dinner... or any small thing, that 'I' should do it... is also an attachment... if it works out, well and good... if it does not work out, well and good. You must say that... 'Mother, you come'... but if I cannot come, there should not be the slightest feeling of unhappiness... but should be accepted. This detachment has to be developed for your Mahalakshmi power... then, you go beyond (800127.2)

Your timing will be worked out absolutely correctly... you wouldn't have to see the time... there will be time which will be your own... whenever you will go, you will find everything worked out well. So to preserve this power of time, you must not hurry up too much... you should not be slaves of watches... just let it go... do

Sahajvidya - Mahalakshmi's Powers

not have any obstinacy about anything... just doesn't matter... if it is ten o'clock... alright... if not, ten fifteen, doesn't matter... just allow yourself to be drifted with the flow of Sahaja Yoga. If it works out, well and good... if it does not... well and good... just keep it like that... then only you will be surprised how this Mahalakshmi power improves... and the blessings of this power are tremendous (800127.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed on S Yogis & how maintain them, Bordi good 30

- end -

20 Jun 2003

Mahamaya

One of Shri Mataji's names, meaning 'Who is Illusive'; "I am illusive no doubt. But I'm illusive just to judge you" (820731); Not easy to find out (800727); The Great Illusion - Mother is a great illusion (800609); It is not easy to understand me... on one side, of course, I am Divine no doubt... on the other side I'm very human... even in a film, if I see somebody suffering, I start crying... I can't bear it; I made myself extremely human... and this Divinity of mine also... it's just Sahaj. I've done nothing - I've been like this... I am like this. I've not achieved anything... if I have achieved anything... it's the understanding of human beings (920229)

I am such a camouflage... how are you going to judge me... I am prideless, egoless, actionless... I am Mahamaya. I am too simple... too sincere... there is no sign... I am mundane, ordinary... but extraordinary of the ordinary I am. This is the thing that people do not understand, but you have felt the vibrations and Realisation through Me. I must be something. Put your attention like this, to understand. There must be a tremendous thing inside this body - it cannot be possible otherwise (801116)

So far Krishna, Christ, Rama, all of them... nobody gave Self Realisation to people. They had other powers... Samhara Shakti, Krishna had - he could kill anybody. I have also these powers built in... but obviously I am a simple, ordinary, mundane type of an Indian Lady... finished! Christ had the power to get himself crucified, and to resurrect also - I too have these powers, but I am not going to do all that. Why are they not used... because the main attention is to raise the Kundalini, and for that these powers are not required (801116)

I am going to be just like you, all my life. I am going to get old... I'll be just like you - I am not going to do anything outside. Just realise and recognise that there has to be

Sahajvidya - Mahamaya

something tremendous... I t was necessary to have someone like that to do this tremendous task... and it was necessary for you to be born, to be with Me... to help. I know those who are with Me - they will stand by Me throughout. You have to stand by Me (801116)

So the Sahaja Yogis which are today here, have to realise that... these evil forces are also there. There are some within us... some are without... so it looks to be a very difficult task... but it's not... because one condition, if you can understand... is that you have to recognise me. I know, I'm Mahamaya... I'm really very clever at it... but I'm truthful... but still I'm Mahamaya... so to recognise me what should we do... if we recognise, then you are protected. And the cleansing is the simplest thing in Sahaja Yoga... is to be collective. If you are not collective... then know that something wrong with you... if you are collective... if you are enjoying the collective, then you should know that you are clean... no blemish is there... you are absolutely alright. (911013)

Now the second part of this Mahamaya business... I had to be very close to you... I had to be extremely close... to talk to you... to have a rapport... to tell you everything about Sahaja Yoga... to make you absolutely aware of yourself. This had to be done... and with all these complications within your mind... within your heart... within your body... I had to work it out. To come close in the real form would have been very dangerous... so one had to be a Mahamaya. But despite that, if you could recognise me... to understand me... that I am Divine Personality... an Incarnation... that's all the Deities want. Then they'll look after you in every way... they'll give you all the powers... all the satisfaction... all the protection that you want. This is the condition which for a rational mind is very difficult to understand... that how can Adi Shakti be in one body... how can the infinite become finite. Human beings cannot do that. God can do it... he is God after all (911013)

Sahajvidya - Mahamaya

I see people when I talk to them... they start talking to me little frivolously... not with that depth... not with that feeling that I am Mahamaya. Then some of them even answer me... explanations. Of course this freedom I have given you deliberately... but you must understand that you have to talk to me in a way that you would talk to Adi Shakti... is very important (911013)

So just behind this recognition is all the powers... but if you are doubting... still half way this that, then things won't be alright. You shouldn't worry about your reputation... just go full speed into any direction, knowing one thing... that you are my child, and that I am Adi Shakti... everything that looks horrible will become better... you have seen it now... don't worry about anything... just know that I am the Adi Shakti... that all the powers of Gods and Goddesses... and all that are within me... and they 'are' within me... and they are all looking after. But if that recognition is not there... they are not going to recognise you either (911013)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 820731 Dedication through Med'n, Cheltenham - see 820731(Video)
- 800609 Subtlety Within - Caxton Hall good 50
- 800727 Guru Puja, Hampstead - (incl. Statutes of Sahaja Yoga) good 70
- 801116 New Age, Plaw Hatch Seminar good 70
- 820731 Dedication through Meditation, Cheltenham good 60
- 911013 Navaratri Puja, Cabella good 25
- 920229 Shivaratri Puja, Glenrock, Australia good 60

Maharashtra

A country, a State in central India, where the Ganesha principle is very strong, because there are 8 Ganeshas (881207; 821219), which are manifesting vibrations, and which were recognised by the great Saints of Maharashtra (840902), and which have come out of the Mother Earth, and all 3 Powers represented by Mother Earth are here... Mahakali, Mahalakshmi and Mahasaraswati... so the whole place is very much vibrated. So if you are in Maharashtra, and you have any problem of Mooladhara, then if you sit down on the ground, and put your left hand towards the photo and the right hand on the Mother Earth, and say the Shri Ganesha mantra, or the Atharvasheersha, your left side will be cured... means the left Swadisthan first of all. So if you take vibrations on the left side, then you clear out your Mooladhara in such a manner that the problems of Mooladhara are solved. Of course Mother Earth is everywhere, but this you can't do anywhere else 'that' good... because this is a special place for Mooladhara chakra, where it clears you very much, and fills you with holiness and auspiciousness. So try to sit on the ground as much as you can, and try to meditate with your left hand towards the Sun and the right hand on the Mother Earth (881207)

In the triangle of Maharashtra (840902) is the Kundalini of the Universe (830127), and there are 12 Jyoti Lingas in Maharashtra of which there are 10 complete and two that are half... one of the complete ones is at Nasik (830118); 3½ Peetas are there (830118); Where many Saints were born (961221); Where lived the Gurus: Adi Nath, Machindranath, Goraknath (790530)

In Maharashtra there is a special quality (830118)... where the people are very simple hearted, open hearted, loving and affectionate people and are very generous (881207); In the South, including Maharashtra, they are more ritualistic, and because of this, growth in Sahaja Yoga may be slow (980320)

Sahajvidya - Maharashtra

We have come here to get out of our conditionings - we have so many conditionings, firstly of comfort... these are terrible conditionings. Teach your body to be a little uncomfortable. Maharashtra Tour is going to be a little spartan - that is the way your conditionings drop out (821231); When we are touring, we are also internally moving (861227); You come to this country not to enjoy the comforts of the West, but the comforts of the Spirit (821219)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 961221 Mahalakshmi Puja, Vashi - see 961225 good 10
- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 861227 Brahmmapuri - see 861221 good 5
- 830118 Ganesha Puja - Nasik - see 830113.1 - (5 Pujas in India) good 10
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 821231 Ganesha Puja - Kolapur - see 830113.1 - (5 Pujas in India) good 10
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 830127 Spiritual Roots, Delhi [I'm here... plea for God]+25 mins Q&A good 50
- 840902 Ganesha Puja talk, Switzerland [French translation] good 55
- 881207 Why do we come to India-Dec 88/1 - India
- 980320 Felicitations, Delhi good 55

- end -

30 May 2003

Mahasaraswati

The second, the Action Power of God (791115), manifested by Mahabrahmadeva, called as Hirenyagarbha (900811.1), that emanates from the Adi Shakti (900923); The right side creative power, the power of thinking... of our mental and physical effort (791203); The Adi Shakti with the force of Mahasaraswati, created the whole Universe... and in that she created this world (890617.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

791115 Significance of Brighton

791203 When You meet Me - Caxton Hall good 35

900811.1 Shri Saraswati Puja, Vancouver, Canada good 40

900923 Navaratri Puja - Geneva, Switzerland good 75

- end -

10 May 2003

Mahasaraswati's Powers

Now by your second power, you will automatically meet people who are learned, and who are Sahaja... you will also read books which are Sahaja... even if you have to read some 'other' books, you will be able to know that 'this' is not correct, and 'this' is correct... and by that you will enrich your mind... when you will start speaking, people would be amazed... that those who have never spoken would be speaking very well... those who have never known poetry will be writing poetry. Lots of things will happen on the field of art also... those who did not know art, will do marvellously in art (800127.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed on S Yogis & how maintain them, Bordi good 30

- end -

20 Jun 2003

Mahatahankara

The one true ego, that of God Almighty (830113); Said by Mother: "I am Mahatahankara... I am the Ego really... I am the one who does... I am the Ahankara. The difference between you and me is only this, that you don't do anything, and you think you are doing, where I am doing everything, and I am not bothered" (790314); The mantra for ego (791118)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25

-791118 Where... stand in SY/How get in Med'n, Dollis Hill see 791009.1 good 45

790314 Early Sahaja Yogi experiences - Sahaja Yogis and Mother

830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India

830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'tn) good 60

- end -

6 Apr 2003

Mahatma Gandhi

A great Realised Soul, who believed in one Universal Religion, which encompasses all the principles of the great religions of the world (MME), who greatly respected Shri Mataji, when She stayed at his ashram while She was a little girl (900811.1); Mahatma means larger Spirit (851128); One of Gandhi's principles was never to listen to any nonsensical gossip, never to listen to any criticism of anybody (980320); Gandhiji's ashram was a simple place but very well done... a simple house and very comfortable & very beautiful (800927)

I was with Mahatma Gandhi as a child... because he liked me very much... he used to call me Nepali, because I have a 'Nepali face'... and he used to talk with me as if he's talking to his grandmother sometimes... he was extremely sweet person to children... strict with himself... and straight with others... with elderly people (831001)

Mahatma Gandhi used to say... 'what is the non-violence of the weak'... 'the weak has to be non-violent'... 'but the non-violence of the powerful is the sign of the real non-violence'. Those who are confident of their powers... why should they aggress others... they just stand. Those who are violent, angry, hot tempered, jump at everyone, torture everyone, trouble everyone... are the people who are very weak charactered (sic)... their character is weak... that's the sign of a person who is either possessed and under the influence of the possession, or he's too weak and he's possessed by his anger because he doesn't have that much power to bear anything. The one who has the power to bear is the powerful... the one who does not have any power to bear, I can't bear... I don't like - such a person is a useless thing for this earth. So the power of a person lies in bearing things... how much you can bear... how much you can undergo without feeling it (871004)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800927 Lethargy, Chelsham Road good 75

831001 Santa Cruz interview good 45

851128 William Blake, Hammersmith (C100) Not good

871004 Dassehra Puja/Shri Rama - Les Avants, Switzerland good 70

900811.1 Shri Saraswati Puja, Vancouver, Canada [3 min music Intro] good 40

Mahavira

A king who gave up everything, to become ascetic (sanyasi), and upon whom Jainism is founded. Who controls the whole of the left side; St Michael (900616); Who never talked about God (890801), but who talked about Hell, where people can go (830202); Who was born at the same time as Christ, and Buddha, and all three are at the same level in the Virata's forehead (951224); Who was a human being, but who achieved Godliness, as did also Lord Buddha (800609); Who together with Buddha, were the Disciple Principles, born also... to Sita, as Luv and Kush, and later as Adi Shankaracharya and Kabira, and also... to Fatimabi... as Hassan and Hussein - they are both based here... in your head... in your brain (790530; 770215); Who is part of the Ekadesha Rudra (810904); Who has described Hell the best, where there are worms, mosquitoes etc. In England, William Blake is the same thing (850000.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-900616 Mahavira Puja, Spain, see 900616 good 30

-850000.2 Nasik talk - see 850000.1 good 25

770215 Talks about Sat Chit Anand, Delhi poor 65

790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55

800609 Subtlety Within - Caxton Hall good 50

810904 Advice given by Shri Mataji, Brahman Court poor

830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80

890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

900616 Shri Mahavira/Adi Kundalini - Spain/Austria

951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75

- end -

31 Mar 2003

Mahavishnu

Christ (900811.2), who is the Incarnation of Shri Ganesha, is also known as Mahavishnu (830129); Christ... who in his destroying incarnation known as Mahavishnu, or Kalki, is situated on our foreheads, and is coming for the Last Judgement, when every human being is going to be sorted out (790928)... but those who have got Realisation will enter into the Kingdom of God (811006); He has 11 destructive powers, with which He is going to come back (810926)

The 11 destructive powers of Shiva... all these powers are in one Deity or Personality, that of Mahavishnu, or Christ (830204; 840916; 970316); The 11 powers include the powers from: Ganesha; Bhairava; Hirenyagarbha (the collective Brahmadeva); Kartikeya; Hanumana; Mahavishnu (Christ); Buddha; Mahavira; Shiva/Parvati; Sadashiva/Adi Shakti; and Virata. The powers of Eka Desha Rudra can be destroyed by misidentifications (830204; 840916; 970316), and may form a ridge... across the upper part... of the forehead (820711; 840622); The cure for problems with Ekadesha Rudra is to give up wrong ideas, and wrong Gurus, and by accepting that Sahaja Yoga is the only way; Beat with shoes (830204; 840916; 970316)

Kalki is an abbreviation of Nishkalanka, and has the same meaning as Mother's name, Nirmala, and means 'spotlessly clean' - without any spots on it. Nishkalanka is shortened to become 'Kalki', who is the coming Incarnation, also called Mahavishnu. This Incarnation has been described in the Puranas, as coming on this Earth on a 'white horse' in a place called Shambhalkul. Bhala means 'forehead', and 'shambhala' means 'at that stage', so it means that Kalki is situated on your Bhala, your forehead. Here he is going to be born. This is the real meaning of Shambhalkul; In between Jesus Christ, and his destroying incarnation of Mahavishnu, called as Kalki, there is a time given to human beings to rectify themselves, for them to enter into the Kingdom of God, and which is called in the Bible the 'Last Judgement'. All those who have an aspiration to enter into the Kingdom of God are born in these modern times. This is the most important time, because Sahaja Yoga is the 'Last Judgement'. It is fantastic to hear this, but it is a fact and it is the truth (790928)

Sahajvidya - Mahavishnu

It is in the Devi Purana... the ancient Indian scripture of the Goddess, the Goddess Purana, wherein is described Christ, who is called as Mahavishnu (811006)... and it is written in the Devi Mahatmyam, where it is said that the Goddess created Mahavishnu out of an egg, suggesting the idea of the second birth (810330)

If you read the story of the birth of Shri Ganesha... and then you proceed on, you'll be surprised it's written that it was called as Brahmanda... means the egg of the Brahma, that came into existence... and half of it became Mahavishnu, means the Christ... and half of it remained as Shri Ganesha (000423)

Radha, in the Vaikuntha stage, created this great personality of the Son of God... the greatest of all... the Adhara... the Support of the Universe... this Mahavishnu... who incarnated on this Earth as our Lord Jesus Christ. She created him like an egg, out of which one half was kept as the seed, as Shri Ganesha, as the Spirit... and the other half was created as Jesus Christ - see the symbolism of Easter... like an egg... people knew about it somehow... why do we have Easter Eggs. The whole egg was nothing but the egg of the Divine Power, which had to manifest this Divine Power on this Earth; Radha is nobody else but Mother Mary herself... she is Mahalakshmi (811006)

And then it is said that when Mahavishnu came out, he started crying for his father... just think of it... he was asking for his father. Now if you see Christ, he always used these 2 fingers... no other Incarnation has used these 2 fingers... this is Vishuddhi, and this is Nabhi... that means he is talking of his father, who was the Nabhi king, Shri Vishnu... and his Incarnation as Shri Krishna. So he is indicating that they are my father. How clearly he does that... why not have some other Mudras, other style of holding the fingers... always... these 2 fingers... meaning my father, the one who was Vishnu, and who was Shri Krishna (000423)

Sahajvidya - Mahavishnu

Then in the life of Shri Krishna, they say Mahavishnu will be your son. All these things are not put together as I am telling you... but separately... but if you have proper understanding, you can understand the connection... that Christ was the son of Shri Vishnu and Shri Krishna... and was blessed that... 'you will be the support of the whole Universe'... the support, the Adhara of the whole Universe. Now the one half is Shri Ganesha, who is the support in a way... it supports the Kundalini... it looks after the Kundalini... it looks after the chastity of the Mother... and the another one which is expressed is Jesus Christ, who is the support of the whole Universe... so naturally it has to be the moral basis... as he is a part and parcel of Shri Ganesha... it's the moral basis of human beings... the moral basis... will be supported... and which is missing in the lives of Christianity (000423)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 810926 Shri Mataji in America, NY, day 3 [+PP video set 2/1,2]
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 820711 Nabhi to Sahastrara, Derby good 90
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 840622 South Bank Polytechnic, London good 40
- 840916 Ekadesha Rudra Puja, Rome, Italy good 60
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- 970316 Power of Rudras and desirelessness, Delhi good 15
- 000423 Easter Puja, Istanbul, Turkey good 60

- end -

5 Apr 2003

Mahishasura

Mahishasura, the false guru (904167); Who puts people into illusion (303028); This is all jugglery... you should see... these people who materialise... what have they given you... they have to give you something eternal. If they talk of God... God is not going to give you diamonds... which God has given diamonds to people... have you heard of anyone (310018); People who follow such a person, have difficulty getting their Realisation (710238)... and then these people get heart attacks. If somebody is a Godly person... he'll give you something that nobody can give... that's your Spirit (303028)

Why should you give your ornaments. (A lady - Ed)... she said 'what can I do... there's somebody in me who tells me... 'this is all dust... and all should be given''... that's how it is... that's how he manages. These are not powers... these are spirits doing this... what is so great... you see we must think about it... use your brains. But Indians are very materialistic you see... if somebody gives them a diamond ring... 'oh... that's great'... but I'm surprised... why not give to the chauffeur... why not solve all the problems (906097.3)

The mantra for this False Guru is Mahishasura Mardini (005178.2)

- Jai Shri Mataji -

Majesty

You can be innocent like a child, but you're matured... and both the things make a special dignified personality of such a person. All these things come from this Right side power, when you use it properly. Unless and until you have this established, you cannot impress other people by your behaviour. Other people, new people who come to you should see this majesty... this royalty within you... which you are enjoying as a blessing from God Almighty (810511); Live with your dignity... cheapish things, frivolous things, useless things should not be there (860504)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

810511 Lord Jesus, Forgiveness, Caxton Hall not good

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

- end -

21 Apr 2003

Mantras

A mantra is the awakened calling, with which we ask the help of all the Angels... the calling which has meaning. The authority applied with the word, and with which we can awaken all these forces within us - they are so tremendous (800609); Mantras should open your chakras, otherwise they have no meaning. They should be used properly, at key points, with great respect, and with great understanding (800127.2), and can be said in either Sanskrit or in English (840708); That power of the word that expresses the Spirit (840422); The left Vishuddhi must be ok if we wish to say mantras (830202); When taking the name, of Shri Krishna, it is taken as Radha Krishna... the energy before the Deity (811006)

Mantras may take the form of 'Om Twamewa Sakshat (Shri Mata) Namoh Namah', so it will be short, as when saying 108 names (800518), or 'Om Twamewa Sakshat (Hamsa Chakra Swamini) Sakshat Shri Mataji Nirmala Devi Namoh Namah', and may be said 3 times, as when said for a particular chakra (800517.2); Every word spoken by the Mother is a Mantra, every word chosen for it's effect (850806)

You can coin your own mantras, because you have some sort of an authority which you can use, and every mantra that you will say will be awakened... even if you are not yet out of your possessions, still you will work it out... still you can raise the Kundalini of others... and nothing will go wrong with the person whose Kundalini you are raising... to that purity it is (791111); You have no authority to take any mantra... unless and until you are a Realised Soul (771121)

If you coin a 'Mardini' mantra with anyone... finished. You see it is like this... 'I' am entitled you see... I am the one who has killed all of them... so I am entitled... I've got the title you see... if you take my name... title... they are finished off there... all their powers are dropping; Of course... you have killed many of them... this is the minimum power you have. (791202.3)

Sahajvidya - Mantras

If it is a guru problem, then say the Adi Guru mantra for the Void. Tell him to say the mantra. If you know the name of the guru... you know the mantra to be used... like Narakasura Mardini... Mahishasura Mardini, or Sarva Asura Mardini. Then best is to give vibrated salt with water to drink (800517.2); Mantras for false Gurus include "Sarva Asatya Guru Mardini" (791203), and "Sarva Asura Mardini" (800517.2); Those who have been to any gurus should put their right hand on their heart, because your Spirit is your Guru... who resides in your heart (830302)

What I'm asking you your mantra for... because once you give up your mantra, you give up your misidentifications. Why I asked you... I would like to see how much you are still identified with him (a false guru - Ed)... if you are still identified with him, I cannot do anything about it... because evil is evil, and good is good (790618)... these mantras are the names of devils (790618)

When we are meditating, and there is a problem, we say the mantra for that problem (791118); We have got different mantras for different chakras... if one chakra is catching, then you work on that chakra only, and develop your mantras on that; Now you have to ask from your heart... whatever you have to say, say it from your heart; When you are saying the mantra, put your attention without thought to that particular chakra... but if you are thinking, then you are again catching the heart - by thinking the right side gets overactive, the ego develops... and engulfs the heart. Mantras are very important for Sahaja Yogis (800907); Mantras are to give 'strength' to your Deities... of course the Deities are very powerful... but 'strength'... meaning the vehicle, which is carrying the Deity... becomes stronger (850502)

Now for Sahaja Yogis as I say there should be no ritual... ritualistic things always make you absolutely dead... like early in the morning you start with a mantra... and go on repeating mantra like a mechanical thing... it's absolutely paying no respect to the Deity. But in a proper way... whichever Deity you want to awaken... think of that Deity, try to cleanse it, with all the understanding and

Sahajvidya - Mantras

deliberations... with respect... with a protocol... and not just to take somebody's name and just go on chanting any mantra you feel... it's not a mechanical thing. Sahaja Yoga is a thing which has to come from the heart... it is heart felt... if you do not do it from your heart it has no meaning (810511)

You may carry on like that, but you'll find after some time you have lost your vibrations... you have lost the cool breeze... because heart doesn't like mechanical things... every day it does new things... it never sticks onto habits... it never sticks on the same routine of things... it's bubbling every day with new appearances... one has to do it with complete love towards yourself and toward others... with complete esteem of your being and others (810511)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 800127.2 Deep Meditation - see 800127.1
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 791118 Where... stand in SY/How get in Med'n, Dollis Hill see 791009.1 good 45
- 771121 Tantrism, Caxton Hall poor 75
- 791111 Meaning of Yoga - Dollis Hill good 50
- 800127.2 Powers bestowed on SYogis & how maintain them, Bordi good 30
- 800517.2 Old Arlesford, Winchester pt 2 (What is a S Yogi) good 90
- 800518 Old Arlesford, Winchester - part 3 (The Real Becoming) good 30
- 800609 Subtlety Within - Caxton Hall good 50
- 800907 How to know where you are - Chelsham Road good 120
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 840422 Forgiveness, Easter, Temple of All Faiths
- 840708 To Know the Truth - I Iford [with 40 mins Q&A] good 40
- 850502 Niraananda, Vienna Ashram good 60
- 850806.1 Lambeth Ashram Talk/part 1, Chelsham Road not good 95
- 850806.2 Lambeth Ashram Talk/part 2, Chelsham Road not good 50

Mariadas

The boundaries of your relationships; The discretion of the heart (820402); The boundaries of dharma (900818), that are restored by the Kundalini (920621); Chastity, the practice of innocence in you, gives you the Mariadas, the limits. It is the sister in the family, who gives to the brothers the Mariadas, how far to go (850901); Vishnumaya will see to it... that husband and wife sit together (850901)

When a lady says she has a male friend, it's not a Mariada; You cannot have friendship between men and women... you cannot... it's absolutely absurd; A brother and a sister are never friends... they don't talk much (850901); A pure relationship must exist between brother and sister... supposing a brother and sister are walking, they won't look at each other will they... will they be watching each other... no! When your brother and sister relationship goes off... you get into troubles... very much into troubles (860818); When you are very good brothers and sisters, first of all your left Vishuddhi improves - we get this left Vishuddhi, because we don't have proper brother and sister relationship. It's not that we should have our 'own' sister... but 'any' woman who is a Sahaja Yogini is your sister... except for your own wife. Unless and until we develop that pure feeling within ourselves, we cannot work out Sahaja Yoga... I know it's rather difficult to digest... but it's a fact (860818)

Anything that you want to use... like the computer... also should have it's Mariadas... don't go beyond it (971004); The Kundalini rises in it's own Mariada. It brings back your Mariadas. You are human beings, don't live like animals... even worse than animals... you have no right to do that. God has not created you to be sub-human, but to be super-human (920621)

Now you have to love all the seekers of the world... they have done wrong... they have done all kinds of ego trips... they have done all kinds of mistakes... but your Mother loves them... and you have to love them. If they have to be corrected, I'll do that... you just don't do that way that they feel hurt. So we have a Sahaja Yoga tradition also in which when we speak to each other, we have that

Sahajvidya - Mariadas

Sankoch within us of Shri Ram... and if you don't have that Sankoch you get right heart... and that right heart is a very dangerous thing in the country like England where the climate is so bad... because it gives you the horrible thing called Asthma. So this Sankoch one has to learn... the Mariadas... means the boundaries of your relationships. Shri Rama is known for his boundaries... he doesn't cross the limit... in everything... discretion of the heart should be there. Now there is no word for discretion of the heart in English language... which is Mariada... discretion of the heart is... how far to go (820402)

Those people who are obedient to me are very powerful Sahaja Yogis... you know that... and those who are not, go down very fast. I have seen those who are disobedient, who don't listen to me, who are rude to me, who do not understand the protocol... go down very much in Sahaja Yoga... because what is lacking in you is the discretion, the Mariada... how far to go. You have to be powerful people and the power of a person increases by putting Mariadas - supposing you have wheat, and you spread it, it will spread all over and anybody, birds will come and eat it up... it will be finished. But if you put it in a sack, it will have a weight... it will have a size... it will rise in height... is useful... and it will have respect. But the thing that is all spread all over will never be respected. Nothing works out without Mariadas... you have to keep your Mariadas. All our ideas of freedom are to be bound by Mariadas... if the freedom has no Mariadas, it is abandonment... it is a nonsense... it is not going to help (820402)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 860818 Raksha Bandhan, Hampstead - see 860823.1 good 20
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 820402 Shri Rama's birthday - Chelsham Road good 70
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 900818 Evening before Shri Krishna Puja - Hallow Tree, Ipswich good 55
- 920621 Kundalini Puja, Cabella good 55
- 971004.1 Nature & Balance, evening before Navaratri, Cabella good
- 971004.2 MUSIC - Evening Program, Cabella

Marriage

Getting into Sahaja Yoga marriage is very different from any other marriage (891203); Is decided by Mahakali, and for the purpose of creating the Mariadas (900912); Marriage is not the end, but the means... to be balanced (890619)... without marriage, a balance is not established (790530); It is not a serious problem, as long as we keep the 'ideal' with 'ourselves', and do not try to impose that on our partner; Let the wife be a wife, and the husband be a husband - but the wife should not be the husband nor the husband be the wife (800517.2)

All these people who came on this Earth... said that you lead a clean life and a sensible married life... it is not permitted to have adulterous life in any religion whatsoever... because adulterous life brings forth all kinds of problems for the sex... for spoiling the last chakra - people can become impotent... or, over excited... or could become suffering from all the troubles of this centre... for which you know the diseases... so one has to lead a very clean wonderful married life. Marriage is supported and sanctioned by the collective... it is sanctioned by God Almighty... so, that kind of a life, that kind of a sexual life, is a sensible one... one should not get a shock out of it. When I say this in the west, people really don't like it... but I am your Mother... I have to tell you the truth. Whatever you have done is done... finished... doesn't matter... but now you should come to your sanity... because there are all these horrible satanic diseases waiting just to work it out. All the great Saints of India were married and had children... except for some people like Buddha, who died very early... he had to take a Sanyasa because of his work. Then we had Kabira, Nanaka... all of them were married people (821008)

The marriage system has been in existence since long before Christ, Abraham or Moses, and is sanctified... blessed by society. When Man raised his voice against this natural life of sanity, he started getting all kinds of diseases - if it is natural to lead the life that people do, why do they get all kinds of diseases. If it is natural to be married to 10 people, why do we get jealousies - we should be happy (860907)

Sahajvidya - Marriage

The marriage is to have children, not to be Romeo and Juliet - children that are born to Sahaja Yogis will be Realised Souls... look after them, don't spoil them (800517.2); The 'Principle' or 'Essence' of the family, and of the marriage, of the household, is the child, for whom all is created (781218)

At Hamsa the left and the right meet - is the wedding place between your left and right. If they are not in balance, there will be a problem. They are equal, but not similar. Left is left, right is right; The functions of a wife, the wife should do first, the functions of a husband a husband should do first. The secondary functions can then be shared. But it is not possible that a wife goes to work, and a husband starts producing children - you cannot do it, and to be a mother is the most important thing (800517.2)

Men and women have to be men and women in Sahaja Yoga... they cannot be unisex, they cannot... that's very important... the man has to protect the wife, and give her all the security that is needed... and the woman has to nourish the husband, and give him all the love and affection. So here we are... entering into a new life... where you have a companion of your own... she'll be your 'wife'... not because she's in Sahaja Yoga that you have married her... but because she's your wife... so try to prove it to her that you love her very much... and that she is 'your' wife... and that all that you have, is for her... that is very important in the very beginning of it (931224.1)

It is important that a woman should be docile and sensible in marriage (871230.1); The woman has to dress up properly - she represents the colour and beauty of creation. She is a shy thing, and must understand what sort of husband she has. She has to be the model wife, enjoying whatever virtues she has; The husband should enjoy his wife, and not the wives of others - this is a stupid thing (860921.2)

The men are more formal types, more concerned with formal relationships, and always looking at their watches; Men should not be aggressive to their wives, whilst the women should never try to aggress the men in the presence of others - in the bedroom is alright; Your husband is your husband, and he is like that (860921.2)

Sahajvidya - Marriage

After marriage, some of the people just get lost... and this is the worst type of thing that can happen to you... they get into their honeymoon mood... all their romantic ideas come back... they get just lost... you are marrying here for Sahaja Yoga... don't forget it; Your marriage is for your ascent (891203); In marriages, we have to decide that we are getting married... because... we have to do Sahaja Yoga. Romanticism, when they get married, where they go crazy with each other, and forget Sahaja Yoga, forget Mother and forget God, is of no use in Sahaja Yoga. There is no need to rush into honeymoon (871230.1)

We notice that Mother has married us... given us good husbands... good wives... that we are enjoying our married life... but that's not the end of it - this is just the beginning... just the start. And if you get attached too much to it, then you have lost the point... the marriage is an instrument which is to be used... which is to be completely understood... for the purpose of enlightening others. So first thing is that Sahaja Yoga is our aim... is our dharma... is our being...that is the main thing... all the rest of the things come later. So supposing then you find your wife or your husband is getting materialistic... better to depart... tell them no... we cannot. You see for me this is important... marriage is just a means to an end... but the end is different. So we can give up this means... and we can get another means... and this is to be understood in it's true colours... if your marriage doesn't give you progress in your spiritual life, better to give it up... and that's what I've been telling everyone about it... how to get over their emotional problems (850310)

So marriage should not be the prime thing... it's supportive... what is the prime thing is the Kundalini (891203); Marriage is secondary, and is spontaneous - it cannot be organised. There are so many very great Saints who want to be born, and the Divine Mother wants only such people to be married by Her, who will bear such good children. But we spoil our children, forgetting that they are the children of the Adi Shakti (871230.1)

Sahajvidya - Marriage

Now supposing a Sahaja Yogi has married another Sahaja Yogi... take a position like that... now my desire is that they should develop a complete understanding of each other, love for each other... but also a love for Sahaja Yoga... and for others - this is the only way we can justify marriage in Sahaja Yoga... otherwise, why should they marry. But it doesn't happen like that. What happens is... first they are married, then either they will quarrel... or they will ask for divorce. If that doesn't happen, luckily... because it's so easy to get married in Sahaja Yoga, you know... then they start having their own family, their own home... then they again become very very small... very limited... did you come to Sahaja Yoga for that. Try and find out where you can go and talk about it... and do something good to others, and help them somehow to rise above this common existence of misery, unhappiness and destruction... the time is very short (970525)

Of course if somebody's horrible, I'm not going to ask you... to continue with that... it's alright to finish it... but you must know where to finish; It's very surprising that people do not want to finish off with the problems they face...but they are very anxious to have a divorce... it's surprising. In India, we don't have anybody falling in love... we don't know that part... but we have very good marriages, and we have lots of children... no problem; So you must understand your position, especially the ladies in the West. There is a trick of the trade... and if they don't know the trick of the trade, they can never be successful in marriage... don't try to be men (891203)

I have told many a times that you have all freedom to choose whichever person you like... and you can always say 'no Mother, I don't want'... you have all freedom... if you don't want to get married... alright... if you want to get married...alright (891203); You may not 'fall into love'... you may not... it may not be... and it's not necessary... because those who fall in love also rise into divorces... so best thing is to have a balanced idea about marriage. You see marriage cannot be decided, like you are 'Romeo and Juliet' - it's practical... it should be based on rock... so you won't lose your balance. If you understand that point, then the marriage

Sahajvidya - Marriage

will be successful... but if you try to think of romanticism and all that, it just breaks... at the same time it's not some kind of asceticism... but you lead a nice healthy married life, in a very friendly manner in every way (891203)

You must know how to handle your wife... how to handle yourself... how to handle your tempers... that's one of the tests in Sahaja Yoga (891203); Not to quarrel or to fight... but to love each other, to understand each other... with the 'same' love, that you are feeling as 'their love'... it's the best thing, to know that you are loved... for me that is the highest... when you see the other person also loves you, then it's tremendous; But it's private... it's not public... on the street... in the airport or anywhere... it's very private... the more private you make it, the better it is... and the more you try to express it outside, it's going to be dangerous (891203)

There are so many ways of expressing your love... try to be nice... talk to one another... give some presents... give sometimes flowers; Try to find out the likes and dislikes of a person... do not do things that people do not like... it's better not to do it... what's the use. If relationships are spoiled... not to do these things; My husband doesn't like me to put flowers in my hair... in Maharashtra it's the custom for married ladies to do it... but if he doesn't like, why to do it. Don't do anything that people do not like you to do... try to avoid it... it creates problems... try to do something that pleases others. If you please others, your Deities will be very happy... because they are all one... within each of you... because they are all related to each other... and they feel unhappy when you try to be unkind to each other... because they are one (800927)

When you are marrying Indians, please be careful, because you will find that the parents will pamper you... all kinds of things they'll do... but one has to understand that it's just a custom... and it doesn't mean that you are God or that you are in superlative condition (881211)

Sahajvidya - Marriage

Any Sahaja Yogi who comes to your house... or anyone... especially Indian women you will find, they will look after the guest very well... and then... there is some sort of what they call a jealousy comes up... absurd... Indian women will not have anyone else as their husbands but their own... so don't have these funny ideas. So don't have any doubts about your wives... same with the wives... this will make your life very much more happy and confident - if you have any problems, write to me privately... you need not give them to your leaders, but you can directly write to me... if you really have a problem (931224.1)

So on both the sides of men or women, we have to understand... if you are a man, and if you are a dominating man, it's alright... but if you are a woman, and if you are dominating, then it's a difficult thing for Sahaja Yoga to cure... you have lost your quality of being a woman... at least you have to be a woman to begin with. Now the men have to be compassion, kind, considerate... never subservient... never subservient. The women have to be... great, large, receptive, receiving and nourishing. So a woman must try to be a woman, and a man must try to be a man (830821); If you marry, live like an ideal Sahaja Yogi (970823.1)

In Sahaj Dharma, the husband/wife relationship should be really romantic... should be really beautiful... but it is not... no, we talk of love, and all that... but very rarely people fall in love, and carry on with it... it's a blessing if you really get that kind of a feeling... but mostly it is a curse. So to fall in love is very good... but that doesn't mean that you forget that you are a Sahaja Yogi (970823.1); Man doesn't want a wife to be on the horse, and beating with a whip... why has he married... for the happiness, for the joy, for the sweetness of a woman (971004)

The same dharma is for your children... that you bring up your children, not troubling them too much... but into a free life... let them use their wisdom. Sometimes I know, children go astray, and try to follow wrong things... then you must correct... you must tell them... it's your duty... and that correction should be in a Sahaj way (970823.1)

Sahajvidya - Marriage

No restrictions should be put on the wife or the husband... why did you talk to her... you should not have said... why did you do this... you should sit with me... all these things are not there (810904); Marriage is a mission in life... it's very sweet to be a wife... and a mother. For small small things, if you are going to fight... alright, then better not marry in Sahaja Yoga... because you tarnish the name of Sahaja Yoga, which has given you Realisation. So you must know how to manage your marriages (950625)

Any man that is older than your husband, you need not talk to him... but with younger people you can... you must have innocence about it. You are all brothers and sisters... no more romanticism now... you are not going to marry each other... dedicate yourself to your Sahaja Yoga (810904); No Sahaja Yogi is going to marry another Sahaja Yogi... you are all brothers and sisters... nobody should come to me, and tell me 'I want to marry this or that'... if I say you marry, that's different... but you don't come to me, and tell me... 'I've fallen in love with another Sahaja Yogi' (810904); Men and women after 45 or 50... to still go on thinking of marriages is too much... but even at 60... I really get fed up... so this is not the way. What is a marriage... some people are seeking their husband all their life... when are you going to seek your real one... that is your spirit (850310)

You are marrying under Sahaja Yoga... you are not marrying in a way the others marry... and that's why we must understand that collectivity comes first... but, you must love each other. The wife... has to keep her husband pleased... if she does not get her husband pleased... if he's not easily pleased, still he should be made to be pleased... though he may be the most difficult man. It's the art of a woman, is the beauty of the woman how she manages her husband... because she's there for that kind of a job... and if she cannot do that, then she is failing in that part (801205)

Sahajvidya - Marriage

Sometimes the husband wants that he should have the company... alright, give him the company as much as possible... but you should also know that unless and until your husband gives you the authority, you are no-one with others... because it is he who has given you the authority to talk to others... if he says 'no, you have to be with me all the time'... then you cannot say no... there's a right to have your company. So one must understand and strike a balance... do not do anything to the extremes... we have to be very normal people (801205)

Ladies should try to be... more ladylike... and men, have to be men... like I said just now, you have to follow the man... that has to be... it looks decent you see for a man to be ahead of you, and a woman to be behind - she's the shakti... she's the shakti behind the husband... and she need not walk in front and show off and argue with him and put him down. To be a woman is a very big thing... your Mother is a woman... you know how great it is to be a woman... because women have such powers. So the two roles of men and women, is like... the flower and the fragrance... which is higher... the flower or the fragrance... if there is no flower there is no fragrance... but without the fragrance, what is a flower... or beauty... it's so much inseparable... the fragrance, the beauty and the flower... in the same way, the flower shows... but who is the beauty and who is the fragrance... is the wife. That is how it should be... and then only people will respect you and your husband... that's the way it works out very easy (801205)

And there's nothing like domination... who can dominate your spirit... nobody... but in the society the man has to do all the outside work, and he's the kinetic person... and you are the potential energy... so the woman has to listen to man... because she preserves her energy much more by that... and there is nothing like domination... on the contrary it's such a domination on the man, that he just can't exist without you - he comes back home straight from the work... that's how you should control your husband... is a control of love. As I control you with love, 'you' should control with love (801205)

- Jai Shri Mataji -

Sahajvidya - Marriage

Tape References:

Date/Ref - Title - Qual - mins

- 891203 Farewell talk, Shudy camps - see 891008 good 35
- 890619 Ascent, Mahakali Puja - San Diego - see 890611 good 25
- 881211 Detachment, Rahuri - see 881207 good 25
- 871230.1 Marriage, Kolapur - see 871219 good 45
- 871220 Attention on Quality, Rahuri - see 871220 good 20
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a Sahaja Yogi) good 90
- 801205 Marriage & Collectivity, Chelsham Road poor 20
- 810904.1 Advice given by Shri Mataji, Brahman Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 830821 Mother Earth, Surbiton good 50
- 840829.1 Pre-Marriage talk, part 1 - Switzerland good
- 840829.2 Pre-Marriage Talk, part 2 - Switzerland good
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 860921.2 Role of Belgium and Holland, Mechelen good 65
- 871220 Attention on quality - India 87/88
- 900912 Shri Mahakali Puja, Le Raincy good 50
- 950625 Richmond Park talk, Richmond Not good 45
- 970525 Respect the Mother Earth, Cabella good
- 971004.1 Nature & Balance, evening before Navaratri, Cabella good
- 971004.2 MUSIC - Evening Program, Cabella

Marriage System

In Sahaja Yoga... basically we have used the system of India, because it is a very joyous style of marriage... it's not a very serious occasion... but we have changed it for our use... for our own purpose. In this marriage we have avoided all that was funnily introduced... or all other useless rituals, which were no good... but keeping all the delicate points, that give a little sweetness to the temperament of the people... and a feeling of involvement to everyone. In India, everybody thinks marriage is a very auspicious thing, and everybody must help... everybody must be involved. Sahaja Yoga style marriage doesn't have any tension. All of us have to be very generous and giving... and we should try to give whatever we have to help them out... not necessarily money... but in every way we should try to give them... because marriage day is a very important day (840829.1)

In Sahaja Yoga marriage... we have a father... a mother... and a sister... of the bride. Now you must offer your services. The fathers... all married people... if you have got your wives... they can join you... if you don't have, doesn't matter. Now everyone of you should take someone as your daughter... and you should know the name of the girl who is your daughter. Now the job of the father is very important... first he has to find out the husband... also he has to give to the girl the sari, saag, ornaments, and decorations... to the bride... but not the Mangala sutra. But first ceremony is of haldi... now I must tell you, be careful on this... these things are to be given after the haldi is over. You see, the haldi will be applied... to the girls... then they'll have a bath outside somewhere... there's a hose, and with hot water... then they'll go inside in their dressing gowns... in their rooms, where they'll rest for a while, if they want to... and then they can have a bath and get ready... so when they are ready for it, then these things will be given by the father (840829.2); The haldi will also be sent over... and applied to the boys. Then all of you should have lunch separately... the girls here... and the boys there... then after that you're not supposed to see each other... alright (840829.2)

Sahajvidya - Marriage System

The Mangala Sutra is to be kept in the pocket... and is to be given when the marriage time comes in. Now... the complete set... you write it down... a sari, a blouse, a petticoat, a saag for the neck... now the ornaments... for the head... a golden headdress... and for the nose... for the hands... and for the feet. Then the bangles... one Mundawari... we call it Mundawari... and these are the toe rings, for the Vishuddhi chakra. Except for the Mangala Sutra, everything is to be given... to the girl. Now all the brides must see if the things are alright or not... the father and the bride (840829.2)

Now this is to be pasted on the hand... you should take two each... it has to be done either tonight or tomorrow morning... those who can do tonight, nothing like it... the mothers or the sisters must do this job for the brides... there are some big and some small... it is for a small hand this one is... just attach it... to the hand... and they can be re-used, in case they are not sufficient (840829.2)

So this is all to make you beautiful ladies you see, and to feel proud of your being a lady, you see... all this is done for that... and the lady is specially dressed - actually the men look like... little bit like buffoons... but women look very sensible in marriage, I tell you... so one should not try to compete with men in marriage, alright (840829.2); For the boys, we should have some unmarried boys... for them to be best men... for the bridegrooms; For the grooms... there are dhotis, kurtas, topis and a cap (840829.2)

One should sit down with the full idea, that now you're marrying in Sahaja Yoga... and the responsibility is much more on a girl than on a boy... and one must know that in Sahaja Yoga, marriage is for a special purpose, that we have to have Realised Souls as our children... so we have to behave ourselves from the very first day... it's complete integration of heart, mind and liver... you love the person, marry the person, and live with that person... not to marry someone, and think of somebody else... that nonsense doesn't exist in Sahaja Yoga... that's not a sign of Sahaja Yoga at all... alright (840829.2)

Sahajvidya - Marriage System

The condition of India is that the girl has to accept her husband... if she does not accept, we cannot force marriages. That's why the first ceremony we'll be having is where they'll be garlanding you... by garlanding you, they suggest that they are accepting you (931224.1); First the bride... the girl... has to garland... means she accepts him... it is Indian tradition that the girl has to accept... you cannot force it on her... then if she has accepted, then the boy should garland... that means he has also accepted. This is the first step... and then in the second step... you all have to go and sit for the fire ceremony. Now the bride and bridegroom should go and sit near the fire... with the girl... on the right side of the boy... boy and girl facing the fire... but on the other side... facing me... and the parents should join them (931228)

Once you are married... the girls may not be able to move immediately from their various places, because of visa problems... but don't give them money to be sent to their families... that is not allowed in Sahaja Yoga. Girls should not send money to their parents... and trouble their husbands for that... that is not allowed... 'sometimes' if you want to send is alright... but should not... give any money for sending it to the relations of your wife... otherwise it will become a money oriented marriage, and people would marry because they can extract some money (931224.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 931228 Talk to bridegrooms & Shri Gauri Puja, G'pule - see 931224 good 10
- 840829.1 Pre-Marriage talk, part 1 - Switzerland good
- 840829.2 Pre-Marriage Talk, part 2 - Switzerland good

Married Life

We have to prove to the world that marriage is a Divine Institution... and by this Divine Institution, if you have been put together, it's also a Divine Plan... and through this Divine Plan, many things are going to work out (931224)

First thing we have to know... that this marriage ceremony that we have organized with a purpose... and the first purpose is that we regard marriage as very essential for Sahaja Yoga. Now why marriage is important is because marriage is like a big Yagnya... like a big Tapasya, you can call it... or is a great experience... how to achieve a balance... how to become a witness... and how to become the Spirit... is important (931228)

Now the first and foremost thing you have to know is that he is your husband... and nobody else... nobody is more important than him. You see, men are very easy to be controlled... if you can make them feel they are the most important people for you... then you can manage them very well. The first and foremost ambition... or idea... should be that I'll make my married life extremely happy... because if the married life is happy, you will be happy. Now men have a habit sometimes of losing their temper... doesn't matter... that's their habit... so you shouldn't immediately become the same type... but you can little bit... in a womanly way, try... to put your... sweet... device of smiling in it... or laughing it out... somehow... but not to make it serious... it's very important (931228)

So how to handle the men, especially your husbands is an art... and that art you will achieve gradually... but if you start finding fault with the men... then you are finished. You must say that 'you are the best'... that's the way you have to deal with them... not that you are befooling them, because you say this... but because you love... and love is the basis between you and him... nothing else... not money... not what you have got for him... or he for you... nothing of the kind. Love is something which you can express also through matter sometimes... by giving some nice presents or nice

Sahajvidya - Married Life

food or something... but the most important thing is your heart - you should not cheat... in any way... you should not be hypocritical... or try to do something that is not pure (931228)

So, in Sahaja Yoga, the purpose of these marriages is to have you connected internationally... so you all transcend all the barriers of your nationality... barriers of racialism... of caste... of so much of materialism... so you should not compare your husband with anyone... he is your husband... and you shouldn't expect too much of him. So try to understand... not to boss your husband... or try to put him right... or do things. I have seen some ladies who are extremely tense... tense type... they can never give joy... they are themselves not in joy... how can they give joy... so the tension should not be there... at all... of any kind... be relaxed... you are the other side of Sahaja Yoga, which gives peace... joy... and nourishment... and also complete tranquillity... in the family, you are responsible for tranquillity... even if the husband is angry (931228)

First feed your children, your husband... and then you eat yourself... because that is the job of a woman... like a man should go earn a living... do what he wants to do... job and all that... but the woman has to really look after the husband... look after the family... everything. So the only thing you have to do is to love them with a clean heart... and all the time forgive... and let them... 'know' that... "she is the only one I have, in the whole world"... apart from... the Holy Mother (931228)

Most important thing is you should not talk about your past at all... because past is finished. Now you are Sahaja Yogis... you are Realised Souls... so you don't have to say a word about your past. Even if your husband starts talking, you just stop and tell him... 'we are to live in the present, don't tell us about your past... just forget the past, and live in the present'... because in the present resides the Reality... and the Reality is the Ocean of Joy (931228)

Sahajvidya - Married Life

You should not nag him for anything. Supposing he doesn't like some things... you shouldn't do it... whatever he doesn't like... small things you know. Also you must understand how you have to take to the style of life of your husband. Women should be entertaining... they should not mind if somebody comes to stay, or live with them... on the contrary, they should be happy they are able to look after someone who is a Sahaja Yogi. So for Sahaja Yogis, you must keep always your heart open... your house open. It is the responsibility of the women to make their marriage happy... depends on their intelligence, and on their dedication to Sahaja Yoga... it's their responsibility. And if you see in a wider sense, the responsibility of making a good society is that of a woman... even if she has to suffer, she can... like this Mother Earth, she can suffer anything... she never feels she suffers, she is so great. You are the shaktis... so as shaktis if you have to suffer you don't mind... and what you have to feel is that we are responsible for making our society a perfect society... that's our responsibility. All your greed... all your ambitions... everything... should be directed towards making a very very happy married life (931228)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-931228 Talk to bridegrooms & Shri Gauri Puja, G'pule - see 931224 good 10
931224 Talk about Marriages, To Bridegrooms, G'pule - see 931224 poor 20

Mary Magdalene

When Mary Magdalene was anointing Christ's Feet with oil, and someone suggests that she would be better to sell the oil and get some money, Christ replies 'The poor are with you always, but I am with you for a short while' - emphasising the importance of the Divinity (790416)

When Mary Magdalene was being stoned, Christ stood before her... now Christ was an Incarnation of truth, and he had nothing to do with a prostitute... he had no relationship with her whatsoever, but he stood before her and said to the people, 'those who have not committed any sin can throw stones at me!' ... and nobody would - such courage and such understanding of righteous behaviour, starts shining in your character (870513; 840807)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

790416 Living work of God, Easter, Putney good 45

840807 Bath Public Programme (+Q&A 30 mins/Experience 20 mins) good 30

870513 Melbourne PP [PP video set 4/5,6] good

- end -

5 Apr 2003

Mary

Mother Mary, the third incarnation of the Mahalakshmi Principle (910003); She was the Goddess (871225); Mahalakshmi... the Spiritual Principle, whose 5 Incarnations are: Sita; Radha; Mother Mary; Fatima, and Shri Mataji (910003); Mahalakshmi is a very Gracious Lady (830131); Christ's Mother was Mahalakshmi, the central power of sustenance, pure sustenance, pure holiness, pure innocence... such a powerful woman she was... very powerful (811006); Radha is nobody else but Mother Mary herself (811006); The name Mary, as also Maria, comes from the word 'marine' (860921.1)

It was Hanumana as Gabriel, who went to Mary who was a young virgin, to tell her that a child, an Incarnation, the Saviour, was to be born to her (890423)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871225 Tapasyas - Poona - see 871219 good 25

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45

- end -

5 Apr 2003

Masters

You all have to become masters in Sahaja Yoga... and for becoming masters in Sahaja Yoga I am sure you are doing meditation... introspection... and all kinds of Sahaja Yoga practices. You have to meditate collectively... whenever there is collective meditation, you must join that. With collective meditation... you get alright... all your problems are solved if you go to collective meditation regularly... I promise you (001231)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-001231 New Years Puja, Kalwe - see 001225.2 not good 25

- end -

12 Jun 2003

Materialism

We have to rise above the gravitational force of materialism, which is today's religion everywhere, whatever they may call it... whether it is communism or capitalism, or democracy... or demonocracy, whether it is Christianity, or Hinduism or Islam or any other nonsense - all of that is nothing but materialism in it's all absurd forms. Kundalini is the only thing that can take you, like the stalk of the lotus, out of this mud of materialism; All materialists are egoistical, racists - they are robbers and plunderers. They go to other countries... and settle down nicely, robbers and plunderers, and extracting the wealth of another. All this can become very 'sophisticated' and 'beautified' - we have to fight that, but to do that we have to get out of it completely (860706)

Because we come from matter, it is easy to go back to matter, to materialism, to primitiveness; All beauty drops out if we take to materialism... but materialism will drop out, when we see ourselves in collectivity; Matter divides us from each other (870408); Materialism takes away everything that is beautiful, that is good within you... is a kind of befooling that is going on, is a horrible stuff, and makes a person absolutely shameless. For example with fashion, what is the need to run after fashions... just because someone wants to make some money (870503.1); Thinking is another style of materialism, is a subtle materialism... get rid of it (830104); Materialism is a problem of the left Nabhi (830107); Is absolutely against dharma... because it creates all kinds of peoples... Mafias... cheats (971004); When we have become the matter, nothing can stir us but some sort of a shock, and that is why we go for this kind of literature which is shocking, which we call as sensational (870513)

Sahajvidya - Materialism

In India it is said that if someone's pin is in your house, you should look after it for eternity, but if your diamond is lost with somebody, you should never ask for it... it is not good manners. What is more valuable, is not the diamond... it is the relationship... the friendship (870503.1)

People who are materialistic have no heart... they are just dried up... the only thing they understand is money, money... money. So too much attachment to money is also materialistic... as is also the waste of money... but the mismanagement of money is the worst of all (800927)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 870503.1 Sahastrara Puja, Australia - see 870503 good 45
- 860706 Guru Puja, Gmunden - see 860706 good 55
- 830107 Ganesha Puja, Rahuri see 830113.1 (5 Pujas in India) good 20
- 830104 Stop Complaining - see 830104.1 good 35
- 800927 Lethargy, Chelsham Road good 75
- 830104.1 Stop Complaining/How to Proceed - Sholapur/Vaitarna
- 830104.2 Address to the Sholapur IMA - Sholapur good 35
- 860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria
- 870408 Talk to Sahaja Yogis - St.Martins Lane, London good 45
- 870513 Melbourne PP [PP video set 4/5,6] good
- 971004.1 Nature & Balance, evening before Navaratri, Cabella good

Matter

After Realisation, if you are still identified with matter, then your Realisation slows down... matter is absolutely secondary... matter which is gross is of no meaning. Subtle matter is alright for us... it's important... like the light which is burning... the water that is in the ocean... the open sky... or, the Mother Earth which in certain places in India, is very much sucking your material identifications (800927)

We should give up the engulfing, enclosing, entombing influence of matter; All ideas about 'sophistication', our 'standing in society', how we relate to politics, economics, etc. - all can tie us down to that tomb of matter. We belong to the category of Spirit, which can rise above all tombs (850408)

Matter is made out of 5 elements, the 5 elements that have made this body of ours... and they are on the right side of the human being. These 5 elements either push you towards the left side or they pull you towards the right side. Now when you start using the matter, gradually you become lethargic... you become a slave to it... it becomes a habit... the comfort enslaves you. Secondly, if you try to overpower the matter, getting overactive with matter, making everything properly, over-efficient with the matter, then your ego develops, and when your ego develops, you go into violence - because if you produce more, you have to be violent about it... otherwise you do not know how to sell it. You become a sort of an aggressive businessman or country, which tries to overpower other nations with their material advancement... you become materialistic and such people have no heart... they are just dried up... the only thing they understand is money, money... money. So too much attachment to money is also materialistic... as is also the waste of money... but the mismanagement of money is the worst of all (800927)

Sahajvidya - Matter

So matter has been identified with us, we have been using it, living with it... and that's why it is easy for us to get back into the same circle of matter... we pay attention to it, get into it... Now if I say do not pay attention to it, then we go into another side... we jump into vices... vices of uncleanness, of filth, dirt, mismanagement... so from one extreme to another extreme you go (800927)

So to be materialistic is your nature... because you have started with it... but it is also human nature to ascend... and which way you go is the thing... the ladder can take you up... or it can bring you down... if you are to go up, then your eyes should be upwards (800927)

When you are using the matter, see the auspiciousness of it... see the auspiciousness of the things that you are using. At random we buy things... we buy clothes. If you could... use your vibratory awareness to buy your things, to see what you should buy, what would look nice... because beauty and auspiciousness go hand in hand... they are not 'two' things (800927)

The value of matter is in aesthetics, artistic things - which we can give to others (860305); If matter does not have aesthetics, then it is gross (830113); Expresses love, when given to another (900912); When the aesthetics of matter starts giving you joy... you do not want to possess it... even if you want to possess it... it would be just to enjoy it and give it away to somebody else. When you develop your witness state, this will come to you... that you will not keep things to yourself, but you would like to give and share. Sharing... that is the time you should know you have become a witness because you are enjoying (800927)

You are at a stage where you have to detach yourself from matter (800927); The essence of Puja is how to overcome our material grossness; We must know that matter is given to us by God... everything belongs to God; So why do we give to God... after all God doesn't need anything. But God is the enjoyer...

Sahajvidya - Matter

the enjoyer is God in you... when God is there, that enjoys... that is the Spirit. So whatever pleases your Spirit is used in the Puja... is to be given; Supposing we give a flower to God... after all it is God's own creation... what are we giving. These flowers when you give it to me, they give you two things. Flowers are very important... if they are beautiful, then they give to Swadisthan... if they are fragrant, they cure your Mooladhara. Now think of it... you are doing it to improve your chakras (800927)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860305 Wimbledon Address - see 860305 good 45

-850408 Easter Puja, Hounslow - see 850408 poor 40

-830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25

800927 Lethargy - Chelsham Road good 75

830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India

830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60

850408 Easter Puja/Ganesha Puja, Children - Hounslow/B'ham

860305 Wimbledon address/Brompton Square

900912 Shri Mahakali Puja - Le Raincy good 50

- end -

10 Mar 2003

Maturity

In order to mature so that we may become one with the Absolute, we have to maintain a certain amount of Suchitta, purity, within ourselves. We have to fight the confusion - it has to be faced and seen. Confusion comes from conditionings, brain washings, physical and mental problems, and from the atmosphere etc. Some people achieve maturity much faster than others... despite the fact that they may have been ruined by many... but still they do it. What makes it very quick is the left side, what we call Mahakali's power... or we can call it as I ccha Shakti... the power of Desiring. If the power of Desiring is very strong, and comes from your heart... absolutely from your heart... then it works much faster. Once you put your heart to it, everything will work out well... because the whole force is coming from your heart... because in the heart resides the Spirit. So the only judging point is... 'am I doing it from my heart... or... am I doing it superficially' (791009.1)

Maturity has nothing to do with age, or colour... with creed or caste - it is a state which one can reach at any time. Even a child could be that (850000.1); You have to show that you have grown up in Sahaja Yoga... that you are very deep... and you are a very senior person. I have seen some little children also... they are so grown up, and so sensible. But if you are still running after nonsensical things... if you are still full of lust and greed, then better you leave Sahaja Yoga... and find some other area where you can do that (010321)

It is something surprising how people do not understand their position in Sahaja Yoga. Your growth has been on the whole very good... I know there are many people who are wonderful Sahaja Yogis... who are really great Sahaja Yogis... and they have every right to call themselves Sahaja Yogis... or Maha Yogis... but that is only possible, and perceptible if you really grow up inside... and your Spirit shines like crystal clear ocean of love (010321)

Sahajvidya - Maturity

I think all of you should buy one tape-recorder each, because you see... that is one way of growing... because a Sahaja Yogi told me that when he started listening to them his English improved tremendously... and he said... 'the vibrations are coming from them... and I started growing'... so it's a very good idea to have tapes... and in your spare time put them on and listen to them. It's a very good thing and helps a lot - that will really mature you very much I think... a very good idea (801019)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850000.1 Mahaganেশa Puja - see 850000.1 good 10

-801019 Puja Fighting Asuras, Durga Temple, Hampstead - see 820514 good 15

791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga - xxx

801019.3 Spreading Sahaja Yoga in Europe

850000.1 Mahaganেশa Puja and other Talks - India

010321 Mother's Birthday Puja, Delhi good 50

- end -

10 Mar 2003

Meat

Organs can be lethargic if we eat too much carbohydrate type of food - in which case, we should take more proteins. There is no harm in taking meat... Guru Nanak ate meat, Lord Buddha ate meat. It is best not to eat meat from animals larger than yourself, because it can cause problems with the teeth... and not cows, especially Indian cows (830131)

Food can be used to assist in correcting an imbalance in the subtle system, by using more carbohydrates, or vegetarian type foods, and avoiding too much proteins, for a person who is too much on the right side, or the converse for a person who is too much on the left side (830121); A right side person, is one who eats proteins and meats (830131), who is the thinner type of person, and for whom it is prescribed, in India, to eat more carbohydrates (840906)... whilst a left side person... is one who eats carbohydrates (830131), and is a fatter type of person (840906)... they are the people who eat too much of carbohydrates (830209); The right sided... are those people who eat too much of proteins... all the time, meat, and heavy foods... (830209)

Satwoguni... is the central of the three types of people, the Trigunas (840906)... is the centred person who eats honey, ghee, Channa, lean meat (830131)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-830121 How to proceed - Vaitarna - see 830104.1 - side B good 35

830131 Nabhi Chakra, Delhi good 80

830209 Problems of Left, Right and Centre - Bombay good 65

840906 Talk at Gregoire's House - Vienna [German translation] good 65

Mediocre People

People who are mediocre think that gradually they will be alright, and that they'll come up... but I would suggest that you should make all out effort... to become strong Sahaja Yogis (871219)

For Puja, you should not get people who are of mediocre nature, because to bear up Puja is very difficult... people have not yet understood the value of my Being, of my Feet, of my Hands... they cannot... they do not... deserve to be here. So do not get anybody, because he's your friend, or brother or sister... it's wrong... you are spoiling the chances of that poor person... because it's too much for him... he cannot bear it... it's meant for very few people (800505); For Puja, we should not have people who are not at least in Nirvichara... means if they still think that Sahaja Yoga... will not suit me, and all that... we don't want such mediocres... they should not come... nothing will work out with them... absolutely. If they have to come to the Puja... they must know that... you have to be of a calibre... otherwise please don't come (850504)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871219 Complete your Realisation, Aurangabad - see 871219 Good 25

800505 Sahastrara Day, Dollis Hill Good

871219 Complete your Realisation - India

- end -

30 Apr 2003

Meditation

You all have to become masters in Sahaja Yoga... and for becoming masters in Sahaja Yoga I am sure you are doing meditation... introspection... and all kinds of Sahaja Yoga practices. You have to meditate collectively... whenever there is collective meditation, you must join that. With collective meditation... you get alright... all your problems are solved if you go to collective meditation regularly... I promise you (001231)

Meditation is the most Sahaja method (760330); It is nothing but surrendering - is 'complete' surrendering (820731); It is very important, in order to achieve faith in oneself (961020); It is not necessary that you should sit for meditation for 3 to 4 hours (880105), but is to be done regularly, daily (830121), 10 minutes morning and evening (870513); This right and left side movement has to finish... you have to be in the centre, and to come in the centre the best thing is to meditate... about 10 minutes in the night and about 5 minutes in the morning; Some people do not meditate... then they cannot grow... the way you can grow is only through meditation and understanding (980706); Meditation is the medicine (850806), and is very important, in order to achieve faith in oneself (961020)

Meditation is for you... to go deep down into yourself... to achieve all that your Sahastrara wants to give you. To achieve that height of detachment, of understanding, is only possible through meditation. What happens in meditation is that your awareness crosses over Agnya... goes above, and is now stationed in Sahastrara, in thoughtless awareness. Then the Reality of Sahastrara, the beauty of Sahastrara starts pouring in your own character, your own temperament. Unless and until you meditate - not meditate just to get well, or just to feel that you must meditate - but... meditation is important for all of you, that you develop your Sahastrara in such a manner that you imbibe the beauty of your Sahastrara. If you don't use your Sahastrara in this way, after some time you will find Sahastrara will close down... you will have no vibrations, and you will have no understanding of yourself... so it's a very important thing to meditate (980510)

Sahajvidya - Meditation

Meditation is the only way you can enrich yourself with the beauty of Reality... there's no other way... to rise into the realm of Divinity (980510); You must have seen, when people get their Realisation when I am there, they come to the programs for a while, and then they drop out... the reason is that they have not meditated. So you have to promise me that you will meditate every night, every evening, maybe in the morning also... whenever it is possible, if you can go into meditative mood, you are in contact with this Divine Power. Then whatever is good for you, for your society, for your country... all is done by this Divine Power... you don't have to overpower the Divine Power, you don't have to order, you don't have to ask... just if you meditate, you are 'one' with this All Pervading Power. Unless and until your Sahastrara is open, all the blessings of the Divine Power cannot come to you... cannot! Maybe you might get some money, you might get some jobs, this and that, but your own development is only possible when you meditate, and your Sahastrara is fully open (980510)

When you meditate you are in silence, you are in thoughtless awareness... then the growth of awareness takes place, and then it opens out... but, if you are 'thinking' - it is like a lake, and the lake is completely in a turmoil... then nothing can grow. But supposing it is silent, then lotuses can grow... anything can grow. In the same way, if your mind is agitated... and your growth is not yet fully expressing itself... then it is such a vicious circle... that... you are agitated... then your growth is hindered... again you are agitated... and then your growth is again hindered. So the best way is to take to meditation... when you do, this turmoil will settle down... and when it will settle down, your growth will take place (880921)

Once you have got your Realisation... and once you have become 'one' with the Divine... then there is no question of your going down... unless and until you yourself want to go down. It's very remarkable how you get this... and after that you don't lose it... of course, first you must grow... and for that you have to meditate... but this meditation, once you do it... the whole being itself gets so enlightened, and so beautiful, that you don't want to change it... you want to be there and enjoy it for ever (000507)

Sahajvidya - Meditation

In meditation you can become thoughtless... for a short time - this short time should go on increasing, that you are without thought. But human beings cannot understand that anything can happen spontaneously... so in Sahaja Yoga we have something very simple... the mantra, Nirvichara. So now you watch anything, saying the mantra for Nirvichara, then you'll start seeing that... witnessing that... without thinking - we become the witness, the Sakshi (920719)

Those who have diffidence about themselves, cannot do anything, but those who are surrendered, and those who think that they can do it, 'can' manage all this transfer of their power to the Divine Power. It's like, if you have a car, you don't push it... you just sit in it and use it... in the same way, if you have this great power around you, if your Sahastrara is completely submerged in it, then you'll be amazed how things will work out for yourself. One thing obstructing Sahastrara is the movement of your Agnya into thoughts... because a human being reacts to everything, to this, to that, and the thoughts are coming... because of that, your attention cannot cross over Agnya - one should see what sorts of thoughts are coming... you have to condemn yourself sometimes. You have to say... 'what nonsense'... 'what have I been doing'... 'what is the matter with me'... 'how can I do all that'. Once you start doing all that, these thoughts will start disappearing (980510); I know immediately a person who meditates, and I know who does not meditate (980712)

We have a dharma of a wife, of a husband, of a member of society... all of them have their own dharmas. Shri Krishna says 'leave them... leave them to me, and I'll manage'... this we have to learn... is to say that it is the Divine Power which will solve our problems. This is for human beings a very difficult state, and this state can only be achieved through meditation. I am not saying that you go on meditating for hours together, not necessary, but with full faith in yourself and in the Divine Power... if you work it out, I'm sure it's not difficult to rise to that state of consciousness (980510)

Sahajvidya - Meditation

First bath/wash, then sit down... don't speak... watch the Photo, stop your thoughts, and go into meditation. To stop your thoughts, first say Ganesha Mantra, then the Lord's Prayer, or "I forgive", or Nirvichara mantra (3 times), followed by Mahatahankara mantra (3 times), and then raise the left side 7 times to get balance - each as necessary until thoughtlessness is achieved. Then: "I surrender this thing", and put love, put your Guru in the core of your heart, and bow to that, humble down at the Feet of your Guru - ask for the necessary atmosphere for meditation. Pay attention to your heart or emotions... try thinking of your Mother... watch your breathing, slowing it, reducing by pausing at the end of each in and out breath, as if stopping it, but no exertion about it... and then raise your Kundalini. Finally say Sahastrara Mantra 3 times, and go into meditation. Once this has been done, you go into meditation; This is like cleansing, and is called as Nyasa. If there is any other obstruction you can also say for that. Find out what is your problem, where is the Kundalini stopping - you can feel it within yourself, or if not within yourself you can feel it on your fingers (791118; 0.0001)

We cannot 'meditate'... we can only be 'in' Meditation. When we say we are going to meditate, it has no meaning - we have to be 'in meditation'; When we are moving in the three dimensions of our life, i.e. the emotional, physical and mental, we are not inside ourselves. But when we are inside, we are in thoughtless awareness - then also we are everywhere, because there we are in contact with the Principle, with the Shakti, the Power that permeates into every particle that is matter, into every thought that is emotion, into every planning and thinking of the whole world, and into all the elements that have created this beautiful Earth. When you are 'in meditation' you must allow yourself to be in thoughtless awareness. There the Unconscious itself will take charge of you - you will start moving with the force of Atit. The Unconscious is going to work it out, is going to take you there, where it wants you to go. Try to keep to thoughtless awareness as much as you can - that is when you are in the Kingdom of God, and His people, His arrangements, His Consciousness is going to look after you (760330)

Sahajvidya - Meditation

If you are on the Eternal Principle, all that is not eternal changes, drops out, dissolves and becomes non-existent. You have to enjoy the strength of Eternity, the strength of Divine Love, the strength of the universal being that you are - this is what meditation is. So when Sahaja Yogis ask what should we do for meditation... be in thoughtless awareness, that's all - don't 'do' anything. But we are used to one thing... that is that we must 'do' something about it. Meditation is the most Sahaja method... this 'I-ness' has to go away - that is what meditation is... where you are no more 'I', but it is 'You...' (760330); There is only one problem, and that is that although you are 'there', still your attention is involved with outside... that is the only defect. Then 'how to remove'... once you say 'how to remove', that means you have created the 3 dimensional involvement. You are not to remove... it is there! If your attention is outside, I would have said... 'no, your attention has to go inside', but your attention is there. Myself, I would just feel where I am... that's all (760330)

When I am sitting here... keep your eyes open... where are you going to meditate... meditate on me... keep your eyes open... just keep your eyes open (850504)

Sit in Meditation, improve your Antar Yoga, make your state of thoughtlessness wider and wider, but not to be done superficially - put your whole heart in it (830204); Those who don't meditate have no depth, and the Agnya will be full of thought. If there are no aspirations, as far as the Spiritual side is concerned, then it would be better to leave (951224); Quieten yourselves within - you can stop your thoughts through controlling the breathing (811103)

Meditation is a very general word... there are three steps for meditation: Dhyana, Dharna and Samadhi - but in Sahaja Yoga we got all 3 in a bundle, we avoided everything else and got the Samadhi part. Dhyana is the seeking part, where you put your attention towards the object of your worship. Then Dharna is where you put all your effort, concentrate all your effort, so your attention is continuously on your Deity, til your attention becomes

Sahajvidya - Meditation

one with that Deity. When these mature, the 3rd state of Samadhi comes in. In this state you see your Deity in everything you do, and in everything that happens around you (830723.1)

Now we must meditate also after Puja, because my vibrations you do not suck in without meditation, I have seen. If you have sincerity about it, really... you will suck all my vibrations. Tell your mind not to ask questions or to misbehave... but to suck the vibrations clearly. This is for your own nourishment... for your own growth... for your own enjoyment (800505)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 001231 New Years Puja, Kalwe - see 001225.2 not good 25
- 880105 Bondages we have - G'pule - see 871220 good 20
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 820731 Dedication through Med'n - Cheltenham - see 820731(Video)
- 791118 How get into Meditation, Dollis Hill. see 791009.1 good 45
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 790507 Sahaja Yoga Introduction good 60
- 800505 Sahastrara Day, Dollis Hill Good
- 811103 You must grow fast in Sahaja Yoga, Brahman Crt [Fr. +] good 75
- 820731 Dedication through Meditation - Cheltenham good 60
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 850504 You have to be in Nirvikalpa - Vienna good 50
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 95
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 50
- 870513 Melbourne PP [PP video set 4/5,6] good
- 880921 Speech at Ammonk Ashram, New York good 35
- 920719 Guru Puja - Cabella good 65
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
- 961020 Navaratri Puja, 'Be aware of your own state', Cabella good 55
- 980510 Meditation is the only way, Sahastrara, Cabella good 60
- 980706 Holland Park School, London 1998 good
- 980712 To be obedient to the Guru, Cabella
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Spiritualism, Mediums, Clairvoyance

Spiritualism... practising with dead spirits, nothing but spirits (820711); Looks harmless, but in fact is very harmful, putting possessions into you (791203)... all these things come to you from some busybodies... that they enter into your being... all these are taking you to a realm which is not your own... it is somebody else who is acting (821008)

Clairvoyance... is not a very great thing. People who go to the left side can see a lot of things - it is very common, and is very dangerous. You should not deal with that area (830302); It is very dangerous to go near things like this... that deal with the dead, and may result in cancers, epilepsy, heart attacks, accidents, financial ruin etc. (810330)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 830302 Public Lecture, Perth see 830301 (+Q&A: 10 min) good 35
- 821008 We don't have to suffer, Bedford see 821007(Video) Good
- 791203 When You meet Me - Caxton Hall good 35
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 820711 Nabhi to Sahastrara - Derby good 90
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 851128 William Blake, Hammersmith (C100) Not good

- end -

25 Dec 2002

Medulla Oblongata

The Spinal Cord - now... a 'centre' is formed... by the coming together from the left and the right, (indicating the left and right channels coming together, to form a single central channel - Ed)... and this (indicating the resulting central channel - Ed) is the one through which the Medulla Oblongata passes... the Spinal Cord... this is the Spinal Cord (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

- end -

28 Jun 2003

Men of God

You are the men and women of God. You have to be prepared to take this banner of the New Age, of transforming Sahaja Yoga into Maha Yoga. You are the channels (801116); You do not think that you are ordinary, otherwise I would never have chosen you... but... you have no recognition of yourself also, as you have no recognition of me - you have to recognise yourselves and respect yourselves. Do not respect material things - respect yourself first of all... and the matter within you (800927); There is a special category of people who are born in these modern times... they are a very special category... those who are 'seekers'... they are a special category, and Blake has called them as 'men of God' (821007); We are in the Kingdom of God... we are the Men of God, as described by William Blake... none of us belong to any country... we are an international religion (881207)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 800927 Lethargy - Chelsham Road good 75
- 801116 New Age - Plaw Hatch Seminar good 70
- 811004 Becoming the Truth, Houston [+PP video set 5/3] good 30
- 881207 Why do we come to India-Dec 88/1

- end -

1 Oct 2002

Men

Are the extroverts, whilst the women are the introverts. Men can become homosexual or impotent... with aggressive women, who try always to compete with the men (850528); Man is important, because without men, women have no meaning (800517.2); Men must respect their chastity. Interest in another sex all the time is not a sign of chastity - it's horrid, you become stupid. Some men know so much about what women use, perfumes etc.... what's the use... are you slaves of women or what. You are men... live like men (850901)

So on both the sides, of men or women, we have to understand, that if you are a man, and if you are dominating man, it's alright... but if you are a woman, and if you are dominating, then it's a difficult thing for Sahaja Yoga to cure. Now the men when they are dominating, they have to understand that they have to be compassion... to be kind... to be considerate... but never subservient... never subservient (830821)

So aggressiveness must be given up by men. Also, because they are Sahaja Yogis now, they have to take to feminine qualities... and not of fighting; And if women fight... they are not women, you see (830821)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 830821 Mother Earth - Surbiton good 50
- 850528 Kundalini Power and Creation, Los Angeles good 45
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

Mental Activity

Recognition of our Mother, is the mental activity of the Heart. Develop it by introspection and meditation, developing those waves of gratitude, love, oneness and Joy (910505); When your attention goes to the Spirit, joy starts bubbling in your life. No mental activity can take you there - only by Kundalini awakening is it possible (980320)

Mentally you cannot understand Sahaja Yoga... you cannot... don't try to rationalise it (790608.2); Right side activity: too much mental activity, which develops the ego (790616); Mental activity... is contra-indicated for any form of Sahaj or Spiritual activity, or for one's ascent, or for the expression of love or compassion (950917)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 910505 Sahastrara Puja, I schina, I taly - see 910915 good 40
- 790608.2 Maria's House Tape 2 poor
- 790616 Dr Johnson House, Birmingham not good 55
- 910505 Sahastrara Puja, I schia, I taly
- 950917 Patriotism and Modernism, Shakti Devi Puja - Moscow good 75
- 980320 Felicitations, Delhi good 55

Mesmerism

Some people have a habit of showing anger with the eyes... and the angry eyes are another dangerous thing to do with your eyes... because they can become mesmeric. If you start putting your eyes onto something and concentrating on it, your eyes might become mesmeric... means bhoots will start coming out of your eyes. First of all you catch bhoots in your eyes... they settle down there... and then they will be falling on other people as bhoots... it's a very very dangerous thing to go on looking at something continuously with concentration (860823)

If you think too much... and you think of the future... and you plan out everything... you start becoming sometimes possessed... and then you become a person who is very cocksure... very high handed... all are suffering from this possession from the right side. Especially people who are very austere type... extremely fanatical type... they enter into this area, and get possessed by these spirits... and then they become very powerful... because right side is physical and mental... they can be very powerful people, in the sense that they can mesmerise people into the ideas that they are higher people... like Hitler did... he did it with this Supraconscious. All such people are troublesome to others (831001)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

831001 Santa Cruz interview good 45

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

Chakras affected: Right Side

Michaelangelo

Realised Soul, who painted the ceiling in the Cistine Chapel (831001), depicting our Modern Times, and in which Christ at the Agnya chakra, is throwing people to left and right, whilst others are being saved (830128; 871023); He has done a great justice to the image of Christ, standing there with a Lambodhara, a big stomach (811006)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 830128 Introduction to Sahaja Yoga - Delhi good 75
- 831001 Santa Cruz interview good 45
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024

- end -

1 Jun 2003

Milk

The industrial revolution has already cursed us... we are eating food from tins... our milk is from hybrid animals... we have divorce, drugs... (880106); Hybrid foods, such as seeds, milk, and animals, confuse the brain and are not beneficial. Better to take ordinary seeds etc. and give vibrated water, to get better results (871106.1)

In India the cow is regarded as a very humble animal. It gives it's milk, it provides everything, and it doesn't attack anyone (850901); In the milk... when you put lime... or lemon... it starts separating... into water and curd (770215); In Puja... the ingredients that were used were... firstly very little ghee, followed by honey, yoghurt, milk, and sugar (850310)

You people take too much tea... it's very injurious for the intestines... so much tea... is very wrong... plus milk with it... milk gives you diarrhoea. Limit your tea taking... or if you have to take many cups of tea, see that it is a very light tea. If you see how much our Mother takes tea... She may even take 10 cups... just to please us, but no sugar and no milk (881221)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 880106 Swimming in the sky of joy - G'pule - see 871220 good 25
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 871106.1 Materialism, Shri Ganesha Puja - Spain [+ translation] good 55

Mind

Manassa, the result of our conditionings, the superego (830302); The Spirit is beyond the mind (830512); The mind is limited, alright... so whatever the mind does is limited... so something has to happen to us which is beyond the control of the mind... so, if you go beyond mind, it has to be something extraordinary... it should be something different. The limited and unlimited are two different dimensions (810524)

The left hand side channel, called the Ida channel, represents the Subconscious mind within you... you listen to me through your conscious mind... and put it back into the Subconscious mind... all your experiences go into the Subconscious... that is the limit of 'your' subconscious of present... beyond that is your subconscious of previous lives... and beyond that is the Collective Subconscious. When you listen to me... your conscious mind... receives it at this moment... and then there is a pre-conscious mind which takes it to the Subconscious. This pre-conscious mind is on the right hand side... just now, the pre-conscious mind is the future that you are thinking about... beyond that is the Supraconscious mind... where all the ideas about future, that you have had before... many lives... those ideas are there... and beyond that is the Collective Supraconscious (771121)

On top of the head is the Superconscious mind, which is the subtle mind... is the Eternal Mind... the Unconscious into which you have to go... also in 7 stratas (771121)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-830512 Hampstead - see 840802 (Video)

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

771121 Tantrism, Caxton Hall poor 75

810524 Subconscious, Supraconscious, Chelsham Road not good 70

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25

- end -

1 Oct 2002

Miracles

Have become so commonplace, that the word has lost it's meaning (890808); Those things that are miracles for us, but not so for the Mother (830129); So many miracles have taken place... so many people have been cured, no doubt... but that doesn't mean 'you' have done it... don't get into the trap of ego... that's most dangerous (971225)

That are the Nature of God (840731); It is Shri Ganesha who creates the miracles (860907); Miracles are done by the angels, and they try to convince you that 'you are one of us' (890423); Occur through the workings in the ether element (781005); Also, as you are Realised Souls, all the Divine forces... all the Divine Deities... all the Eternal Beings, Chirenjivas... all the Angels and Ganas... all of them are looking after you... but they know one thing... those who are surrendered... and those who are not. You just surrender any problem... and you will be surprised... the answer will come in such a miracle. Just surrender... do not take any responsibility upon yourself... just surrender... because... how far can 'you' go in the solution... up to your rationality... beyond that you are your Spirit... and the Spirit is connected to the Divine... so best is to surrender (801019)

We have had experiences of things working out, of many miracles happening before our eyes, but still it can happen that our attention has not settled down with these experiences. Old experiences and identifications continue - the filth of that is still on our being. Change everything - become a fresh new person - assume your position, as a Sahaja Yogi (830723.3)

Now the time has come for us to publish our miracles that have taken place - all of you have had some experience of miracles... so I have to request you to send as soon as possible, written in English or Marathi (980712)

- Jai Shri Mataji -

Sahajvidya - Miracles

Tape References:

Date/Ref - Title - Qual - mins

- 971225.2 Christmas Puja, G'pule - see 971225.2
- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 801019 Puja Fighting Asuras, Durga Temple, Hampstead, see 820514 good 15
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 801019.3 Spreading Sahaja Yoga in Europe
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
- 840731 Middlesborough PP [PP video set 4/1,2] good
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 890423 Archangel Shri Hanumana - Margate good 45
- 890808 Shri Ganesha Puja - Les Diablerets, France good 45
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe
- 971225.2 Christmas Puja, G'pule/New Year Puja, Kale - see sub
- 980712 To be obedient to the Guru, Cabella

Misidentifications

What I'm asking you your mantra for... because once you give up your mantra, you give up your misidentifications. Why I asked you... I would like to see how much you are still identified with him (a false guru - Ed)... if you are still identified with him, I cannot do anything about it... because evil is evil, and good is good (790618)... these mantras are the names of devils (790618)

We must give up all misidentifications (790422); Overcome misidentifications... like our 'religion' and 'nationality' (800727); The powers of Eka Desha Rudra can be destroyed by misidentifications (830204; 840916; 970316)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 840916 Ekadesha Rudra Puja, Rome, Italy good 60
- 970316 Power of Rudras and desirelessness, Delhi good 15

Mohammed

One of the incarnations of the Primordial Guru, or Master (800727); Who is the same as Guru Nanak (830131); Born in the month of November, and who died by poisoning (900818); Hazerat Mohammed (MME), who spoke of Abraham, Moses, Christ and about the Mother of Christ, with respect, and who therefore did not speak of an exclusive religion of Islam (MME); Who taught the saying of 'Allah ho Akbar', with fingers in the ears, because the fingers used are those that are linked to the Deity of Vishnu, and because the Deity of Shri Krishna becomes Akbar (830202)

Who supported the institution of marriage, and because there were few men at that time, and many women, advocated with the collective sanction, the taking of more than one wife, so that the women were protected, by existing within the marriage system (820711); Who warned against drinking (820711); Who said, in the Koran, "At the time of resurrection, your hands will speak" (840708; 830129)

Who said 'I am the last prophet' - to frighten the people, so that they would take to living a dharmic life (790530); Who came back as Nanaka, and who said 'Hindus and Muslims are the same people, following the same religion - why are you fighting among yourselves?' (790530); Whose grandsons were Hassan and Hussein, the two Incarnations of the Disciple Principle (790530), and whose daughter was Fatima, who herself was the Holy Ghost (811006)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 820711 Nabhi to Sahastrara, Derby good 90
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830131 Nabhi Chakra, Delhi good 80
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 840708 To Know the Truth - Ilford [with 40mins Q&A] good 40
- 851128 William Blake, Hammersmith (C100) Not good
- 900818 Evening before Shri Krishna Puja, Hallow Tree, Ipswich good 55

Money

Is not of interest to the Divine, is not understood by God. We cannot pay for God (830129); If anybody says you have to pay, know that it is a falsehood... it's some sort of a black magic (890617.2); One cannot charge for Realisation (790616); Ashrams you can pay for... but not your Realisation (831001); You don't have to pay... is the main thing one should understand. Like you don't pay for your breathing or for your digestion - in the same way, for your ascent to a new life, for the breakthrough of your evolution, you don't have to pay. As soon as you understand this point, you'll be amazed that you'll give up all the nonsensical people (980705)

The main thing is that we do not take any money you see... so people think, you see... 'that we are not bound... that we are absolutely free to come and go'... but this freedom sometimes makes a person a little superficial... or sometimes a little frivolous... but, I think people must take it more seriously about the whole thing... and should understand it... and learn it - we are Gurus. This is so precious... so invaluable... that you cannot charge... any money for this knowledge (821008)

One's attitude toward money may affect the Nabhi, and can spread to all the Void, and may ultimately go to the Ekadesha Rudra, e.g. if we avoid paying that which should be paid, like that which is due for food or travel etc., or if we make money out of Sahaja Yoga, or do not give the due amount. If we play tricks, then we may fall in our awareness, and may get all sorts of troubles. Is one of the sins against the Father (830204); If we hanker after money too much, then we may have no Gruhalakshmi (830131)... money takes us away from God (830131); Your ego, if it comes say out of money and material things, it is better you give up some material things... not to God, but to somebody else (800517.1)

Money making should not be the aim of life... because we have seen that people who have money are not very happy or peaceful people... it doesn't give you that peace and joy (890617.2); Right sided people, at the level of Nabhi, may have money, but they can never enjoy that money (830209); People that are extremely ego oriented, become very miserly... extremely... so money oriented... they spend all their

Sahajvidya - Money

money on themselves... and not on others... even when it is their due, they will try to save... which we see among so many... even in Sahaja Yoga... that they have to pay something... but they will not pay... they want it even free, whatever it is, for which people are paying. These money oriented people are horrifyingly, surprisingly... are rich... there's nothing like generosity in them (830209)

The more you are worried about money, the worse it gets (830209); To get after money, means you get very much in the clutches of money... so what is the solution to get rid of this greed, is to try and give it to others... and see the joy (971004); Money is such a lure for human beings, that it kills all sense of decency, of higher values, everything (971102)

How can you have all these nonsensical ideas for money... and for power... I just don't understand. Of course we need money... for work for everything... but there is no need to run after it, or hanker after it. I am surprised... even after so many years of my hard work... there are still some people working out some stupid stuff... and they should know that they'll be exposed in no time - this is the year of exposure... absolutely (010321)

First and foremost quality of a Sahaja Yogi is that he has to be absolutely honest... he has not come here to make money... or to make power... but he has come to rise into the new, beautiful world that we are creating. What is the quality that you have imbibed in Sahaja Yoga, except that you have started some business, or something like that... it is very sad... but there are people who are still ruined in the mud of all these things. You have overcome so many things I know... you have achieved so many things I know... which is not possible... humanly impossible things you have done... you have got over all this nonsense... but still there are some people among you, who still are in the stinking mud of nonsense (010321)

People who are materialistic have no heart... they are just dried up... and the only thing they understand is money... money... money. So too much attachment to money is also materialistic... as is also the waste of money... but the mismanagement of money is the worst of all (800927)

Sahajvidya - Money

Do your jobs... have money... money is needed for this work... you have to earn... you have to give money. Some are not even willing to give £10... such people... with them where am I going to do Sahaja Yoga... in a subtler way, for your own betterment you have to give money. For solving this problem you have to give me rice... you put it in my sari (800927)

We should not save money where it concerns Self Realisation organising (830209); If we try to save money, money tries to save itself - is a mutual understanding; It's like having only one door open - there is no air. But if we open a second door, there is circulation (890611); We should save money, for Sahaja Yoga, for Ashrams, for the future (821101); If we can get tapes free, we would like to have... some people take one for the centre, and all listen, and that's it... no, we must have one tape each... sit down and listen again and again... every tape should be with you (890611)

Now to a poor person, if you give something, they go into imbalances... for example, my husband, what he did was to increase the pay of his drivers... they started getting 1000 Rupees which was a very big amount. Within 6 months, their wives came to me... they said it was a wrong thing that he did... our husbands have got keeps now... they have started drinking... they have started not giving any money to us. So to poor people, if you give them more money, they do not know how to use it - they will be drinking... poor people drink much more than the rich people - so they have to be trained how to use money (800927)

If you are a good Sahaja Yogi, you don't have to worry about money (971225); All the Saints have spent their own money, all over the world... to spread Sahaja Yoga - how much money have you spent of your own to spread Sahaja Yoga. I have spent thousands, you know that very well, on you people... even the Puja money that I get... every month I use it for buying some silver things for you - it should not be for you... it's for me I should say... but... I do it. Every Saint used to spend money... whatever they had, they used that money to spread Sahaja Yoga (850629); It's a shameful thing that a Guru has to spend... for you (830209)

Sahajvidya - Money

In India, we have many Swayambhus, created by the Kundalini, and which are really worshipped. I have been to most of them, and I was surprised that most of the Pujaris were suffering from some sort of serious disease, like one was paralysed. When they asked why they were suffering like that, I said because you are just making money... you can't make money out of God - if you don't want to serve God, you don't stay here... but if you want to serve God... then, you can stay here, but don't make money out of it. It's very common, I have seen... those people who make money, get paralysis (970525)

Now when you are married... the girls may not be able to move immediately from their various places, because of visa problems... but don't give them money to be sent to their families... that is not allowed in Sahaja Yoga. Girls should not send money to their parents... and trouble their husbands for that... that is not allowed... 'sometimes' if you want to send is alright... but should not... give any money for sending it to the relations of your wife... otherwise it will become a money oriented marriage, and people would marry because they can extract some money (931224.1)

- Jai Shri Mataji -

Sahajvidya - Money

Tape References

Date/Ref - Title - Qual - mins

- 971225.2 Christmas Puja, G'pule - see 971225.2
- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790616 Dr Johnson House, Birmingham not good 55
- 800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50
- 800927 Lethargy, Chelsham Road good 75
- 821101 Self Mastery, Guru Nanak's Birthday, London (C120) good 105
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830131 Nabhi Chakra, Delhi good 80
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 830209 Problems of Left, Right and Centre, Bombay good 65
- 831001 Santa Cruz interview good 45
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 970525 Respect the Mother Earth, Cabella good
- 971004.1 Nature & Balance, evening before Navaratri, Cabella good
- 971004.2 MUSIC - Evening Program, Cabella
- 971102 Lakshmi & the Maya of Money, Diwali Puja, Lisbon good 55
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe
- 971225.2 Christmas Puja, G'pule/New Year Puja, Kalwe
- 980705 Royal Albert Hall 1998 good 50
- 010321 Mother's Birthday Puja, Delhi good 50

Mooladhara Chakra

The first centre or chakra, below the Kundalini, and means 'support of the root'... from Moola/root (the Kundalini), and Dhara/support... and is controlled by the Deity of Shri Ganesha, whose qualities include innocence and wisdom, and who later incarnates as Lord Jesus Christ. The power of Shri Ganesha is auspiciousness, is the magnet within Mother Earth, and within us.

Auspiciousness is very important... when you speak, it should be auspicious - many people have a habit of speaking very inauspicious things... like we invite somebody to our house for a party... and we say something hurtful to them... or tell a dirty joke... at a time when there is a wedding going on. Hell is nothing but inauspicious living.

Now auspicious matters, which are important matters, must be kept at a higher level always... for example our Mother's photograph is very auspicious... you don't put it on the ground... nor do you trample over it. When you see some sort of a thing which is not auspicious, you should refuse to see such a thing... you should avoid seeing such a thing, because it is not going to give you any joy... any happiness.

A person who has Ganesha awakened within, becomes magnetic, and attracts others. This magnet is 'Pure Love', which does not depend on anything, except on itself. It spreads by its own nature - does not want, or expect anything, but spreads all over and enlightens other's hearts - that is why they are attracted. With Shri Mataji, when the huge crowds come and are very still and quiet for a long time, it is the magnet that is working. The magnets are intact in children... and that is why we are fond of children.

Sahajvidya - Mooladhara Chakra

This lowest centre is the centre that manifests our pelvic plexus... and which controls through it's 4 petals or sub-plexuses the excretory, sex, and reproductive functions of the body... and the topmost one is for controlling the Kundalini's movement.

Represents the earth element, the matter, the material side, and is situated below the Kundalini... because here resides our innocence. The Kundalini therefore does not pass through this chakra when she rises, and so sex has nothing to do with Kundalini awakening. Sex plays no part in Kundalini awakening... and we thus have to be correct in our ideas about sex.

There is a sanctity about sex... it is meant for a happy married life... and for having children - for leading a very happy and a good life, you must have a good sex life. In India... we never think of sex, and all this nonsense... it's spontaneous... we do not read about it. Sex is a very sacred relationship with your wife... when you are with your wife, you see, you indulge into it... that's all. If you go towards sex... and try to come to God... it is the most dangerous thing - if you go through sex... then you open yourself absolutely to Hell. It is a wholly private function.

Carbon, which comes from Ganesha on the left side, and is tetravalent, represents the centre of the periodic table. It is associated with the Mooladhara chakra, and represents the stage when life itself started. Carbon ignited the living process in matter. Carbon gives you life - without carbon, you cannot get life. Evolution itself is from the carbon stage, and amoeba stage, at Mooladhara, through the fish and reptile stages, to the present day, at Sahastrara. We must think... why we have evolved from amoeba to this stage, as a human being.

Sahajvidya - Mooladhara Chakra

Evolution is still going on - this is not the end. So far, it is spontaneous. Evolution takes place only through your seeking - when you start seeking something... then only, you evolve. Now if you are evolved, there must be some purpose... there must be some method that God must have placed within us. So what is that thing within us... is the Kundalini, this residual force, which is placed in the triangular bone, which rises, passes through all the chakras, and pierces through the brain... and enters into the subtle being, that we are... by which we get connected to each other. And so the Collective Consciousness is established within you... it's a happening... which has been promised long time back... by all the Religions, and all the Scriptures.

- Jai Shri Mataji -

Problems with Mooladhara

A catch (constriction or malfunction) at the left Mooladhara is a very dangerous thing. All incurable diseases come from disturbances in the Mooladhara - e.g. myelitis, cancers etc. Diseases that can result from Mooladhara problems include: multiple sclerosis, muscular dystrophy, some cancers, some schizophrenias, aids and some stupidity.

If we do not put attention to our Mooladhara chakra, then our powers become very weak, and we start catching from negativity much more... those who have good Mooladhara do not catch so fast. If we have a strong Mooladhara, then the Mahakali power (power of the left side subtle system) is the strongest within us.

Correcting the Mooladhara

Clear your Mooladharas. So try to sit on the ground as much as you can, and try to meditate with your left hand towards the Sun and the right hand on the Mother Earth, and say the Shri Ganesha mantra, or the Atharvasheersha. So if you take vibrations on the left side, then you clear out your Mooladhara in such a manner that the problems of Mooladhara are solved.

These flowers when you give them to me, they give you two things - flowers are very important... if they are beautiful, then they give to Swadisthan... if they are fragrant, they cure your Mooladhara. Now think of it... you are doing it to improve your chakras.

General Advice from Shri Mataji

- Sit on the Mother Earth as much as you can – she helps the maximum I think.
- To help in clearing the left Mooladhara, place the left hand towards Shri Mataji's photograph, or towards the Sun, and the right hand on the ground... and say Shri Ganesha mantra or Atharvasheersha.
- Footsoaking... for 7 days after Realisation... to establish your auspiciousness.
- Try to establish the 'purity of relationships'... look after your chastity and morality... for both men and women.
- Try to be decent and decorous in your life style... and dress in a decent and dignified way.
- Respect others... and refrain from gossip.
- Watch Shri Mataji without blinking.

- Jai Shri Mataji -

Mooladhara - Aspect or Deity

On the Mooladhara Chakra resides the Deity of Shri Ganesha, who is the embodiment of innocence... who represents the stage between animals and man... whose head is that of the animal... showing... that he doesn't know what is sin... because... an animal does not have ego... and that the animal is innocent... that is why he is innocent. He is innocence personified.

Shri Ganesha... who incarnated on this Earth as Jesus Christ... is the highest, the purest Incarnation... the reason is because his body was also made of the Principle of Brahma... means the Principle of Divine Power... he is made of that essence of Divine Nature of God, that we call as Parama Tattwa... the highest essence of God... his body is made out of that... and that is the reason he could resurrect. At every point, at every chakra... he bestows on you the blessings of his innocence.

Shri Ganesha, who controls the Mooladhara Chakra, below the Kundalini... and guards the gates of Hell... is as a child... is the embodiment of childhood... with the head and trunk of an elephant, the wisest animal, with no ego or superego. He is the power of all Deities, and is found on all chakras. He is very powerful, yet playful, but gets very angry with anyone who is against his Mother, the Kundalini. He shows his temper by giving bad experiences to those who have experimented with the Kundalini in a wrong way, and has punished them as a result. There must be a proper protocol, and if not, then he is seen in a red or orange colour, to show his temper.

When Shri Ganesha is awakened, we have a sparkle in the eyes, no lust or greed, but a powerful glance that can purify thousands.

The Kundalini cannot move without the permission of Shri Ganesha. He is Sahaj, creates spontaneity, he removes all obstacles, he creates all miracles, gives joy of eating, tells how to build up pure relationships, emits all kinds of fragrance, gives power to overcome arrogance. Shri Ganesha's is a silent power that acts... is dynamic.

Mooladhara, Aspect or Deity

It is Shri Ganesha who creates the child within the mother's womb... he selects the face... the colour... everything. With his magnetic power, he manages to attract the right type of genes... he does all such important things for you... all the time busy... he never rests... so full of joy and hard work.

Ganesha's powers are all expressed through left Vishuddhi. Shri Ganesha has only one basic quality... that he's completely surrendered to his Mother. He only knows his Mother. He is completely surrendered to Her... Shri Ganesha worships the Mother... he knows 'just to keep the Mother pleased'... the epitome of respect for the Mother, the most powerful of all Deities. Shri Ganesha tattwa (principle) is in vibrated water.

If we have a strong Mooladhara, then the Mahakali power is the strongest within us. All her powers are actually expressed in Omkara, which is Shri Ganesha, and this Shri Ganesha power within us represents the complete love of Mahakali, and all the powers of destroying the evil forces.

The first, and the highest blessing, of Shri Ganesha is Wisdom - those people who have got wisdom are very lucky people... a person is wise who does not only know what is right and wrong, but also he knows very well his own power, not to do something wrong... he just does not do it. This wisdom can be easily brought back, if we awaken the Kundalini, and, if Shri Ganesha knows that Kundalini is to be awakened, he forgives everything... forgets everything... and comes to assist you... at every chakra, he is there to support you.

The another power that Ganesha has, is he generates innocence within us - we respect our innocence... our chastity... and a lifestyle which is decent and decorous... this is the reason why in Sahaja Yoga we have to be particular about how we dress up... that our dress should be decent, dignified, and... should in no way show our vulgarity... we should look after our chastity... and our morality... which is meant for both women and men... not only in dress, but even in day to day life, it is important.

Mooladhara, Aspect or Deity

Shri Ganesha is the one who is Sahaj, who creates spontaneity. Spontaneity is the only capital that we have... it has to grow - surrender to spontaneity. The expression of love is very spontaneous... but for that spontaneity to come, you must get rid of your habits... otherwise you can never become spontaneous. You have to learn to be spontaneous.

If you are very spontaneous, immediately you will know what the other fellow is trying to do, or say, or to communicate to you... you don't need much thinking about it, because you can absorb even the thought of another person. Absorb doesn't mean that you take the bad thing of a person, but it's like a sieving out... you absorb what another person is saying, and sieve it out.

Another quality... is that a person who is innocent should have no fear... because God looks after innocent people... they are always protected. If anybody tries to harm the innocent, God protects them.

So the Ganesha Principle should be alright... if it is not alright, then the whole movement can collapse. Try to put Shri Ganesha in a respectable position in your lifestyle... that it should be the highest... the most important.

There are so many qualities of Shri Ganesha... that he is a child... he is very playful... he's very interesting and extremely humble... and despite his weight, he's very lightweight. He doesn't try to show off... Shri Ganesha always tries to please his Mother... he knows what his Mother will like... he has complete dedication to the Mother. If you have to gain anything... to achieve any knowledge within... to ascend higher... then you have to learn from Shri Ganesha... what he does and what is his relationship with his Mother. The most matured Deity is Shri Ganesha.

Mooladhara, Aspect or Deity

The symbol of Innocence, the Swastika, becomes transformed later into the Cross. This Swastika represents nothing else but balance. When it starts moving in the right direction, then constructive work starts, and it works out all that is important for life. But when it starts the other way round, it works out the destructive part. These both are in balance... if they are not, life cannot go on.

The 'Swastika' is a very sensitive instrument. If you use the Swastika in it's right direction, clockwise in front and anticlockwise at the back, all negativities are thrown out on the periphery, and absolutely they cannot enter in... but if it is moved the other way, then anything can enter in... it starts opening itself to these negative forces.

- Jai Shri Mataji -

Mooladhara - Summary

<u>Chakra:</u>	Mooladhara
<u>Deity:</u>	Shri Ganesha
<u>Physical Level:</u>	Pelvic Plexus, Prostate Gland
<u>Functions:</u>	Excretion, Sex, Reproduction, & Kundalini ascent
<u>Qualities:</u>	Innocence, Purity, Wisdom, Magnetism, Auspiciousness, Sense of Holiness, Humility, Eternal childhood, Playfulness, Spontaneity, Sahaj, Dedication to Mother.
<u>Cause/Catch:</u>	Misuse of sex
<u>Diseases:</u>	All incurable disease e.g. myelitis, cancers, multiple sclerosis, muscular dystrophy, some cancers, some schizophrenias, aids and some stupidity. Also too much catching from negativity.
<u>Treatments:</u>	Sit on ground. Put Left hand towards Sun or Photo and Right hand on Mother Earth & say Shri Ganesha mantra or Atharvasheersha. Give fragrant flowers to the Mother. Footsoaking. Establish purity of relationships. Respect others. Try to be decent & decorous in your lifestyle, and dress in a decent and dignified way. Look after your morality & chastity... for men and for women. Refrain from gossip. Watch Shri Mataji without blinking.
<u>Mantras:</u>	Deity name
<u>Petals:</u>	Four
<u>Colour:</u>	Red
<u>Element:</u>	Earth, Carbon
<u>Symbol:</u>	Clockwise Swastika
<u>Position:</u>	At back of head in the centre point
<u>Country:</u>	Australia

Mooladhara

The first centre or chakra, below the Kundalini, and means 'support of the root, or Kundalini' (from Moola/root; Dhara/support), and controlled by the Deity of Shri Ganesha, whose qualities include innocence and wisdom, and who later incarnates as Christ (811005); The power of Shri Ganesha is auspiciousness, is the magnet within Mother Earth, and within us (860907)

The mechanism that is placed within you... is placed inside your spinal cord, except for the last chakra, which is red in colour, and which is outside... and which controls the pelvic plexus within you... is the most important chakra... which emits innocence. The Deity sitting on it is Shri Ganesha... who represents the stage between animals and man... and, the head is that of the animal... showing... an animal does not have an ego... that a man is different from an animal... that the animal is innocent... that he doesn't know what is sin... that is why he is innocent. He is innocence personified... and he incarnated too on this Earth... as Lord Jesus Christ. He is made of that essence of Divine Nature of God, that we call as Parama Tattwa... the highest essence of God... his body is made out of that... and that is the reason he could resurrect. At every point, at every chakra... he bestows on you the blessings of his innocence (771121)

The lowest centre is the centre that manifests our pelvic plexus... and which has four sub-plexuses... has four petals... one of these sub-plexuses is for sex... one is for reproduction... and the topmost one is for controlling the Kundalini's movement. Now this chakra is below the Kundalini, because here resides our innocence (790722); Which controls through it's 4 petals or sub-plexuses the excretory, sex and reproductive functions of the body. Red in colour (811005); Associated with the pelvic plexus, and with the element 'carbon' (790616); Whose essence is innocence (860305)

Sahajvidya - Mooladhara

Is the Earth principle, and whose creative principle is the Kundalini (900114); Represents the earth element, the matter, the material side, and gives rise to the pelvic plexus. Is situated below the Kundalini, and the Kundalini therefore does not pass through this chakra when she rises, and so sex has nothing to do with Kundalini awakening (791203)

A catch at the left Mooladhara is a very dangerous thing (850806); All incurable diseases come from disturbances in the Mooladhara - e.g. myelitis, cancers, schizophrenia etc. (860907); Diseases that can result from Mooladhara problems include: multiple sclerosis; muscular dystrophy; some cancers; some schizophrenias; Aids and some stupidity (900828)

Clear your Mooladharas (830104); If you are in Maharashtra, and you have any problem of Mooladhara, then if you sit down on the ground, and put your left hand towards the photo and the right hand on the Mother Earth, and say the Shri Ganesha mantra, or the Atharvasheersha, your left side will be cured... means the left Swadisthan first of all. So if you take vibrations on the left side, then you clear out your Mooladhara in such a manner that the problems of Mooladhara are solved. Of course Mother Earth is everywhere, but this you can't do anywhere else that good... because this is a special place for Mooladhara chakra, where it clears you very much, and fills you with holiness and auspiciousness. So try to sit on the ground as much as you can, and try to meditate with your left hand towards the Sun and the right hand on the Mother Earth (881207); Cures also include, watching the Mother without blinking (830113.2)

If we do not put attention to our Mooladhara chakra, then our powers become very weak, and we start catching from negativity much more... those who have good Mooladhara do not catch so fast. If we have a strong Mooladhara, then the Mahakali power is the strongest within us (890617.1); These flowers when you give them to me, they give you two things - flowers are very important... if they are beautiful, then they give to Swadisthan... if they are fragrant, they cure your Mooladhara. Now think of it... you are doing it to improve your chakras (800927)

Sahajvidya - Mooladhara

Sahaja Yoga has one problem in the West... that people don't want to hear that you should be moral... they find it very difficult... but it's a fundamental thing that we have to be moral people. Now they are seeing the results of it... that they have got AIDS... they have got all these diseases... all these troubles - from that they are learning that our Mooladhara should be alright (890617.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 900114 Sun of S Yoga has risen to it's Zenith, Bombay - see 900101 good 5
- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 860305 Wimbledon Address - see 860305 good 45
- 830104 Stop Complaining - see 830104.1 good 35
- 771121 Tantrism, Caxton Hall poor 75
- 790616 Dr Johnson House, Birmingham not good 55
- 790722 Leeds at Jim's House poor 45
- 791203 When You meet Me - Caxton Hall good 35
- 800927 Lethargy, Chelsham Road good 75
- 811005 Beauty that you are - Houston good 70
- 830104.1 Stop Complaining/How to Proceed - Sholapur/Vaitarna
- 830104.2 Address to the Sholapur IMA - Sholapur good 35
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 860305 Wimbledon address/Brompton Square
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 881207 Why do we come to India-Dec 88/1 - India
- 890617.1 Mahakali Puja, Vancouver / Vancouver Public Program good 15
- 900828 Ganesha Puja - Austria good 30

Moon

The Moon Channel... is the I da Nadi, or left sympathetic nervous system (811005); The Moon governs the heart, and is on the left side of our subtle system (781115); Moonlight... is used to correct a right side problem - if there is a problem of the right side, better to sit in the Moonlight (800517.2); Right sided people should not sit in the Sun... they should sit in the Moonlight (880921); The Moon represents the Atma... the cooling capacity. You are all on the right side... so you ask for the Moon... ask for the Spirit (0.0011)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-781115 Evolution - see 780911 good 45

0.0011 Weekend seminar in Pune, Tape 1 good 180

800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

811005 Beauty that you are - Houston good 70

880921 Speech at Ammonk Ashram, New York good 35

- end -

10 May 2003

Morality

The 'code of conduct' (861128); The expression of innocence (960915); If you have been immoral, you get the left Vishuddhi catch... this is the basics. If you become immoral, in the Subconscious the guilt is built in (800907)

Sahaja Yoga has one problem in the West... that people don't want to hear that you should be moral... they find it very difficult... but it's a fundamental thing that we have to be moral people. Now they are seeing the results of it... that they have got AIDS... they have got all these diseases... all these troubles - from that they are learning that our Mooladhara should be alright (890617.1)

The practice of innocence is chastity. It is the foundation of all dharmas, and works in you as Gauri, as Kundalini, and gives you the Mariadas. The sense of chastity is completely lacking in the West. You must respect your chastity, which is the Vishnumaya power, the Gauri power, the pure virgin, and it is protected by Shri Vishnumaya. The essence of religious life, of righteous life, of Sahaja Yoga life is chastity - without a sense of chastity, you cannot have dharma; Moral chastity comes before material chastity. But whether you do money cheating in Sahaja Yoga, or you cheat morally, the result is the same - the left Vishuddhi catches... the whole problem will start from there (850901)

The 'sin against the Mother'... is the problem in the West... is an insult to the Mother Power of God (830131)... the biggest sin of modern times... which is immorality, and which produces cancer which is also heat producing, and is also called the 'Sin against the Goddess'. Results in psychosomatic, or physical diseases, such as Aids, cancer etc... with delayed punishment (941009; 830113.2); Is not difficult for you to get out of it. Attention is to be kept pure. If the attention is not pure, then there will always be attacks by any nonsensical thing which has no meaning in your ascent (821219)

- Jai Shri Mataji -

Sahajvidya - Morality

Tape References

Date/Ref - Title - Qual - mins

- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 800907 How to know where you are - Chelsham Road good 120
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 830131 Nabhi Chakra, Delhi good 80
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 851128 William Blake, Hammersmith (C100) Not good
- 890617.1 Mahakali Puja, Vancouver / Vancouver Public Program good 15
- 941009 Navaratri Puja, Cabella - [video says 941008] good 55
- 960915 Without Innocence, you cannot enjoy, Ganesha Puja, Cabella good 60

Moses

One of the incarnations of the Primordial Guru, or Master (800727); Who resides in the Void area (821008); Who talked to those who were self-indulgent (890524), degraded, degenerated, and decadent people, and who then made the laws for the Jews (860303); From these laws, the Shariyat Laws were derived, and which were taken over by the Muslims, and which should be for the westerners (890524); Who warned against drinking (820711)
- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 860303 Brompton Square Address - see 860305 good 15
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70
- 820711 Nabhi to Sahastrara, Derby good 90
- 840718 Chiswick Town Hall [+33mins Q&A + incomp. Experience] good 55
- 851128 William Blake, Hammersmith (C100) Not good
- 890524 Integration of Athena - Athens, Greece good 45

- end -

12 Apr 2003

Mother Earth

Also called as Dhara, meaning the one which is the sustenance itself, because she sustains us... on her we live. This Mother Earth is revolving with a tremendous speed and, but for her gravity we would not have existed here. She moves in a spiral around the Sun, which is itself moving up and down; She understands, thinks, coordinates, and creates. She is the creator of the body of Shri Ganesha, and is represented within us as Kundalini (860803)

Early in the morning, when we get up, and we put our foot on her, we should say 'oh Mother, please forgive us because we are touching you with our feet' (860803); Mother Earth sucks all our problems (800609); She sucks in your negativity when you stand on her with bare feet, respecting her and asking her to suck your negativity, with a light in front of you... in front of my photograph (860803); Mother Earth is the one who sucks all these negative forces of the left hand side (880921)

Some of the things are sucked by the Mother Earth... some are sucked by the flame... can be the flame... can be the fire... the Sun also sucks in... the sky also... depends on what centres you have in problem... on what problems you have... alright. But on the whole, the Mother Earth is the most gracious thing... she helps the maximum I think (821008)

She creates these beautiful fruits for us to eat, the trees for us to make furniture and to make nice houses, the green grass for us to soothe our nerves. She carries so many rivers and so many huge big oceans on her being. Such a great thing she is. Yet we exploit her indiscriminately... then the reactions are set in... the beautiful cycle of nature is broken by our aggressive attitude. Then the ether starts acting and we get acid rains. And when she gets upset, we get volcanic eruptions... (860803)

Sahajvidya - Mother Earth

The Mother Earth is so innocent... whether you are good or bad, she gives you fruits... she looks after you... of course up to a point... after that she may bring forth some sort of calamity, like an earthquake or something (930721); We are so closely related to Mother Earth... the Mother Earth, and the Atmosphere react to our behaviour... to how we live (970823.1); Human beings have been so stupid to exploit her to the maximum... not only that but she bears lots of nonsense upon herself... but then a time comes where she becomes explosive... she starts consuming people inside her... then you see the earthquakes, the droughts, this and that... people get engulfed (830821)

In places like Mexico, and Columbia, and also Los Angeles, and all these places on the western coast of America, where there may be all sorts of black magic, or drugs or witchcraft, or false gurus or all kinds of devilish things, then the Mother Earth gets into volcanic conditions, and her anger can be so great, that she can destroy thousands of miles; The eruptions harm collectively, and sometimes some innocent people are also killed in that (860803)

There are ravines, rivers, mountains, different undulations and varieties just to create beauty; She has not created all these nations. It is we who have divided her into parts... like this is my country; Mother Earth uses her matter to give joy to others... if we also use her to give joy to others, we have followed in her path (860803)

The Mother Earth was created by the power of the Sun, and at first was created as a big ball of gas, which later became a thick mass of energy. The Earth was very hot, and so was taken closer to the Moon to cool down, and so became frozen and covered in ice. (The Moon had already been created and was very far away from the Sun, and so was very cool). The Earth was then taken back towards the Sun so that the ice melted and water was created, and the Earth was then placed in the centre, so that Life could be produced. It was all done - it did not just happen, it was

Sahajvidya - Mother Earth

all done. The energy on the right, which created the Universe, produced the physical part i.e. the electromagnetic force. Mother Earth created the Carbon. Through the effect of electricity, carbon got attached to Hydrogen and Oxygen, and so produced amino acids, and so Prana started, which ultimately produced the mind and the brain, and when we become Realised, becomes the Pranava (850528)

Mother Earth feels so elated to see her manifestation into these beautiful green trees. She is the one who changes all the seasons. Rutumbhara means the attention which changes the seasons. All the seasons are created by her just to please us. Yet what do we do to please her - we exhaust her, torture her, we take out everything from her, pollute her, do all sorts of nonsensical things... and then she gets angry. Then we get volcanoes, earthquakes, and get all types of things happening... (830723.3)

The essence of the Mother Earth is the Kundalini within us (860803); She is created out of the 5 elements: earth, fire, air, water, ether (781005), and is used to clear the subtle system (830121); Subtle matter is important for us... like the light which is burning... the water that is in the ocean... the open sky... or, the Mother Earth which in certain places in India, is very much sucking our material identifications (800927)

Now the ocean is the Father... and the Mother Earth is your Mother... but when the Mother Earth becomes a mountain, she is called as the Father... the reason is... she, at that height, can catch the Father on top of her head as snow or as rain. That is how the Mother becomes the Father, and so she can perform the complete function of a Father and a Mother (840902)

Why we are suffering in this beautiful planet is because we do not respect what we have to respect the most - Mother Earth is to be respected... meaning that whatever is created on this Mother Earth by the movement of the Earth, by the sea, by all

Sahajvidya - Mother Earth

the elements, has to be respected. So to respect the Mother Earth, people do Bhoomi Puja... because if she is not being respected, maybe there could be an earthquake... which means that the Mother Earth understands, knows and acts. It acts in such a manner that human beings don't understand why such things happen... the understanding of Mother Earth about Saints is very great... she knows who is a Saint... she knows the feet of a Saint. That's why so many things were created - like Moses... he went to the sea, and the Mother Earth came up for them to walk through... it was for Moses, and his saintliness, that the Mother Earth came up and helped. In the same way, when Rama was building a big bridge between Lanka and India, Mother Earth came up as a bridge. So we should not curse the Mother Earth for any mishaps on this earth... if people are saintly, they will always be protected by Mother Earth... she will always try to give them whatever they want (970525)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 970823.1 Primordial Taboos, S Dharma, Krishna Puja, Cabella good 65
- 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 800609 Subtlety Within - Caxton Hall good 50
- 800927 Lethargy, Chelsham Road good 75
- 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
- 830821 Mother Earth, Surbiton good 50
- 840902 Ganesha Puja talk, Switzerland [French translation] good 55
- 850528 Kundalini Power and Creation, Los Angeles good 45
- 860803 Bhoomi Devi Puja, England good 20
- 880921 Speech at Ammonk Ashram, New York good 35
- 970525 Respect the Mother Earth, Cabella good

- end -

28 May 2003

Motherhood

Is the highest position that a woman can reach (820711); Is the beauty of a woman (840906); The children are produced and cared for by the wife, the shakti or power of the family, who has all the qualities of motherhood; They depend on the mother for love and guidance. If the wife starts competing with the husband, then the children and family suffer (810328)

The relationship of a mother is a very pure relationship (850901); The mother's position is very different... she will go on struggling and fighting for her child... she'll fight it out to the last, to see that the child gets all the benefits... and this patience, this love, this forgiveness is innately built in a mother... her attitude is very different... just she does it because she is a mother (980510); The 'mother relationship' is represented in the heart (790618)

If motherhood in a woman is challenged, by her husband flirting with other women, she can develop breast cancer (890801)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 820711 Nabhi to Sahastrara, Derby good 90
- 840906 Talk at Gregoire's House - Vienna [German translation] good 65
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 890801 First Know Thy "Self" - Porchester Hall [+25 min Q&A] Good 50
- 980510 Meditation is the only way, Sahastrara, Cabella good 60

Motherliness

The consciousness of human beings, not only men but women also... is moving more towards the feminine expression of life... and today we have to understand that it is the time for the motherly qualities to develop... even a man, when he becomes motherly... he only becomes a great man. So now in you the motherhood must take over... rather than the fatherhood; The quality of a woman as a mother is the power, most important to ignite Sahaja Yoga (830821)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830821 Mother Earth, Surbiton good 50

- end -

28 Jun 2003

Mother's Body

The problem of this Adi Shakti is this... that I decided that I will have all of you enter into my body... absorb all of you... it's a very dangerous game I know... but I did it. So with you... all your problems have gone into me... all your troubles also have gone into me... you see, it's like the ocean into which you have been put... you are cleansed... but what about the ocean. The ocean has got still your problems... things lingering... and they are very troublesome (970525)

So the best thing would be for you to cleanse yourself... cleansing is very important... through introspection... doesn't mean thinking... but meditation. To be kind to me, if you could try to be really good Sahaja Yogis - not to show off... not business like... not only thinking type... not argumentative... not criticising others. If you try to meditate every day 10-15 mins... I tell you, my health will be first class. I am sure you are all very sensible people, and you'll understand that your Mother shouldn't suffer (970525)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

970525 Respect the Mother Earth, Cabella good

- end -

20 Jun 2003

Mother's Health

I have put so many guilty people in my left Vishuddhi, that my ears are getting blocked, trying to clear them out. If you can clear out our guilt, my ears will be opened out, my trouble will go away. So please I request you, to keep our left Vishuddhis alright... don't feel guilty (850901)

The problem of this Adi Shakti is this... that I decided that I will have all of you enter into my body... absorb all of you... it's a very dangerous game I know... but I did it. So with you... all your problems have gone into me... all your troubles also have gone into me... you see, it's like the ocean into which you have been put... you are cleansed... but what about the ocean. The ocean has got still your problems... things lingering... and they are very troublesome (970525)

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- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
850901 Vishnumaya Puja/Brompton Sq. Puja Wimbledon/Brompton Sq.
970525 Respect the Mother Earth, Cabella good

- end -

10 Mar 2003

Mother's Kundalini

In the centre people enjoy just the love of their Mother... like Shri Ganesha does... just think how your Mother loves you... finished... can you... if you really believe in Her... in Sahaja Yoga... these two things should solve the problem... no more thinking... just think how much your Mother loves... that means you are jumping onto my Kundalini... and when you jump onto my Kundalini... then... there is no thought. When you think that how much your Mother loves you... you are jumping onto my Kundalini... and that time there is no thought. Complete silence will exist once you come on my Kundalini - but not through your mental projection, but through your meditative spontaneous experience... it's very joy giving... just feel the joy of that (830107)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-830107 Ganesha Puja, Rahuri, see 830113.1 (5 Pujas in India) good 20

Mother's Life

So far, human beings received the Blessings of God... individually, as Grace... and they received their Self Realisation individually, one by one. The method for individual Realisation was just the opposite of the collective... first they had to establish their dharma... cleanse themselves fully... desiring all the time for their salvation... as we call it Ishwara Pranidana... thinking of God... asking for his Grace... and acting in a scrupulously dharmic way, to keep themselves pure... controlling their minds, their desires and their actions... and then only, the Grace of Mother gave them Realisation (800505)

This pattern was on for some time... and those who got Realisation did lots of wonderful things to prepare for Sahaja Yoga. They were in every field of life... but very few and unique... for example, in India, and in many other places in ancient times... they discovered the unique gifts of the Mother Earth... what you call as Swayambhus... those stones or stone images, which were thrown out by the Mother Earth, and discovered by these Saints. They put shrines there, and they worshipped them... and by this they made these images vibrate more... and also to vibrate that area. All over the world, there are such stones... but only the Saints could discover them (800505)

Then they established the importance of virtue in life... and how it can give you health, wealth and prosperity... which is glorified... and not which is degrading. They established schools and Universities... especially in India, where even today the families... carry the name of that University as their Ghotra... and the families belonging to one Ghotra cannot marry. They prepared young children, educated them... that they led a very dharmic life... enjoyed their married life fully... and matured in such a manner that they got their Realisation... and lived a life of complete enjoyment. And thus they, by their example, distracted the attention of the people which was outside, to inner deeper values (800505)

Sahajvidya - Mother's Life

All this permeated a kind of confidence in God, Religion and a very balanced life - they have really done a great job of building the scaffolding... of the huge, great building of Sahaja Yoga... which is going to come now. Their desire to establish Dharma was so great, that the complete Divine force of Mahakali was working through them... and they put it to action with such understanding and such wisdom. Great scriptures were written by them... and for thousands of years, they were the guiding light for people (800505)

Only in the modern times... we should say about one thousand years or so... people started doubting them. Before that people used to doubt themselves... that we are not good enough - but there was no doubting about the Incarnations. All this started toppling down, with the ego developing... and the superego challenging - confusion started coming into the minds of people... they were influenced by many Satanic forces around, and played into their hands... and they started doubting those great Realised People, and all these great Scriptures.

So on one side we have the doubting people... and on the other side, the fanatics - those who try to adhere more and more, to the teachings, had to become fanatics. The 'real' Religion in man collapsed... Religion is a continuous living process within, which is our sustenance... it's like a ladder, on which we climb, step by step... but not leaving the ladder. So... these two types... one doubting... another fanatic... both had not known God... both had not achieved Reality... and they criticised each other... because both of them did not know what truth was (800505)

I took my birth at a point where this confusion had started showing it's results... even on a physical plane. When I started looking around, I was amazed how ignorance had made people naïve - though formerly people had this much understanding, this much sensitivity to know, what is right and what is wrong - in this confused situation, I was born. I knew I was to open the Sahastrara... so I started my work, after my first shocks (800505)

Sahajvidya - Mother's Life

I decided not to talk about it to anyone... and to lead a very normal life... of a very ordinary person... not to be very striking... because like Christ, when he was born, a star came up... that's how the King Herod came to know about him... and you know the story, what happened. If you are born with any striking signs, the negativity immediately finds you out. As it is, it found me out... and just after the fifteenth day of my birth there was a very big accident as you know (800505)

I had to really work very very hard to enter into your being... to find out... first of all... your basic problems... and then the different permutations and combinations... and then these were also capped by other identifications... like the society in which you were born... like the nation in which you were born... like the ideas that were there. All these things became much more important than the original universal being within you... and every individual had taken a very odd funny awkward type of a shape, which I didn't know how to reduce... by which they could start their growth (800505)

It was a very hard work... nights after nights I used to work... while leading a very ordinary life of a very normal person. I used to behave like a very simple ordinary student... and show all my ignorance about things... but sometimes you know, truth has an awkward habit of slipping out... and it used to show itself. One of the biggest problems of human beings, I found was family life... and that's why I married... I wanted to study what are the problems of family life... and so I started facing these problems as if they were my own... and then other problems like political, economic... and all these problems also... because they became so important for human beings... but which are of absolutely artificial value. A sort of a human behaviour science I had to study for years (800505)

Sahajvidya - Mother's Life

And then... as you reach a point where all the knots are opened out... and one knot is still left... which is to be opened out... and that was done on 5th May 1970. Then the collective phenomenon started working... and the greatest of these was that the Shri Chakra, being on this Earth, could be felt through your fingers... this was never before so - nobody felt the vibrations on the fingers as such... but they felt it within themselves. Now, because the Sahastrara of the Universe was opened out, everybody started feeling the vibrations around them with their own hands... now the fingers... could feel the vibrations... that means the sensitivity of the Divine which was in the chakras spread out to the periphery to such an extent that a human being could feel it on the fingers... this was fantastic (800505)

So my job was to move from the centre to the periphery... and whatever are the obstacles I met, I had to clear them out, one after another. But then, I must say that, Sahaja Yoga when it started working out... I was given very great workers, tools of Sahaja Yoga... who took it upon themselves, as their own responsibility... and they really worked very hard with me... very few... but they did. The rest of them... can be divided into many categories... some came for their own treatments, or something like that, of a very low level... or some, when they got their Realisation, they brought all their sick relations to me... then some came for their financial and all sorts of mental problems... and some came for their family and spiritual problems... but the ones who took it up as their own responsibility, that this is what they have to do, this is their life, this is what their complete meaning is... they put entirely their attention to it... they worked it out, whatever was possible on their own level (800505)

Sahajvidya - Mother's Life

So today we have to understand... that we really need those brave people... and those people who feel responsible. It is a very important virtue of Sahaja Yogis. The main thing is... what are you doing for Sahaja Yoga... what you can do... how far you can go... how you are going to work it out. In every walk of life... those who really work it out as a great responsibility upon themselves are the ones who will be given more and more powers, and chances (800505)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800505 Sahastrara Day, Dollis Hill Good

- end -

18 Jun 2003

Mother's Permission

Without asking, you are not to fix my program anywhere... without taking my permission... if you ever try to do such tricks with me, I'll put you right. You know I have all the powers to correct you... so don't take liberties with me anymore... I'm telling you... I'm warning you. Try to understand (850629)

The people who are in the 'centre' are quiet and silent people... they never show off... nor are they in front... only when they have to construct something important, they'll come and see me (830209); Those people who have ego, never realise they have ego... with their ego they do all kinds of nonsensical things - without asking me... they have done something... and it's so destructive to Sahaja Yoga. If you want to do anything, you must tell me beforehand... you must consult me... you must talk to me... because I know what is happening... at least ask me. You can write to me... you can telephone too... at least I am there to tell you (971225)

If Mother says 'this is not good' you feel hurt... if Mother says 'this is good' you feel happy... that means you are still at a very subtler state of ego, where you think that whatever you say should be approved by me. That is something is very subtle we do not understand, that if Mother is not approving of it, there must be basic Divine reason... otherwise why should I not approve of it. We must know that it's all the work of God, and we are just channels in the hands of God (850310)

You cannot condemn anyone without telling me... you have to tell me... don't worry that this will disturb me or anything, but you should ask me... I know about everyone... maybe I've not met that person, but I can feel the vibrations. You can write to me... many people just telephone... that's not the way... you must write to me, because I read each and every letter... but all nonsensical letters you shouldn't write also, to waste my time... and... you can ask on my photograph (971225)

Sahajvidya - Mother's Permission

Tape References:

Date/Ref - Title - Qual - mins

- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850629 Guru Puja, Paris (Strong correcting tape) good
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kale
- Jai Shri Mataji -

Mother's Prayer

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

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

841005 Farewell to Mother - Chelsham Road good 50

Mother's Presence

When I am away... I am not gone - I am much more here when I am not here... you will see (801205)

People who are with Mother go into left Vishuddhi very fast, because they lack in protocol. To be with Mother is a blessing no doubt, but also one has to be very very careful, that you do not cross the protocols (850901)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

801205 Marriage & Collectivity, Chelsham Road poor 20

850901 Vishnumaya Puja/Brompton Sq. Puja - Wimbledon/Brompton Sq.

- end -

26 Apr 2003

Mother's Vision

Why did Mother work so hard... and want so many Sahaja Yogis... why... what is the need. The need is like this... I have so much love... that I have to channelise it... if I don't, I'll suffocate... I can't love myself... so this love has to spread... and for that I have to have you people, who can take this love to others, and make them happy. This is a kind of a Vision I have... you are specially chosen for this kind of thing. Now how far you understand your importance is a different point - for your emancipation, you meditate, alright... but if you are not channelising the love, the Divine Love, what is the use (970525)

Now supposing I repair something very nicely... I repair this 'mike'... I put it right... everything, and I don't speak, what's the use of having it... otherwise you have been very selfish I would say... that you have had a nice time... and you have not given to others. This is the reason why Sahaja Yoga sometimes fails to create a proper balanced personality in a human being (970525); Now supposing a Sahaja Yogi has married another Sahaja Yogi... take a position like that... now my desire is that they should develop a complete understanding of each other, love for each other... but also a love for Sahaja Yoga... and for others - this is the only way we can justify marriage in Sahaja Yoga... otherwise, why should they marry (970525)

If you see, the rate at which we are moving is not proper... we have to be much faster... we have to go much ahead, and we have to create much more Sahaja Yogis through our consistent very intensive effort. But it is a side issue... a 'by the way'... Sahaja Yoga is 'by the way'... and this is why we are failing in our responsibilities (970525); You have to become very sensitive to the needs of the world... if you fail, the whole thing will fail for ever. So the need for you is to spread Sahaja Yoga, because this love is not only for you... but is to be enjoyed by as many as possible in the whole world... so we have to go all out... every where... every corner... we have to shout... to tell loudly... what is the time in which we are living. Nobody but 'you' can do it... you can 'do' it... because you are children of the Adi Shakti (970525)

Sahajvidya - Mother's Vision

But again and again, I have to tell you that the work has to be done with a faster speed... and we have to get more people into Sahaja Yoga. It's rather difficult for me to say something forcefully... that's not my nature you know... I can't get into tempers, and cannot get angry... and I cannot forcefully say something to you... but if you fail, then only thing will be that you have failed me completely... it means that... nothing less than that. I would request all of you to take a vow today that you will spread Sahaja Yoga and that you will talk about Sahaja Yoga, know about Sahaja Yoga - there are many who don't know anything (970525)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

970525 Respect the Mother Earth, Cabella good

Mother's Words

When Mother is talking, we should think "Mother is talking to ME" or "about ME" (860305); It's not for anyone else I am saying... I am saying it for each one of you (871224); Now my talks should not be a waste... again, please listen to me... I'm addressing to you... all of you... remember that. Do not think that I'm addressing to somebody else... it is to you all (850629); We should listen to the Mother, in the form of whom, the whole of the Brahmachaitanya has come, to shower us with the Chaitanya, to enrich us, to nurture us, to develop us. She is the Master of Sahastrara, the Master of all the chakras. But She is beyond the Sahastrara - much beyond. Such is the situation that we must listen to whatever She says, and we should obey Her (870503.1); Anything that Mother tells us, we should not take, or do to extreme (830204); There are certain problems that arise sometimes when we don't listen to Mother (880101)

In general Mother has to tell us things which we should understand is for our good, for our enjoyment. Everything is to increase our enjoyment... even our ascent is to increase our enjoyment... our sensitivity to joy (881211); Whatever Mother says has to be just listened to... that's all. Mother says to you things which should not hurt you in any way, and you should not take it that seriously... but understand that... next time... we should not (881211)

You must all individually also work it out that you study Sahaja Yoga in a way. In most of the tapes whatever I have said can be seen... found out... what is said about health... what is said about children... because I spontaneously say things... and if you can sort it out you will know so many things... I mean if you sit down and do a study of these tapes it will help you to find out so many little little things that are so important for life. You can clarify it... can note it down... that this Mother said about these things... it will be very good for us to sort it out this way... what point is to be noted down in different headings... can put different different headings, and jot it down. Mother has said 'so'... Mother has said 'so'... whatever is not on the tape you should not listen to... whatever is on tape is

Sahajvidya - Mother's Words

authentic... whatever is recorded already should be accepted (890725); We must have one tape each - sit down and listen again and again - with pencil and paper, and see what I am saying. Every tape should be with you (890611)

After listening to my lectures, you just go into meditation... actually my lectures are not to be understood by your brains, but by your Kundalini... and through your heart. So it doesn't matter if you don't remember something... it's alright... but it will come handy whenever you want to use it... some words or sentences... you will not know from where it is coming... it's all recorded (880921); We record Mother's Vibrations and superimpose Mother's Lecture on that, so that it has double effect (791009.1)

Whatever I have said, say, in the beginning of Sahaja Yoga is... not different, but... it's all... rudimentary- what I have said in this Guru Puja... I would not have said in the beginning... would I have. So the 'awareness' also, has to rise... to understand it, you see... this is very important (860707.2); When I say the truth, you get the vibrations... so you can find out the truth... so, if I am telling the truth or not, you can find out. But, is it possible that when I am speaking here, you don't feel the vibrations... if you are not getting the vibrations... always it is wrong with you, not with me. So how to find out whether I am telling the truth or not... that is Mahamaya... it's just a play you see... just fun (860707.2)

Now you people don't misunderstand me so much as you used to... but still you do things which should not be done. To understand that whatever I tell you is for your ascent, you need a kind of a state of mind which is a detached mind. The detached mind is visible... very clear-cut in a person that he's neither very emotionally attached... and he's not very physically attached... but he sees that the progress of himself and of the society is the point... like the cell knows it has to progress for the betterment of the tree... but it has innate wisdom to do it in such a way that it never harms itself... and does not harm the tree. So the progress of a mind which one should develop, has to be such that you should move with a balance... with a

Sahajvidya - Mother's Words

witness state... and see for yourself how far you should go... and how far you should not go. Going to extremes is not Sahaja Yoga style... ascent is (850310)

Recently they found out the books written by Thomas, the disciple of Christ who was coming to India. On his way he went to Egypt.. and there he wrote the treatise... and he put in a big earthen vessel... or perhaps it was a metallic thing... and it was discovered 42 years back. The people whom he considered to be authorised Christians he calls as Gnostics... Gna means to know. He has written... to know and to have the personal experience is the only way to follow Christ clearly. Not only that but he said that God Almighty who is so kind... why will he ask you to suffer... so he challenges all the Christian principles of suffering. In the same way in all the Religions people have diverted from the right path... and have come to the wrong path... and are indulging into self created Religions which have no relationship with Reality... or with the incarnations... those who started the Religions... or who gave the ideas of Religions - I hope you won't do that to me... because you are Gnostic people... you are the ones who know... who have had Self Realisation (871219)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 890725 Arrival speech - Melicharg - see 890723 good 20
- 881211 Detachment - Rahuri - see 881207 good 25
- 880101 A sinless life - G'pule - see 871213 good 5
- 871224 We are here for our ascent, Poona - see 871213 good 30
- 870503.1 Sahastrara Puja - Australia - see 870503 good 45
- 860707.2 Vienna Ashram address, Melichargasse, see 860707 good
- 860305 Wimbledon Address - see 860305 good 45
- 850310 Public Prog. Masonic Hall, Sydney - see 850310.1 good 25
- 791009.1 Maintaining purity of S Yoga/Where... stand in SYoga
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 860305 Wimbledon address/Brompton Square
- 880921 Speech at Ammonk Ashram, New York good 35

- end -

7 May 2003

The Mother

The Holy Ghost, in the Trinity (831001); The Kundalini; Who nourishes, is compassion, love, forbearing (831001); She who wants that you have your Self Realisation, but if you do not want it, then She is not bothered. She who does not take anything from you, only gives (780911); Who is worshipped by Shri Ganesha (850629); Who is a very ancient personality (790530); Who says She does not do anything, it just emits, it just flows, it works... (790616)

Who has patience, love, understanding... who comforts, counsels... who saves the people, transforms them, and gives them their second birth (871023); Who has come to tell us the truth, not to please us or to please our ego, but to comfort us (810330); Sahaja Yogis can get all Mother's Powers; As a Mother, Shri Mataji wants to give everything to Sahaja Yogis. The greatest joy for a Mother is to see Her son or daughter grow up like Her (980320); The Mother power is to protect our innocence (850901)

We have to be careful, and not say any indecent things to the Mother, nor to use bad words (790416); Care needs to be exercised, because the time may come when the Mother's attention may recede, and then we will just drop out (790422); She who is to be revered (830128)

It is not easy to understand me... on one side, of course, I am Divine no doubt... on the other side I'm very human... even in a film, if I see somebody suffering, I start crying... I can't bear it; I made myself extremely human... and this Divinity of mine also... it's just Sahaj. I've done nothing - I've been like this... I am like this. I've not achieved anything... if I have achieved anything... it's the understanding of human beings (920229); Only for those who are my children, I come on this Earth... not for those who are not... I have nothing to do with them; I did try to save you... as the prodigal son has to be saved (850629)

In every country there has been a manifestation of the Mother Principle, and it has been depicted and said... but later on it was taken over by people who didn't want to talk about the Mother, because they couldn't justify themselves... the way they were behaving (980510)

Mother's Love

Think of... how your Mother loves you, who is your Mother... if you really believe in Her, in Sahaja Yoga. These two things should solve your problems - no more thinking. Just think how much your Mother loves - when you think how much your Mother loves you, you are jumping onto Her Kundalini, and at that time when you jump onto Mother's Kundalini, then there is no thought (830107)

Complete silence will exist once you come onto Mother's Kundalini - but not through your mental projection, but through your meditative spontaneous experience - just feel the joy of that. Just think how much your Mother loves you, and then you are jumping onto Her Kundalini (830107)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 830107 Ganesha Puja - Rahuri - see 830113.1 - (5 Pujas in India) good 20
- 780911 Brahma Principle - see 780911 good 45
- 780911 Brahma Principle/Evolution
- 790416 Living work of God, Easter, Putney good 45
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790616 Dr Johnson House, Birmingham not good 55
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 830128 Introduction to Sahaja Yoga - Delhi good 75
- 831001 Santa Cruz interview good 45
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
- 920229 Shivaratri Puja, Glenrock, Australia good 60
- 980320 Felicitations, Delhi good 55
- 980510 Meditation is the only way, Sahastrara, Cabella good 60

Multiple Sclerosis

A disease of the left side... so far I have seen three cases in England, which have been cured by Sahaja Yoga... and all of them had either the wife or husband possessed (821008)... and which can result from Mooladhara problems (900828; 860907)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

860907 Establishing Shri Ganesha Principle, San Diego good 55

900828 Ganesha Puja - Austria good 30

Chakras affected: Mooladhara; Left Side

- end -

28 Jun 2003

Murmuring Souls

Christ has said of those who gossip... 'beware of murmuring souls'... first of all their attention is not alright... their attention is here and there... and they start talking about things... they start creating problems... and they somehow like to destroy your Realisation... they want that you should not achieve what you are achieving, because 'they' cannot achieve it... so they talk to you in a manner that you start doubting yourself, and Sahaja Yoga. Or else, they start talking about others, and try to create a problem for you. For that I would say that nobody should talk to anyone about 'others'. So, anybody starts talking ill of another person, just tell that person to... 'shut up'... 'I don't want to hear anything against anyone... if you have to say anything, go and tell the leader' (880921)

Justifying

Never justify any defects - all defects will run away as soon as you decide that you are going to face yourself. Also not to go near a person who talks negatively, but to go near those who are positive (791202.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-791202.2 Guru Puja/2, Dollis Hill. see 791202.1 [incomplete] good 30

791202.2 Guru Puja Pts 3 & 4, Dollis Hill

880921 Speech at Ammonk Ashram, New York good 35

Muscular Dystrophy

In which the muscles become very weak gradually, and which comes from the left side... a left side disease (830209)... and which... can result from Mooladhara problems (900828; 860907)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830209 Problems of Left, Right and Centre - Bombay good 65

860907 Establishing Shri Ganesha Principle, San Diego good 55

900828 Ganesha Puja - Austria good 30

Chakras affected: Mooladhara; Left Side

- end -

1 Oct 2002

Music

Indian music comes from complete Divinity (871218), and is elevating to all - the effect in Sahaja Yoga is tremendous. If a Sahaja Yogi sings, it acts like a mantra on the being of the Holy Mother (830131); Has come out of God's love for us... in India, is based on AUM, and is scientific. Music is meant to be in praise of God (830202); I can communicate to you, better through music. I'm working on you all the time (880105)

Indian music is understood by westerners at the spiritual level, not intellectually (830202); Never before, western people have enjoyed music in this manner, as you have enjoyed... this Indian music will unite the whole world one day... if we keep to the pure knowledge of Indian music (880107); We have to have music, because music is so wonderful - we have to please the Deities, and when there is music and songs, then they respond and the vibrations from the Mother are much more (791118)

Music has a way of carrying these Divine Vibrations on it... but the music has to be Divine also. The music which is erotic... or something very base... or related to something very ugly, doesn't work out... but if it is a proper music, of a proper type, then it communicates... but that discretion only comes after Realisation. In India, classical music is very very deep... it is a very difficult thing... and is played spontaneously... and is a very difficult thing even to understand, and to appreciate... but when these people get Realisation... they enjoy it so much... just automatically. So what you enjoy there is the vibrations... you feel the cool vibrations... and you start enjoying it... they soothe you down. Music which is congenial, carries the waves of vibrations (890617.2)

Sahajvidya - Music

You have to love everyone... try to make everyone happy... that's why I like music, because through music you can spread vibrations... is a very good media of spreading vibrations, of loving vibrations... but those who are musicians have to be loving people... not hot-tempered, not showing off, not thinking too much of themselves (971225)

There is a very good book, that Arun Apte has written, that you all should buy... so you'll understand about Indian music. All those musicians, who were singing western song... was alright... but what was missing in that... was melody... it's not melodious... like, little bit you sing... then you shout... then you bring it down... then... they think that they have to sing through their heart... express their feeling of their heart... artificially they want to produce that effect... there is no need. To sing in parts... there's no melody in it... there's no flow in it. Russian songs, though they are folk songs, they're very melodious... but don't worry, Americans are invading that part also... they are having all this horrible music there (971004)

Now the music means it should please you... it should give you more entertainment... not to make you unhappy or sad... if you have all these feelings, then you should try to say 'yes there is a problem, but I'll get over it'... because you are a Sahaja Yogi... you have to show the victory... the victorious nature of yours, in your music. Even the orchestras... they go kya kya kya... but Indian orchestras are melodious... so the difference is very great (971004)

So I would request all the musicians, who are singing... words must be clear cut, and the melody must be there. Now in Indian Ragas, there is melody, but words are not important... so you enjoy the tune and everything... whether you know the language or not doesn't matter. So when you can combine melody with western music, you'll see how different it will be. And this book will teach you... this is a very good book which you should have... and which you should understand that how music can cure you. I'm sure, if Indian musicians take to western music, it will be much better than western music as it is (971004)

Sahajvidya - Music

Tape References:

Date/Ref - Title - Qual - mins

- 971225.2 Christmas Puja, G'pule - see 971225.2
- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 880107 Brotherly love - G'pule - see 871220 good 15
- 880105 Bondages we have - G'pule - see 871220 good 20
- 871218 Kabira - Aurangabad - see 871213 good 5
- 791118 Where stand in SY/How get Med'n, DollisHill see 791009.1 good 45
- 830131 Nabhi Chakra - Delhi good 80
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 971004 Nature & Balance, evening before Navaratri, Cabella good
- 971004 MUSIC - Evening Program, Cabella
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe
- 971225.2 Christmas Puja, G'pule/New Year Puja, Kale

- Jai Shri Mataji -

My - Mine

Sahaja Yogis must learn to lead a life of the collective, not talking of 'my' or 'mine', 'this is my child' etc. - this should go away. We do so by saying 'Mother, it's all yours'. It is not dangerous - She will not take anything. Say 'Mother it is all yours' to start it... 'It's all yours, I am yours, my heart is yours, all my things are yours, my life is yours'. Saying like this is a mantra for the Sahastrara (870503.1)

The Deity of Sahastrara is a very simple person, and is pleased with very little actions... not much is needed to please the Deity of Sahastrara (870503.1); There's no question of Sahastrara catching if you have a large heart, and to keep the Sahastrara open, just develop that sense, that wisdom that nobody's mine... everybody belongs to God. This 'my' has to drop out, which is a very subtle thing... and that is why the Sahastrara catches... love everyone equally (920621)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-870503.1 Sahastrara Puja, Australia - see 870503 good 45
920621 Kundalini Puja, Cabella good 55

- end -

27 Mar 2003

Nabhi Chakra

A very important centre, the 3rd centre... though actually it is the 2nd centre, giving rise to the Swadisthan, as at the end of a stalk; The navel centre, responsible for our seeking, firstly for food and shelter, then for other things like power, and eventually for the Spirit, and for our evolution til the present time; The Nabhi looks after our digestion on the physical level... it also looks after our balance, our ten commandments, which are given to us by the Primordial Masters... and through this centre we evolve.

Has 10 sub-plexuses, or petals; In the gross, it manifests as the Solar Plexus... and which controls all the organs in the stomach area; looks after all the viscera of the stomach, physically... and mentally it looks after other things... like with any extremism, it gets caught up... or with any fanaticism, or for example... starving, fasting, or eating too much; Linked to water on one side and to fire on the other, with 10 valencies that give us our innate religion; With this chakra, we enjoy our generosity in giving to others; Also we give to others, who are dependent on us, protection and not chastisement, leading to dignity, in the upbringing of our children.

The Nabhi is very individualistic... is everybody's personal thing; In the centre of this chakra is the Lakshmi, by which we have balance, and a sense of satisfaction, and exert no pressure on others. The Lotus is the symbol of this centre, being pink (the symbol of love), fragrant, soft and receptive to all that is harsh and crude; Greece is the centre of the Nabhi of the Universe; Left Nabhi is represented by Holland and Belgium.

Krishna has said 'Yoga Kshema Wahamya Hum'... "First you get your Yoga, then you get your well-being" - when you get your yoga, when you are connected to God, then only I give you your well-being. He said it clearly. The Divine looks after you so well, you can't imagine. In the West, people do not believe in Yoga, whilst in the East, people do not believe in the Kshema; Kshema... or well-being; The Goddess of Wealth and Prosperity, and also of Health... who is the Deity of well-being, who is Motherly... is Lakshmi.

Sahajvidya - Nabhi Chakra

We have to rise above the gravitational force of materialism, which is today's religion everywhere, whatever they may call it... whether it is communism or capitalism, or democracy... or demonocracy - all of that is nothing but materialism in it's all absurd forms. Kundalini is the only thing that can take you, like the stalk of the lotus, out of this mud of materialism - we have to get out of it completely. Materialism is a problem of the left Nabhi.

Greed... is an inner defect in a human being... that he thinks he can get pleasure out of things... he cannot... and he goes on accumulating and buying this and that - joy is much more in... giving to others; It is the greed, the terrible greed in man, that creates the problems... is one of the biggest enemies or problems of today... but if he learns to be satisfied, automatically the greed drops out; Greed has no Mariadas; To get rid of this greed... try to give to others, and see the joy; If you don't have greed, you get what you want... but if you have greed, God makes you dance; If you don't ask for anything, if you don't desire for anything... you get what you need... whatever 'you need', you get. Better try to develop a detachment... if it's there, well and good... if it's not there, doesn't matter; For greed you have to work on the Nabhi chakra.

If you have Lakshmi Principle in you, you will feel extremely satisfied with everything that is materialistic... if you have something, well and good... if you don't have, well and good. We have to be satisfied with what we have... and we should express our love by giving something, whatever it is, to the needy person. I have seen myself... I find it difficult to buy anything for myself - if it's expensive, I think I should not buy; Without satisfaction, you cannot have compassion... you have to be satisfied Souls... then your compassion will act. Now try to see that you don't 'want' anything any more... now, lets give... we've had enough of it... that's very important to understand - give to others... your friends... it's very touching you know.

With the Nabhi chakra, we enjoy our generosity in giving to others. This generosity will always help you... and by generosity we nourish our hearts. When we give, try to feel that we are giving what God has given; By generosity the circulation starts, and you solve your

Sahajvidya - Nabhi Chakra

material problems. Sharing of your things is an extremely joy giving thing... that is how all of us have to live... sharing things. Don't think about yourself... think of others... think what others like; It is such a joy-giving thing... to cook for others. So the Principle of Lakshmi is only enjoyed, when you share with others... we have to learn to share; Lakshmi... gives protection and support to others, who are dependent on her - known as Ashreya; That system in India, where in each family there exist some who are dependent on the others.

Today is the time for people to become the Spirit - this is the blessing of the 'Blossom Time' as Shri Mataji calls it, and people have to become the Spirit. This is an essential step today, to become the Spirit. This is an evolutionary process. All the religions have talked about it. Without it you cannot achieve the Peace, the Joy, the Love... but first... you have to forgive.

Evolution is from the carbon stage, and amoeba stage through the fish and reptile stages, to the present day, at Sahastrara; It is still going on - this is not the end. So far, it is spontaneous; Evolution takes place only through your seeking... when you start seeking something... then only, you evolve. Seeking is a fashion in the West, but is also genuine in many; The people in India are not seeking as you people are seeking. This is their big problem, because they think that they know everything about God and they don't have to bother, while you are really seekers of truth... no doubt about it.

The basic seeking power is humility... if you think you know everything, you cannot humble down... and you cannot seek. Even if you seek, you don't want to follow anybody else's path... you'll have your 'own' path... you'll do whatever 'you' want to do; Starts with seeking firstly for food, and for primitive things, then for sex life, for women, for men, then for power, for money, and ultimately for Spiritual satisfaction - when the Spiritual seeking starts we do not know, why we are seeking.

You all have to become masters in Sahaja Yoga... and for becoming masters in Sahaja Yoga I am sure you are doing meditation... introspection... and all kinds of Sahaja Yoga practices. You have to

Sahajvidya - Nabhi Chakra

meditate collectively... whenever there is collective meditation, you must join that. With collective meditation... you get alright... all your problems are solved if you go regularly... I promise you.

The Left Nabhi... is the centre of our Mastery... and also reflects our relationship with our wife, the qualities of family, and of the household; The sense of justice comes from a special quality of left Nabhi. Justice is that you do not harm the innocent... this is the basic point, the basis of law - law is for the protection of the innocents.

The wife is the Gruhalakshmi, the Goddess of the household, the most important and the most powerful part of the family. She is equal to but not similar to the husband, and if she starts competing with the husband, then the family and the children suffer. Her most important role is to produce the fruit of the family, the children. She is the shakti, the power of the family, the motherhood, and bears all... and is to be respected, and is also to be respectable. Without a healthy family basis, all society will be destroyed.

It is the responsibility of women to make their marriage happy... depends on their intelligence, and on their dedication to Sahaja Yoga... it's their responsibility. And if you see in a wider sense, the responsibility of making a good society is that of a woman... even if she has to suffer, she can... like this Mother Earth, she can suffer anything... she never feels she suffers, she is so great.

At right Nabhi... is the centre of Rajalakshmi. The giver of wealth and money, though this brings no satisfaction. All your wealth and everything has no meaning unless and until you show generosity for the people... but it should be quiet, and absolutely silent. One's attitude toward money may affect the Nabhi, and can spread to all the Void, and may ultimately go to the Ekadesha Rudra, If we play tricks, then we may fall in our awareness, and may get all sorts of troubles. It is one of the sins against the Father; If we hanker after money too much, then we may have no Gruhalakshmi. Money takes us away from God; If you are a good Sahaja Yogi, you don't have to worry about money.

- Jai Shri Mataji -

Problems of & Correcting Nabhi

Problems with Nabhi can result from a materialistic or individualistic attitude, and can be corrected by giving to others; If you don't have satisfaction, then any amount of Lakshmi cannot help you... then one becomes greedy - you have something, but you want to have more and more and more; It is the greed, that creates the problems. But if you learn to be satisfied, automatically the greed drops out - is one of the biggest enemies or problems of today. For greed you have to work on the Nabhi chakra... and for which we will work it out on Diwali day

If you excite the right side Swadisthan... say if you are a big thinker, a big planner... then what happens, your left Nabhi catches... there is an effect on the left hand side Nabhi... and you get diabetes... you neglect your wife... you become harsh to her... are unkind to her... your left side starts becoming weak... and makes your spleen and pancreas very weak... and that's why you get diabetes; It is very important for men that their left Nabhi should be alright... because they'll get diabetes... kidney troubles... become harsh husbands... very dry people... and they won't be able to have sex life.

In Sahaja Yoga we are helped in Lakshmi Tattwa i.e. materially - our well-being is looked after... 'Yoga Kshema Wahamya Hum'... first you get your Yoga... first get your Realisation... then you get your well-being. The Divine looks after you so well, you can't imagine.

Left Nabhi controls the 2 important organs of Spleen and Pancreas; When the left Nabhi combines with either left Agnya or left Swadisthan, then you can become vulnerable to blood cancer; The Nabhi can be upset by alcohol, drugs and some medicines also.

Sahajvidya - Problems of & Correcting Nabhi

Right Nabhi... is the centre of Rajalakshmi, by which we may rule over people, and may lead to arrogance or authoritarianism in extremes, and may not be liked by others. The giver of wealth and money, though this brings no satisfaction... they may have money, but they can never enjoy that money... or can never think of a life which is comfortable; On this side, we can get problems with the liver, resulting from drinking alcohol, leading to anger and hot temper; At the level of right Nabhi, right sided people may have problems of digestion.

Salt is helpful in correcting the left side problems (830121)... whilst problems of right side can be corrected by the use of vibrated sugar.

If there is any problem... anything... suddenly you must become peaceful within... then immediately you will find, the solution will come to you... this is a 'subtle' of the Lakshmi Principle.

- Jai Shri Mataji -

Nabhi Chakra - Aspect or Deity

In the Nabhi resides Shri Vishnu... or Narayana... whose Shakti is Lakshmi, and who ascends into Mahalakshmi; The Father principle; Shri Vishnu, who incarnated as Shri Krishna, and who is the Preserver of this Creation and of Dharma; That aspect of God that is responsible for our Evolution and our Ascent; The Principle that kills, and teaches by playing tricks; Whose conveyance is the Condor. The evolutionary aspects of God, who incarnated many times since way back, e.g. as Dolphin, Tortoise, Quadruped, Short Man, Big Man (Pacedon), and as Shri Ram; Who has incarnated 10 times, and who incarnated in his complete form as Shri Krishna, and becomes the Virat... who creates wisdom.

Between successive Incarnations of Shri Vishnu... at each of which Incarnations an evolutionary step was initiated... is a Yuga or 'Age'... a period of time... thousands of years long, that recur in a cyclic or spiral progression: the first or Golden age... the second or Dwapara Yuga... the Modern times (Kali Yuga) the low point... and then Krita Yuga leading to Satya Yuga and finally the Golden Age once more.

Now Vishnu is there... his power is there for you to rise up to the Shiva Principle... one is supplementary for another... you cannot reach Shiva without Vishnu... and you cannot stick to Shiva's Principle, if you have not understood Vishnu's Principle. Kundalini itself rises through the Sushumna Nadi... and she is the Principle, she is the Tattwa of Shiva... and she rises through the channel that is made by Vishnu, out of the evolutionary process. So how can you do away with one of them... one is the road... another is the destination.

So I hope you understand how important it is that your centres should be corrected... your road should be alright... that your Sushumna should be cleared... because we are Madyamargis... we have to go by the centre... by the central path... til you reach your Talubhag... where sits Sadashiva. When these two powers meet... or when you reach Shiva Principle through the Vishnu Principle, then you

Nabhi Chakra - Aspect or Deity

realise that these two powers are so complimentary... and so much related to each other... there's no difference in a way between the two powers. So keep your road, the Madyamarga clean... and let the Kundalini pass through it. When the Kundalini will pass through it... you will be amazed that... the same Kundalini is going through the Vishnu path and reaching at the Lotus Feet of Shri Shiva.

So the Lakshmi principle resides in the Nabhi chakra... the Goddess of Wealth and Prosperity, and of Health... the Deity of well-being, who is Motherly. By which we have balance, are satisfied. Lakshmi stands on the lotus, meaning that she does not show her 'weight'. Lakshmi is born out of the guru principle... she was born out of the sea. Lakshmi has to be gracious, with a gravity, a weight, a dignity; To live according to Lakshmi, we have to give, to be generous, then to be supportive, helpful to others, then thirdly to be respectful of others, and to be respectful of others' property, but especially to be respectful of anything, however small, that has vibrations.

She gives fragrance and comfort and love, and is soft and receptive to all. She provides a nest in which the children can grow with dignity; Does not get disturbed or upset, and watches the enjoyment of those who come to the warmth of her household; She gives protection and support to others, who are dependent on her - known as Ashreya; She has pink lotuses in her hands, symbolising that she is so kind and benevolent, not pressurising anyone, generous, giving comfort and love. With left hand she gives, and with right hand she protects.

A person who has Lakshmi, should dress up in a decent manner... women, and men. The wealth that you have, should be seen in your temperament... in your nature... in your behaviour... in your living. Moreover, the person who has Lakshmi, has to be a very humble person. The temperament should not be of a very serious type... but should be very mirthful... and one doesn't show off... but should be very well dignified personalities... there should be detachment.

Nabhi Chakra - Aspect or Deity

There are nine Lakshmis... one of them is Gruhalakshmi, is the housewife... another is a Rajalakshmi, which is the power of a king, or a person who is an administrator, or a beaurocrat... that gives us the power to rule over people, but which may lead to arrogance or authoritarianism, in extremes. Also the provider of the blessings of wealth and money. Behaving with dignity, as would a king, and providing solutions to problems.

Lakshmana resides on the right side of the stomach, and looks after the right side... and the liver, which gives us the ego part... and which he destroys. One of Shri Rama's brothers, and who was a fiery type, being an incarnation of Shri Shesha... the serpent who sleeps in the Bhavasagara.

- Jai Shri Mataji -

Nabhi Chakra - Summary

<u>Chakra:</u>	Nabhi or Manipura
<u>Deity:</u>	C. Lakshmi, Vishnu, Narayana L. Gruhalakshmi R. Rajalakshmi, Lakshmana, Shesha
<u>Physical:</u>	Solar Plexus, Navel, Spleen & Pancreas, Liver, All organs in Stomach Area
<u>Functions:</u>	Well-being
<u>Qualities:</u>	Seeking, Evolution, Balance, Generosity, Ashreya, Protection, Satisfaction, Well-being/Kshema, L. Mastery, Wife Relationship, Family, Household, Justice, Peace R. Wealth & Money
<u>Catch:</u>	Individualism, Drugs, Some Medicines L. Materialism, Greed, Fasting, Hashish Woman competing with the Man R. Alcohol, Arrogance, LSD, Cocaine, Overeating, Fanaticism, Money minded
<u>Diseases:</u>	L. Diabetes, Kidney troubles, Leukaemia, Harsh Husbands, No Sex Life R. Digestion Problems, Anger & Hot Temper
<u>Treatments:</u>	Generosity, Giving L. Vibrated Salt R. Vibrated Sugar
<u>Affirmations:</u>	L. I am my own master, or I am my own Guru
<u>Mantras:</u>	Deity Name
<u>Petals:</u>	Ten
<u>Elements:</u>	Water & Fire
<u>Position:</u>	Solar Plexus/Navel, Middle Finger
<u>Symbol:</u>	Lotus
<u>Country:</u>	L. Belgium, Holland C. Greece

- Jai Shri Mataji -

Nabhi Left

The centre of our Mastery (890801), and reflects our relationship with our wife (850806), the qualities of family, and of the household; The centre of the Gruhalakshmi, the Goddess of the household. If the woman starts trying to compete with the man, then the family and children start to suffer. Men and women are equal, but not similar, both being important for a balanced family life. The wife is the shakti, the strongest point of the family and has to bear the angularities of the husband (810328); The sense of justice comes from a special quality of left Nabhi. Justice is that you do not harm the innocent... this is the basic point, the basis of law - law is for the protection of the innocence (860921.2)

If you excite the right side Swadisthan... your left Nabhi catches. Say if you are a big thinker, a big planner... then what happens, you get diabetes... because you are using your right side Swadisthan too much... and because of that there is an effect on the left hand side Nabhi... you neglect your wife... you become harsh to her... are unkind to her... your left side starts becoming weak... and makes your spleen and pancreas very weak... and that's why you get diabetes; It is very important for men that their left Nabhi should be alright... because they'll get diabetes... kidney troubles... become harsh husbands... very dry people... and they won't be able to have sex life (790609.3)

Problems with left Nabhi include materialism (830107); Left Nabhi controls the 2 important organs of Spleen and Pancreas; When the left Nabhi combines with either left Agnya or left Swadisthan, then you can become vulnerable to blood cancer (860921.2); Salt is helpful in correcting the left side problems (830121)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 830107 Ganesha Puja - Rahuri - see 830113.1 - (5 Pujas in India) good 20
- 790609.3 Maria's House Tape 3 poor
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 860921.2 Role of Belgium and Holland, Mechelen good 65
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Nabhi

A very important centre (781005), the 3rd centre... though actually it is the 2nd centre, giving rise to the Swadisthan, as at the end of a stalk; The navel centre, responsible for our seeking, firstly for food and shelter, then for other things like power, and eventually for the Spirit (810328), and for our evolution til the present time (810928); The Nabhi looks after our digestion on the physical level... it also looks after our balance, our ten commandments, which are given to us by the Primordial Masters... and through this centre we evolve (790722)

Has 10 sub-plexuses, or petals (840718); In the gross, it manifests as the Solar Plexus. Linked to water on one side and to fire on the other, with 10 valencies that give us our innate religion (890801); With this chakra, we enjoy our generosity in giving to others (890801); Also we give to others, who are dependent on us, protection and not chastisement, leading to dignity, in the upbringing of our children (810328)

The Nabhi is very individualistic... is everybody's personal thing (830121); Problems with this chakra can result from a materialistic or individualistic attitude, and can be corrected by giving to others (830121); The Nabhi can be upset by alcohol, drugs and some medicines also. In the centre of this chakra is the Lakshmi, by which we have balance, and a sense of satisfaction, and exert no pressure on others. The Lotus is the symbol of this centre, being pink (the symbol of love), fragrant, soft and receptive to all that is harsh and crude (810328)

It is the greed, the terrible greed in man, that creates the problems. But if he learns to be satisfied, automatically the greed drops out (980320) - is one of the biggest enemies or problems of today (970600); If you don't have satisfaction, then any amount of Lakshmi cannot help you... then one becomes greedy - you have something, but you want to have more and more and more (960716); For greed you have to work on the Nabhi chakra... and for which we will work it out on Diwali day (860818)

Sahajvidya - Nabhi

In the Nabhi resides Shri Vishnu, or Narayana, and the Power of Lakshmi, who ascends into Mahalakshmi (830131); The different Incarnations of the Nabhi centre, the evolutionary aspects of God, came one after another, taking the forms of the living animals, as leaders of our evolution. First came the Fish, then a Quadruped, followed by the Short man, the Strong man etc. up to the stage when Shri Ram came, 8000 years back (790530)

Greece is the centre of the Nabhi of the Universe (890524); In Sahaja Yoga we are helped in Lakshmi Tattwa i.e. materially - our well-being is looked after... 'Yoga Kshema Wahamya Hum' (830131)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 860818 Raksha Bandhan, Hampstead - see 860823.1 good 20
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790722 Leeds at Jim's House poor 45
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 830131 Nabhi Chakra, Delhi good 80
- 840718 Chiswick Town Hall [+33mins Q&A + incomp. Experience] good 55
- 890524 Integration of Athena - Athens, Greece good 45
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 980320 Felicitations, Delhi good 55

Nabhi Right

The centre of Rajalakshmi, by which we may rule over people, and may lead to arrogance or authoritarianism in extremes, and may not be liked by others. The giver of wealth and money, though this brings no satisfaction (810328)... they may have money, but they can never enjoy that money... or can never think of a life which is comfortable (830209); On this side, we can get problems with the liver, resulting from drinking alcohol, leading to anger and hot temper (810328); At the level of right Nabhi, right sided people may have problems of digestion (830209)

Problems can be corrected by the use of vibrated sugar (860121)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 830209 Problems of Left, Right and Centre, Bombay good 65

Nadigranth

Name of a book written by the first great astrologer, Bhrigumuni, in which he made clear predictions about these Modern Times (MME), and about the coming Incarnation (0.0006), saying some 12-14000 years back, that Mother's work would start in 1970, which it did. This book was written in Sanskrit, and had to be translated (830302)... a Marathi translation of it (820130) was first shown to Mother in Sholapur in 1982 (830302)

Bhrigumuni

An ancient Astrologer, the founder of astrology, who wrote Bhrigu Sangita, and Nadigranth (870513; MME), and who predicted these times, when the Kundalini would rise easily and there would be no need for hospitals (870513, MME); Who wrote the Nadigranth before the Bhrigu Sangita, all about the coming Incarnation (0.0006), some 12-14000 years back (830302), and that it will happen Sahaja... he used the word 'Sahaja'. But the best part of it... he said that these people will not take to Sahaja... this is the best part (0.0006); It was written in Sanskrit, and had to be translated and brought up to date (830302), which was done by Bujander, who was another guru, and who tried to bring it to modern terminology (830128; 0.0006), and he calculated that it would start in 1970, and Shri Mataji's work did start in 1970 (830302)

Bujandar

Acharya Kakar Bujandar (820130), who translated and brought to modern language the predictions made by Bhrigumuni, in his Nadigranth, written in Sanskrit 12-14000 years back (830128; 830302); Who lived in Karnataka in India, and who foretold much about Sahaja Yoga, and about the coming

Sahajvidya - Nadigranth

and the Powers of Shri Mataji Nirmala Devi. Who also made predictions about a 3rd World War, and how it will be averted, and how science will ultimately prove the existence of God (820130), and who also made prediction about Sahaja Yoga starting around 1970 - which it did (830128)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-961221 Mahalakshmi Puja, Vashi - see 961225 good 10

-830302 Public Lecture - Perth - see 830301 good 35

.0006 Brighton after Public meeting poor

820130 Predictions on Sahaja Yoga, Durga Puja, Sholapur good 25

830128 Introduction to Sahaja Yoga - Delhi good 75

830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

870513 Melbourne PP [PP video set 4/5,6] good

MME = Meta Modern Era by Shri Mataji

- end -

18 Jun 2003

Names

[108 Names - given by Shri Mataji to be read by the Sahaja Yogis - Ed]you take like this... 'Om Twamewa Sakshat... Shri Mata'... finished... so it will be short... 'Namoh Namah'... 'Om Twamewa Sakshat... Shri Mata... Namoh Namah' (800518)

This Havan is a very good thing for reciting the names of the Goddess... her eyes are given by fire... and in that light... in that fire... in the name of the Goddess we awaken our Deities within us... and burn away all that is wrong in these particular chakras which invoke those powers... so with devotion and understanding you have to do it... because you are really privileged people today... be proud of that, and do with that devotion all these things... we should do it in full devotion. I think very few people can put in the fire... but you can all do symbolically... and how many names do you want to say... do 108... it's better (801019)

The Names

Shri Mata,
Shri Maharajni,
Shri Deva Karya Sumudyata,
Shri Akula,
Shri Vishnu Granthi Vibhedini,
Shri Bhavani,
Shri Bhakti Priya,
Shri Bhakti Gamyā,
Shri Sharma Dayini,
Shri Niradhara,
Shri Niranjana,
Shri Nirlepa,
Shri Nirmala,
Shri Nitya,
Shri Nishkalanka,
Shri Nirakara,
Shri Nirakula,
Shri Nirguna,

Sahajvidya - Names

Shri Nishkala,
Shri Nishkama,
Shri Nirupaplava,
Shri Nitya Mukta,
Shri Nirvikara,
Shri Nirashraya,
Shri Nirantara,
Shri Nishkarana,
Shri Nirupadhi
Shri Nirishwara,
Shri Niraga,
Shri Nirmada,
Shri Nishchinta,
Shri Nirahamkara,
Shri Nirmoha,
Shri Nirmama,
Shri Nirpapa,
Shri Nissamshaya,
Shri Nirbhava,
Shri Nirvikalpa,
Shri Nirabadha
Shri Nirnasha,
Shri Nishkriya,
Shri Nishparigraha,
Shri Nistula,
Shri Nilachikura,
Shri Nirapaya,
Shri Niratyaya,
Shri Sukhaprada,
Shri Sandra Karuna,
Shri Mahadevi,
Shri Maha Puja,
Shri Maha Pataka Nashini,
Shri Maha Shakti,
Shri Mahamaya,
Shri Maharati
Shri Vishvarupa,

Sahajvidya - Names

Shri Padmasana,
Shri Bhagawati,
Shri Rakshakari,
Shri Rakshasagni,
Shri Parameshwari,
Shri Nitya Yauvana,
Shri Punya Labhya,
Shri Achintya Rupa,
Shri Parashakti,
Shri Gurumurti,
Shri Adi Shakti,
Shri Yogada,
Shri Ekakini,
Shri Sukharadya,
Shri Shobhana Sulabha Gati,
Shri Satchitaananda Rupini,
Shri Lajja,
Shri Shubhakari,
Shri Chandika,
Shri Trigunatmika,
Shri Mahati,
Shri Prana Rupini,
Shri Paramanu,
Shri Pashahantri,
Shri Vira Mata,
Shri Gambhira,
Shri Garvita,
Shri Kshipra Prasadini,
Shri Sudha Shruti,
Shri Dharmadhara,
Shri Vishwagrasa,
Shri Swasta,
Shri Swabhava Madura,
Shri Dhira Samarchita,
Shri Paramodara,
Shri Shashwati,

Sahajvidya - Names

Shri Lokatita,
Shri Shamatmika,
Shri Leela Vinodini,
Shri Sadashiva,
Shri Pushti,
Shri Chandra Nibha,
Shri Ravi Prakhya,
Shri Pavanakriti,
Shri Vishwa Garbha,
Shri Chitshakti,
Shri Vishwasakshini,
Shri Vimala,
Shri Varada,
Shri Vilasini,
Shri Vijaya,
Shri Vandaru Jana Vatsala,
Shri Sahaja Yoga Dayini (800518)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-801019 Fighting Asuras, Durga Temple, Hampstead, see 820514 good 15
800518 Old Arlesford, Winchester - part 3 (The Real Becoming) good 30
801019.3 Spreading Sahaja Yoga in Europe

- end -

27 Jun 2003

Narakasura

The false guru... Narakasura... who gives epilepsy and nonsense mantras (110048; 110058); Now this horrible fellow Narakasura... has worked on the Swadisthan... that's why he's more dangerous... because of... the Supraconscious. So what he does is to find a place... where he can excite Brahma. Now there is no temple of Brahma, except at Pushka... so the best way to upset him is to do unauthorised Yagnyas, the fire ceremony. The fire ceremony is the right hand side religious work... because it is just creativity, by which you create auspiciousness by your exciting the Deities on the right hand side. Then there is Krishna... who gives you the feeling of the 'whole'... so Krishna is disturbed by taking his name... also there is the power of the Mother... so he wants to exploit that also... so he gives you mantras like Eim, Reem, Kleem... these are the short forms of the three powers... Mahakali, Mahalakshmi, Mahasaraswati... so he displeases all these Deities, and overpowers your areas, your chakras where these Deities are residing... actually he breaks them (906087.2; 906097.3)

What he does... he uses the sympathetic system... he says 'you take this mantra'... you go on taking the mantra... so by doing all that effort, first of all you get a right Vishuddhi... so this right Vishuddhi gets spoiled... your right side is unauthorised... you have no business to do it... so you get right Vishuddhi. Then possibly your left Vishuddhi is spoiled... because it is unauthorised... and thirdly he makes it even more substantial, by putting guilt into your mind... that if you don't do 'this', then 'that' will happen... the fear side of it. Now you are saying the mantra... putting attention to your heart... so all the negative forces are drawn there. Then if it is only Krishna's mantra that he gives, then... only one chakra is spoiled... but spoiled nicely. After spoiling that... he is also interested in other chakras being spoiled... so he gives you another mantra... like a mantra of Shri... then your right side is caught up with that... then a bhoot is put... a spirit is put... he puts his own people there (906087.2; 906097.3)

Sahajvidya - Narakasura

So... he works more on the right hand side... when these Supraconscious spirits are brought in, you become overambitious... you start getting ideas... how to organise... how to do this... how to... and that's how you are so good at spreading this... Narakasura 'Meditation business'. There are some of the scientists who have died... who didn't have sufficient satisfaction with their success... and so they come, and give you ideas... so this whole thing starts working for the right hand side... it's all Supraconscious work he does (906087.2; 906097.3)

But when he tries... he also thinks of 'Eim'... this is the left hand side... so it's a hotchpotch he does. Now for you he's tried this 'austerity' trick... he says you must lead a very austere life, and all that - give your purse to me, give your property to me... and also your wife... you see - one of the greatest sins is to be interested in the wife of another; Also... the Gruhalakshmi power, he has tried to tackle... on the left hand side of the Nabhi... because if you excite the right Swadisthan, your left Nabhi catches. You see if you are a big thinker... or a planner... what happens is... you get... diabetes. Also... it is important for men that their left Nabhi should be alright... because they'll get kidney troubles... they'll become harsh husbands... very dry people... and won't be able to have a sex life; So... by exciting your right Swadisthan, he has spoilt your left Nabhi... not through any power or knowledge... he does not enter... your chakras... but he has achieved it... because it happens like that... just by spoiling you... by putting you on an ego trip - he has become guru of your ambitions. He is an evil genius... that's what he is... he has debased you completely (906097.3)

Fourteen thousand years back, Narakasura was killed... but they repeat themselves 'after' two thousand years... they come back sometimes... and he might have taken... any one of these horrible people... like Rasputin... must have been one of them... might have been a king... Richard the third you see (906087.3); He is everything that is evil... he is doing it with deliberations, and understanding... and there's a complete scheming that's going on there (906087.2)

Sahajvidya - Narakasura

These people suffer from epilepsy, who follow this horrible (Narakasura 'Meditation business' - Ed) they pay for becoming mad (303028); These boys... by them saying their mantras, they were cutting out all the sensitivities within them. Their mantras... which they said were secret... are a conditioning on them... which have to be removed. This secrecy business can be only with thugs and mafia and things like that... because they are afraid of the statutes of God... of His laws... that's why it is a secret (008098)

Narakasura Mardini... means the slayer of Narakasura (110048)... and is the name used in a mantra to take out a possession caused by the Narakasura bhoot (005178.2); That's how we have treated all the (Narakasura Meditation - Ed) people... for 5 minutes you have to sit there - they put in spirits and they have to go out - one hand has to be outside... left hand towards me and right hand outside... but don't cross... (the hands - Ed) (005058)

- Jai Shri Mataji -

Nasik

A place in Maharashtra in India, which is one of the most ancient of places (861223), and is the meeting place of various Holy things that have happened during different periods; Is situated near a river (830118), the Godawari River (850000.2); The place where many Saints came and did tapas - Nasik area is the Tapoguni, the land of tapas, of tapasyas... is a very auspicious land (850000.2)

The place where Shri Sita lived for so many years, and also Shri Rama and Shri Lakshmana, and where is one of the 12 Jyoti Lingas. Also near Nasik (830118), on the way to Dhulia (850000.2), is the Saptashringi, an ancient shrine that emits vibrations for miles around (830118)

The place where the sister of Ravana (861223), Shuparnaka (850000.2), came to entice first Shri Rama, and then Lakshmana. Shri Lakshmana got very angry because his chastity was being challenged... and he cut her nose (of whose beauty she was very proud), in order to destroy the 'ego' of her beauty. The place was then called Nasik, which comes from Nasika, the Sanskrit word for 'nose' (861223); The place where noses can be cut (850000.2)

Nasik is so vibrated, because Rama, Sita and Lakshmana were here, but it is also a place where lots of negativity has gathered - people in the name of God, priests, started their shops here... is one of the 'shopping centres' of the Gurus (861223)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-861223 Nasik - see 861221 good 15

-850000.2 Nasik talk - see 850000.1 good 25

-830118 Ganesh Puja - Nasik - see 830113.1 - (5 Pujas in India) good 10

Nath

Nath means the Guru... and is the Lord of the Vidya (791202.4); Primordial Master; The greatest work done on Kundalini was done in Maharashtra, where the nine Nathas, the Primordial Masters worked... and also they came from the Punjab. There was a big rapport between Punjab and Maharashtra, and they went into the forests and meditated, and religiously tried to find out... what was the Kundalini... what was the force... what was the seed within us... the germinating force... that is going to give us this (Realisation - Ed) (790608.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-791202.4 Guru Puja Pt 4, Ganesh 113 Names, Dollis Hill, see 791202.2 not good
790608.1 Maria's House Tape 1 not good 50

- end -

27 Jun 2003

Natural

If you cannot sit on the ground, then you take a stone, or some marble, or something which is natural, on which you should try to sit. But if you sit on the plastic and do your meditation... I don't know what is going to help you... the plastic? That's why I request you always to use natural things. Natural things can absorb your problems very well (970525); Plastic is to be avoided, wherever possible, especially in Pujas (900923)

Artificial

The artificiality of life... the superficiality of the protocols of... how you eat your food... keep your spoons, knives... all these sophistications... gives you a tremendous pressure... it gives a tremendous pressure on the mind (840118)... things like... wearing tail coats, that do not fit, for those special occasions... or having every sort of special cutlery or types of drinking glasses for each occasion (890619)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

Natural Things

900923 Navaratri Puja - Geneva, Switzerland good 75

970525 Respect the Mother Earth, Cabella good

Artificiality

-890619 Ascent, Mahakali Puja - San Diego - see 890611 good 25

840118 Spontaneous talk - Vaitarna not good 35

Nature

The whole of Nature is enlightened, and when we see the Rutumbhara Pragnya expressing itself - for Sahaja Yogis - we are amazed how things work out suddenly, automatically. Then we feel the oneness with Nature, and the Nature feels the oneness with us. The Divine itself is expressing through Nature, the various happenings, the love, the protection, the attention that the Divine is feeling. People don't know how it happens - which happens when we are in the state of Samadhi (830723.1); Nature is always with you... will always help you... will be kind (850000.2)

You see these big big trees (coconut trees - Ed) that are on top of your heads... as long as you are sitting here no fruit will fall upon you. It's not because I am here, but because this Mother Earth knows that there are such great Saints sitting here, and she is not going to disturb (871213)

You see how the nature acts... how the nature helps... just look at the nature... how subservient it is... it enjoys that... the nature is so subservient... why... what is the need... because it gets the blessings... the beauty... of wholesomeness... of doing something for the whole. The quality of wholesomeness, when it is experienced within ourselves, then only that joy comes in (850310)

In the nature one goes absolutely thoughtless... see how collective they are... every leaf is allowed to get the Sun... every leaf. How do they work it out in such a beautiful manner... because they are under the complete control of the Divine... even the animals are. That's why they are called as Pashu... means they are under the complete Pash... Pash is the complete control of the Divine. Shiva is called as Pashupati... he is the one who looks after all this. All this is created for human beings... which human beings don't understand... is for their use... not for abuse... but for their use; They have no problems... how they keep to the cycle... it's a global cycle. First... the sap rises... then it gives what is needed for every part of the tree... then whatever is left over, it can go into the atmosphere... or

Sahajvidya - Nature

it can go down. So it doesn't get stuck into one place... you should not get stuck into anything... if you are detached, then everything works out very well. But if you are attached, you just get worries and problems... your life becomes miserable... but if you become detached, then nature takes over... and you feel extremely relaxed (950625)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871213 Announcing the New Age, Ali Bag - see 871213 not good 20
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 850000.2 Nasik talk - see 850000.1 good 25
- 830723.1 Rutumbhara Pragnya, part 1, Lodge Hill Seminar good 25
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 871213 Announcing the New Age - India 87/88
- 950625 Richmond Park talk, Richmond Not good 45

- end -

28 May 2003

Navaratri

The 9 days and nights, when the Goddess fights the demons and saves the children from negativity (900923); There were 9 times when the major Incarnations of the Mother of the Universe were manifested... with a purpose... to protect her bhaktas... her disciples... her children. This was a binding love... she could not escape it... Mother's love is binding... and she has to manifest it. This protection in the modern times has... become very complicated... first of all, in the mind, in the life style, in the society... of good human beings... of righteous human beings... fear of the wrong things has entered... like they are afraid say of their priests... their churches... their temples... their mosques... but they are not afraid of God... they don't believe in God... God Almighty, who is a wrathful God (911013)

As soon as you are born, you are born into some sort of a brand... you are this, or you are that. So the first brand... is of the religion to which you belong... you can't avoid it... so that very simple, gullible, good people, believers of God, developed this kind of a fear... which was put into their heads by these people, that... if you don't pay money to us... if you don't come to the confessions... if you don't tolerate our nonsense... God will be angry with you. In some religions they believe there is no sin in drinking... or in marrying many women... or in a caste system. All is anti God... absolutely anti God activity perpetuated into the society by these people who are supposed to be in charge of religion. So the first protection Mother had to render is from this conditioning (911013)

The second one is that of country... either you belong to this country or to that country. These days every country is competing with each other in all kinds of corruption, mafia... every country... whether democratic or anything... there is a kind of mafia working everywhere. The so called laws also are only for people who are simple, gullible, pure citizens... and not for the people who put those laws on them. They take bribes... and all kinds of things... but still they are supposed to be in charge of law... doing all kinds of illegal things. So this is the second type of fear that is in the minds of modern time (911013)

Sahajvidya - Navaratri

Then the third thing was the war... wars after wars came in... so many people developed a kind of a fear about war... and as a reaction they developed a kind of a stupid ego... and they are becoming very aggressive people. Then comes the fear of race... racialism. Now I'm told that neo-nazism is taking it's own course... this is another area which is very dangerous (911013)

Now in the minds of seekers - they have been to many gurus... they have read all kinds of books... but they are seekers after all... and so it has to be excused. So that's why they develop lots of problems, not only in their bodies but also in their brains. It's a very delicate thing. For them now the guru has become the last word... you cannot say anything against the guru - when they start suffering, then they may accept... but, if you want to take out that guru... it's very delicate... and they might be hurt... it's a very delicate operation (911013)

Then the modern society... the less said the better... the norms of modern society are given to us by people who are characterless... like Freud... who had no sense of morality... or by drunkards. But if you see... the abandonment of our value system comes through drinking. These days everybody can be a drunkard... and there's no shame about it. With that drinking, our value system started dropping down... and people have accepted now that the normal thing is abandonment (911013)

Formerly... the parents used to support a person if he would take to God... to a righteous life... or to something higher - if they saw these qualities in the child they used to be happy. But these days it's the other way round... the parents don't like it. To fight the parents also is a big problem... so this kind of a fear is also there... that my mother, or father should not know. You can say from all sides the fear is burning, like flames... and we are now here, in the Kali Yuga... and have started Sahaja Yoga (911013)

Sahajvidya - Navaratri

So the way we have to work out our protection has to be mutual... the Mother of course is there to protect you all the time... her powers are there to protect you... but surprisingly in the modern times there's one condition which has to be fulfilled... because in those days good were good, and evil were evil... there was no mixing... so once they asked for the Goddess, they accepted her... she came in her real form... and she worked it out. But in these modern times you must know that all these evil things are also lingering in your heads little bit, here and there (911013)

People are extremely superficial... they are prone to the mass attitudes, fashions, things like that... their personality is not that much developed as that of those bhaktas, who knew they were right... who knew they were righteous... that whatever they were doing was correct. So the Sahaja Yogis which are today here, have to realise that all these things are surrounding us... and these evil forces are also there. There are some within us... some are without... so it looks to be a very difficult task... but it's not... because one condition, if you can understand... is that you have to recognise me. I know, I'm Mahamaya... I'm really very clever at it... but I'm truthful... but still I'm Mahamaya... so to recognise me what should we do... if we recognise, then you are protected. And the cleansing is the simplest thing in Sahaja Yoga... is to be collective. If you are not collective... then know that something wrong with you... if you are collective... if you are enjoying the collective, then you should know that you are clean... no blemish is there... you are absolutely alright (911013)

Now the second part of this Mahamaya business... I had to be very close to you... I had to be extremely close... to talk to you... to have a rapport... to tell you everything about Sahaja Yoga... to make you absolutely aware of yourself. This had to be done... and with all these complications within your mind... within your heart... within your body... I had to work it out. To come close in the real form would have been very dangerous... so one had to be a Mahamaya. But despite that, if you could recognise me... to understand me... that I

Sahajvidya - Navaratri

am Divine Personality... an Incarnation... that's all the Deities want. Then they'll look after you in every way... they'll give you all the powers... all the satisfaction... all the protection that you want. This is the condition which for a rational mind is very difficult to understand... that how can Adi Shakti be in one body... how can the infinite become finite. Human beings cannot do that. God can do it... he is God after all (911013)

I see people when I talk to them... they start talking to me little frivolously... not with that depth... not with that feeling that I am Mahamaya. Then some of them even answer me... explanations. Of course this freedom I have given you deliberately... but you must understand that you have to talk to me in a way that you would talk to Adi Shakti... is very important (911013)

Then how you behave is very important... you should not be artificial... or superficial... but best is to put your hand on your heart... both the hands... and just try to feel... your Mother is Adi Shakti... she has created all this Universe... she has created all this world... and she is for your protection - as soon as I come to know about your problems, my attention can work it out. All this protection is given to you because you are seekers of truth... and the truth is that I am the Adi Shakti incarnated. Once this truth becomes one with your self, there's nothing to fear... because all the Deities know this fact... they know about this Incarnation very well... they'll do anything to substantiate your belief in every way... my photographs... in the sky... they are so anxious. They are behind the stage... before the stage... all sides of the stage... listening to me... feeling very happy that I am telling you the truth. But the way they recognise... the way they act... they never disobey. If you behave in the same manner, you are completely protected from all these problems I have told you about. Once you have recognised, you will have no fear from anyone... and the more you show that recognition, the more you realise it, you get higher and higher... not only spiritually, but every way, mentally, socially, economically, politically... is very remarkable... that not only that you recognise me as a Mother who loves you very much... but a Mother who is powerful to protect you (911013)

Sahajvidya - Navaratri

Supposing I correct you sometimes... instead of feeling sad, you should see that how fortunate I am that Adi Shakti herself is correcting me... she is taking interest in me... how fortunate I am... to be born at this time, to be with her in her great work (911013)

So just behind this recognition is all the powers... but if you are doubting... still half way this that, then things won't be alright. You shouldn't worry about your reputation... just go full speed into any direction, knowing one thing... that you are my child, and that I am Adi Shakti... everything that looks horrible will become better... you have seen it now... don't worry about anything... just know that I am the Adi Shakti... that all the powers of Gods and Goddesses... and all that are within me... and they 'are' within me... and they are all looking after. But if that recognition is not there... they are not going to recognise you either (911013)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

900923 Navaratri Puja - Geneva, Switzerland good 75

911013 Navaratri Puja - Cabella good 25

- end -

12 Mar 2003

Neck

You have to be very careful with your neck. You should not move your neck too much, or shrug your shoulders too much, or your hands too much whilst talking, because this spoils your Vishuddhi completely (871230.1); The Vishuddhi... controls... the neck (790722)

The movement of the neck... as you have seen... in all international life if you see... everybody has practically the same... even those who do not hear... or do not understand your language... you can nod like this, say no like this... and everybody understands... that this is yes or no. But too much of nodding is not a good sign... you just have to say 'alright' or 'I understand' that's all... you have to use your voice instead of nodding like this all the time... is very bad for the Vishuddhi chakra (860823)

When someone is being given Realisation... 'before closing your eyes... see that there's nothing hanging on your neck... very heavy... or something tight here... or you can little bit loosen your knots would be better... because Kundalini has to rise' (830127; 821007)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871230.1 Marriage, Kolapur - see 871219 good 45

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

-821007 Truth is to be achieved, Bedford - see 821007(Video) Good

790722 Leeds at Jim's House poor 45

830127 Spiritual Roots, Delhi [I'm here... plea for God]+25 minsQ&A good 50

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

Neem

The Neem trees that grow in India, are very good for driving out all the baddhas. It has a very bitter taste and the baddhas run away from it. They are very oxygen creating plants, and we use them as toothbrushes. One twig is taken and chewed into, and then we go on cleaning our teeth with it for an hour or so... and go on... while talking to people - you have to chew it very well. So the teeth are kept very well; Also if you have scabies or any skin trouble, then boil the water with this and take a bath. It's a very bitter thing... if you don't allow the water to go in your mouth, then it's perfectly alright... it's very good... it's a very medicinal thing. It's called as Neem (881207)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

881207 Mooladhara, Aurangabad.mp3 good

- end -

3rd Oct 2014

Negative Person

Those people who are negative will always sit next to each other, will make friends with negative... and that's how even if they are improving, again they go down... they have accidents, have problems... (860725); If you think you have been very miserable, you have not been very comfortable, you have not been able to enjoy, then know that there is something wrong with you, and not with Sahaja Yoga (871230.1); A person who has one of those states of attention, in which the person is always looking for disasters, misery or mishaps; Newspaper people, or people who read newspapers every morning, will have this type of attention (830723.3)

Some people are negative in the sense that they are on the left hand side, and some people are negative because they are on the right hand side. Some times these combinations work very well. When a dominating man tries to dominate a left hand person, they are great friends... because one dominates and the other takes domination. As soon as the left hand person comes on the centre or tries to come to the right, the dominating one starts clashing... then they are the worst of enemies. It happens like that... so be on the alert (800927)

Now a person who is on the left should try to come in the centre... and in the same way a person who is on the right side should come to the centre. Now how do you do it... a person who is on the right side should try to become friendly with the left sided person, and the left hand side person should try to be friendly with the right sided person. So what is the give and take in this. The right sided person will be a better organiser maybe... maybe not... at least will be a better orator, or may be a better sort of a leader... may not be... you can't say... he may be the one who will suggest things and who will bring out things... who will say 'I'll do this sort of thing maybe'. The left hand person will be frightened, but will be humble, loving, more affectionate... he'll be much more at the command of others... this one will be commanding and the other will be receiving the commands. Now how do we solve the problem of this mixture..... (800927)

Sahajvidya - Negative Person

The one who is very much on the ego side should try to obey the person who is on the left side, and the left sided should try to command more on the right hand person... and it should be accepted... it should be mutually understood... there should be a contract... alright I am the ego oriented person, and you are the superego oriented, now let us do one thing... you try to dominate me, and I'll try to obey you... it will work out. But it is rather difficult to find a left sided person here (UK)... there are very few... some were left sided, but when it came to ego... they were worse than anybody else. But, you can have a left sided person... and let him dominate... til he develops his ego he's alright... if he develops, then he should stop it... but with complete understanding, watching yourself... how you develop, how far you go... a play should go on. But if you are identifying with yourself that I am always right, or nobody's right, then nothing can work out. So the best way to do this sort of thing is... alright you order, and I'll do... let you organise and we'll do it... you tell us how to do it. Let us decide to improve ourselves, and not to feel bad about it... we have to improve a lot (800927)

So many Sahaja Yogis get attracted to negativity... just like that... they don't know how they get interested into it - but... to positivity... they have to exert themselves. That's why I tell people... do not keep combination with people who have the same weakness... but you will find always, friendship is there. Say there are two Sahaja Yogis who talk ill of Sahaja Yoga, morning til evening... finding faults with Sahaja Yoga... they will combine together... they make good company you see. It is better to have diverse company, so that you supplement each other better... than to be attracted towards people who are of the same nature. Like somebody who is a show-off... you see he must say something to show off all the time... now another show-off should run away from him... he should sit with a person who is a shy person. This is very different style from that of the negative people... because in

Sahajvidya - Negative Person

negativity, two negatives must join together... nicely... to become real negative. But in Sahaja Yoga, two opposites must meet... to be good Sahaja Yogis - but this must be done in complete freedom... in complete understanding (770126.1)

If a negative person comes into Sahaja Yoga, then he must improve, or get out. But when matured, then a Sahaja Yogi must keep and assert that maturity (871024)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871230.1 Marriage - Kolapur - see 871219 good 45

-871024 Light of Love, Diwali - see 871024 good 25

-860725 Soul & Spirit, Volterra (+ M'lakshmi Med'n) see 860725 poor 25

-770126.1 Bordi Attention - see 770126.1 poor 40

800927 Lethargy - Chelsham Road good 75

830723.3 Purnima Seminar, Assume your position, pt 3, Lodge Hill good 65

860725 Informal Talks - 1986/85 (various)

871024 Light of love, Diwali/Press Interview, Milan

Chakras affected: Left Side; Right Side

Negativity

That which causes great problems to the seeker, and can be in the form of 'dead Souls', which can be seen in the sky as 7 loops. If these dead souls were, in their lives, attached to material things... they hang around, attempting to express their desires within the Seeker. Best way to get rid of these troublesome souls is complete detachment (950625); The negative forces are very strong, and are working at you all the time (870408); Even not to be collective, itself is a negativity (890617.1)

There are so many evil forces which are all the time trying to attack collectivity... first they will attack the leaders... then they have their sly methods... of going around and talking something here and there... in the ears... to create some sort of a politics. All such people will be thrown out of Sahaja Yoga... as there is a centrifugal and a centripetal force... both acting equal and opposite. Anybody who goes against collectivity... who sticks to their boots... to their negativity... will have to get out of Sahaja Yoga (860823)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita - Lac Noir
- 870408 Talk to Sahaja Yogis - St.Martins Lane, London good 45
- 890617.1 Mahakali Puja, Vancouver & Vancouver Public Prog good 15
- 950625 Richmond Park talk - Richmond Not good 45

Nervousness

Can result from too much thinking, and can be soothed down by placing the left hand on the centre of the stomach, and the right hand towards the Mother (801027); Nervous problems... can also result from a left side imbalance of the Swadisthan Chakra (840313)... a left side disease (830209); Attachment to anti-God people can give serious problems, such as Leukaemia, nervous troubles, cancer, heart attacks etc. (840313)

Do you suddenly get nervous sometimes... or distressed... depressed. You do get nervous and depressed sometimes... then you shouldn't go, in the night, out alone... not good to travel at night... at least to walk around... after say 10 o'clock (790609.3); But sometimes you can also put almond oil... on your head... is also good for you... because if you have any problems that you feel exhausted, your nerves need attention, you are a nervous type of person, then almond oil is good for you (860504)

Today I found one gentleman who was just shaking before me... like... all the time... so he said why am I shaking before you... I said because your nerves are out... you are a nervous person... that's why you are shaking... I have to steady them, otherwise the Kundalini won't rise, and you won't feel the Cool Breeze... because the Kundalini is now attending to those nerve centres which are absolutely overdone (830308)

Eyes must be pure and loving. Soothe the eyes, by looking at the green grass, by looking at the ground, instead of always looking at every man or at every woman; Entities can enter into the eyes, as in 'flirting'; 80% of attention is through the eyes, so it is very important to protect the eyes. Nervousness can be cured if our eyes are pure. The eyes express the whole of our being (781218); The green grass is created by Mother Earth to soothe our nerves (860803)

The women... the way they dress up... I'm surprised... this is the best way to get sick. They wear such big heels... this modern generation in the West... they are going to develop such terrible diseases... their legs will become swollen up... not only varicose veins... such big heels they wear. God has created you with such care... what are you doing to yourself - little heels are alright... but

Sahajvidya - Nervousness

to have heels of this height... this is the best way to spoil all your nerves... and circulation (0.0011)

Some people now are colouring their heads... and I found that some of them are becoming blind. So I said... why are you doing it... they said 'what's wrong' - why do you want to colour your hair... it will make you blind. We are human beings... we have got cells here (top of the head - Ed) which absorb paints and that can go onto our nerves... can go also onto our other centres (870500)

The limbic area is a hollow space between the Agnya and the Fontanelle bone area, having within it cells sensitive to joy and happiness, and which gets soothed down by the Kundalini (890801); So far you see, at human level, one feels only the pains or pressures on the nerves... but never the Ananda. But after Realisation only, your nerves start feeling the joy (850502); Once you have reached the shores of joy... then you should not give it up for anything... because it is your choice... whether you want joy, or you want unhappiness (860707.2); Everything is to increase our enjoyment... even our ascent is to increase our enjoyment... our sensitivity to joy (881211)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 881211 Detachment, Rahuri - see 881207 good 25
- 870500.1 Untitled talk, Australia - see 870503
- 860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 790609.3 Maria's House Tape 3 poor
- 801027 What happens after Realisation, Caxton hall good 60
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 830308 1/2 Hour Intro talk - Melbourne (plus Q & A-25 mins) good 30
- 840313 Intro Talks - Delhi and Hampstead
- 850502 Niraananda, Vienna Ashram good 60
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 860803 Bhoomi Devi Puja, England good 20
- 870500.2 Australia PP [PP video set 5/1] good 35
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Neti

A vessel with a spout, used for correcting the Hamsa chakra. You fill it with water to below the spout, add 2 to 3 drops of whatever you get for inhaling, and then put (the spout - Ed) into one nostril and allow it to go in, breathing in through the other nostril. This clears (the Hamsa - Ed) and is a very good thing. Do this every night before sleeping for 3 to 4 days, and you will be absolutely cleared out (800517.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

- end -

28 Jun 2003

New People

For new people, you have to raise the Kundalini, but don't leave it half way... raise the Kundalini so that it pierces the Sahastrara... then, the Kundalini will work it out. One of the reasons that new people don't come back is that you have left it half done... there is no connection still established; It is no good talking to them... it is not a question of conviction, but is a question of 'happening', of 'becoming' which is important. The simple thing is that we have to make everyone 'feel' the All Pervading Power of God to begin with - unless and until they have felt it, we are not to accept them as Realised Souls - they have to feel it! (830512); You should not show interest in people who have no interest in the photograph... if they are not interested in the photograph... just forget that person... you see that's the best way (791202.3)

How to approach and explain to new people what has happened, so they appreciate it's true significance: Give them Realisation and confirm that they feel the cool in the hands. Then ask them: You did not get this by thinking or analysis? No... You did not have it before? No... So you cannot explain? No... So something has happened that is beyond your thinking power... is a higher power than your thinking... is a power much higher than you. So if it is a higher power, then you have to put down your thinking. Not to mention thoughtless awareness, which they will think is primitive. Do it with confidence (791202.2)

For people who have come for the first time, to Puja, they don't understand so well... they start analysing. But if they could sit without analysing, as they did when they got their Realisation, all their Deities within them will be strengthened and they will feel better - you don't have to do anything whatsoever... you have just to be quiet, and see it with understanding, so you don't get into analysis of it... just sit and feel the flow of vibrations... you'll be alright (850421)

Sahajvidya - New People

In the realm of God, those who enter only, can be initiated... not those who do not enter. First of all we must know that they have to be the citizen of God's Kingdom... so unless and until we give them Realisation, take them to that level, they are not entitled... that's a very subtle thing that we do not understand (850310)

Those who are humble... who are kind... will attract more Sahaja Yogis... so it is important to change your temperament. If you try to show off, nobody is going to be impressed by you... if you think you are something very great, nobody is going to look at you. Be very humble, kind, generous... also very joyous. If you are really doing Sahaja Yoga, no sickness can come... no trouble can come... it is a fact... try to understand (001231)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 001231 New Years Puja, Kalwe - see 001225.2 not good 25
- 850421 Ganesha Puja, Children, B'ham - see 850408 not good 25
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 830512 Hampstead - see 840802 (Video)
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 791202.2 Guru Puja/2, Dollis Hill - see 791202.1 [incomplete] good 30
- 791202.2 Guru Puja Pts 3 & 4, Dollis Hill
- 830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850421 Mooladhara + Meditation, B'ham good 35

Newspapers

Best not to read newspapers in the morning time, because we can get upset, and the spleen then works overtime to produce red corpuscles... we get in a rush to get to work... and so we may end up with leukaemia, or heart attacks; Leukaemia may also result if the Gruhalakshmi is ruined (830131); In India the newspapers are, thank God, censored. They don't have dirty women's Photos and other dirty things in them (860921.2)

All newspaper people have that type of attention, which is always in seeking disasters, or misery or mishaps. In a sinister way they feel happy that there is a disaster. Those who read newspapers every morning will also have this kind of attention (830723.3)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830131 Nabhi Chakra, Delhi good 80

830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65

860921.2 Role of Belgium and Holland, Mechelen good 65

- end -

1 Jun 2003

Niraananda

Nirmala-Ananda; The Joy at Sahastrara, which is called as Niraananda, since long, since ancient times - is called as Nirmala Ananda or Niraananda. It is the joy that you enjoy 'even' when you get crucified. That joy, you enjoy even when you are poisoned (820731); Only joy, and which we develop through thoughtless awareness, by being collective (900912); In Niraananda, if challenged we are not affected (850806); Total joy, Niraananda (860705)

At Sahastrara, one feels Niraananda... and the Joy of Nira. Nira is my name. Niraananda means Kewalam... sheer - Ananda Kewalam is Niraananda... sheer... sheer joy... nothing but joy... Niraananda (850502); Niraananda... where there is complete joy... where there is no happiness and unhappiness - these are qualities of the ego and superego (850502)

In Sahaja Yoga, as you grow from one to another, there are different types of Anandas. Like... when you see the Spirit... you get an Ananda called Swaananda... that means you feel your Spirit... your 'Self'... and you feel very happy. Then when you give Realisation to others, you get Paraananda, joy of others. When you get the enjoyment of well-being in health and are materially alright, and everything in Santosha, in complete satisfaction, then it's Brahmaananda. Like that... you start feeling higher and higher joys within yourself... because your nerves start opening to new dimensions. So you can say that at Krishna level, you get Krishnaananda... where you get the sweetness, the Madhuria... and when you see your generosity, then you get Shivaananda... and when you are with children, you get Ganeshaananda... and that can be described... all those can be described - but Niraananda cannot be described... because it's Mahamaya's joy. All these joys put together... is Niraananda (850502)

So there is no place for ego and superego at all - the complete Sahastrara is opened out... and nothing but the complete rapport is established with the Divine. And there is a pouring of light all the time in the head...and the light going back - that you have seen in my

Sahajvidya - Niraananda

photographs - as if the Sahastrara becomes like a sucking child... from the Universal Mother... sucking the joy inside... and it is again reflecting back. It would be like the waves reach the shores... and again they... go back... and then they form a pattern. Now the joy out of that pattern, how can you describe. The only thing about Niraananda is that you have Mahamaya so close... and so far away... that's a speciality - complete... thoughtless... there's silence there... complete silence... you don't think... just silence... you cannot put into words anymore... because the words break with the force of the Ananda... they cannot hold it... alright (850502)

So far you see... at human level... one feels only the pains or pressures on the nerves... but never the Ananda. But after Realisation only, your nerves start feeling the joy (850502)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 860705 Pre Guru Puja talk, Gmunden - see 860706 good 25
- 820731 Dedication through Meditation, Cheltenham, see 820731(Video)
- 820731 Dedication through Meditation - Cheltenham good 60
- 850502 Niraananda, Vienna Ashram good 60
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 900912 Shri Mahakali Puja, Le Raincy good 50

Nirguna

God Almighty himself you can say... is Formless... and then he can take a Form... that's not difficult... to take a form. You can say that now what is the form of the flame... nothing... but when it is in the lamp... it has a form. So we can say that the Formless becomes the Form... and the Form becomes the Formless (831001); Nirguna (871016); Formless, like the Vibrations, or Chaitanya (871016)
- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871016 Mahakali Puja, Germany - see 871016 good 25

831001 Santa Cruz interview good 45

871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium

- end -

27 Jun 2003

Nirmala Vidya

Is the science of the Divine Laws, which you must know how to manage, because the Living Reality is your Power (811103); If you are catching on a chakra or centre, just put your hand there - don't feel condemned about it. All is made easy and simple, but it is difficult for a sophisticated man to become that simple... children are very simple (811103)

There are many... techniques... and include: Meditation; Using the Photo; Raising left or right side; Using Light and Fire; Candles; Using Mother Earth and Water or even Ice; Adjusting Food; Footsoaking; Sugar; Salt (830121); Shoebeating (800907); Introspection (910728); Giving Bandhan (870408); Use of Vibrated Water (781005) etc.; In use, give the body different, different types of treatments - use wisdom (830204); These things work. We must become experts in Nirmala Vidya (811103); All techniques in Sahaja Yoga must be learned and mastered (760330)

Just say Nirmala Vidya... Om Twamewa Sakshat Nirmala Vidya... tell him to put his hand on the... on left Swadisthan... tell him... you just say Nirmala Vidya... Nirmala is 'pure'... Vidya is the 'art'... Vidya is the 'knowledge'... 'Pure Knowledge'. After you are Realised, then you get the knowledge isn't it... that's it... you are the embodiment of Pure Knowledge... and the technique you see (791015)

Nirmalites

We are here to be Nirmalites, to fight all that is wrong, to stand for right and to emancipate the whole humanity (880103); We are all enlightened... we are all Nirmalites... in everything you see, you feel the joy pouring in... you can't understand how - you see something that you see every day, and there is joy (850502)

Nirmala

Completely without any mala, or mire (820731); Pure (850806); Clean (880106); The same as Nishkalanka, meaning spotlessly clean; This is the time of cleansing - that is why I am here, as Nirmala, to cleanse you (790928)

Nirmala Tattwa

The principle of cleansing (MME); Pure Principle of life (951224)

Shuddha

Pure, as in Shuddha Vidya, Pure Knowledge (840708)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 880106 Swimming in the sky of joy - G'pule - see 871220 good 25
 - 880103 Patience and sweetness - G'pule - see 871213 good 15
 - 820731 Dedication through Meditation - Cheltenham - see 820731(Video)
 - 791015 How Realisation should.. develop, Caxton Hall - see 790928 good 30
 - 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
 - 790928 Kundalini/Kalki Shakti/How Realisation should be allowed... develop
 - 790928.2 Kalki/Talk on all chakras [duplicate, better quality but incomplete]
 - 811103 You must grow fast in Sahaja Yoga, Brahman Crd [+French] good 75
 - 820731 Dedication through Meditation - Cheltenham good 60
 - 840708 To Know the Truth - Ilford [with 40 mins Q&A] good 40
 - 850502 Niraananda, Vienna Ashram good 60
 - 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 95
 - 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 50
 - 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Nirvichara

Thoughtless Awareness... the first thing that is established, when the Kundalini rises, and we get our Self Realisation, when we stop in the 'Present' moment. The state that exists when the Kundalini passes the sixth chakra, the Agnya chakra (890801)... and enters into the Limbic area (770215); As soon as the Kundalini passes Agnya, there is no thought, we are in thoughtless awareness (781218); Nirvichara (770215)

Nirvichara is a blessing from our Mother... when we do the things that She tells us, then She blesses us (790314); That state of mind, where there is no thought... but you are aware (770215); To rise from Nirvichara to Nirvikalpa takes time... for some people it takes more time... for some, it takes less time... it depends on the preparation of a person... also on previous lives... good deeds... this life's understanding... so many things are there... so it takes time (880921)

When you are in thoughtless awareness, then you are in contact with the Principle, the Shakti, the Power that permeates into every particle that is matter, into every thought that is emotion, into every planning and thinking of the whole world - you permeate into all the elements that have created this beautiful Earth. When you are in meditation, you must allow yourself to be in thoughtless awareness, because it is then that you are in the Kingdom of God; If you give vibrations in thoughtless awareness, you will not catch anything, because all the entities that enter into you, all these material problems that come into you, come when you are in those 3-Dimensions - of the emotional, physical and mental being (760330)

Those who want to grow should meditate every day, whatever time you may come home... maybe in the morning... maybe in the evening...any time... but you will know that you are meditating, when you can get into thoughtless awareness...your reaction will

Sahajvidya - Nirvichara

be zero... you look at something... you'll just look at it, you won't react because you are thoughtless... you won't react. When that 'reaction' is not there, then everything... you'll be surprised... is Divine. Once you are absolutely thoughtlessly aware, you are 'one' with the Divine... so much so that the Divine takes over every activity, every moment of your life, and looks after you... you feel completely secured, 'one', with the Divine... and enjoy the blessings of the Divine (980510)

Thoughtless Awareness, the term defined by Jung, where you go beyond the thinking mind, and is also the state described by the Russian Scientists as the Physical Vacuum State, needed to see or feel 'Reality' (980705; 980706); If you cannot become thoughtless, pray to me 'forgive me for what I have done... and forgive those who have done harm...' (750209)

After some time, when you have really become a Sahaja Yogi, you just close your eyes and then you find you are in that blissful state, where you get rid of all problems, all worrying things, and you just become silent, thoughtlessly aware (980706)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 750209 Prayer by Shri Mataji - see 760330 not good 5
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 781218 Agnya - Caxton Hall (first 15 mins poor quality) not good 75
- 791203 When You meet Me - Caxton Hall good 35
- 880921 Speech at Ammonk Ashram, New York good 35
- 890801 First Know Thy "Self" - Porchester Hall [+25 min Q&A] Good 50
- 980510 Meditation is the only way, Sahastrara, Cabella good 60
- 980705 Royal Albert Hall 1998 good 50
- 980706 Holland Park School, London 1998 good

Nirvikalpa

Doubtless awareness (811007), which state arrives when we see all the Miracles and Blessings showering upon us by the Divine, and we have no more doubts any more (870513) about Sahaja Yoga, or about our Mother (830204); Is not rational; When there is no Vikalpa (790616); Doubtless enlightened awareness (790422)

At the Nirvikalpa state... the collective consciousness becomes very subtle... at that state you can understand the very deep significance of something... the Reality starts becoming clearer... you start understanding the working of the Kundalini. In Nirvikalpa, you need not put your hands towards a person... you know where it is... what is happening - you have no doubts... mastery starts. Such people are very satisfied people... they do not grumble about small things... they live in a big way... they have no time for outside gross things... such people are the ones who are going to create a pillar for Sahaja Yoga. They cannot tolerate anything against your Mother... or Sahaja Yoga... and they can get into a tremendous temper... if somebody tries to do something like that. After Nirvikalpa, the Ganesha becomes really Jagrut... and such a person is beyond temptation. Once you get into the Nirvikalpa state... the Ananda starts working also... your consciousness becomes that Ananda... and at that stage, the complete Realisation takes place... and then you can control everything; Now beyond that... is God Realisation... and there are three stages to that also... but just now, I have told you the Sat Chit Ananda state (770215)

To get to Nirvikalpa, you have to really dedicate yourself fully... all of us can achieve that state of Nirvikalpa - and... in that state, there is just... progression (850504); In the Samadhi state, first is the thoughtless awareness as you know called Nirvichara Samadhi and then into the other state called

Sahajvidya - Nirvikalpa

as Nirvikalpa Samadhi, which is doubtless awareness... is two states... Sirvikalpa and Nirvikalpa. Most of the Sahaja Yogis now are on the Sirvikalpa, not yet at the Nirvikalpa... and to rise up to the Nirvikalpa we must understand that we have to do little more about it (850310)

The Sirvikalpa is this... that we are still busy with our relationships. We notice that Mother has married us... given us good husbands... good wives... that we are enjoying our married life... but that's not the end of it - this is just the beginning... just the start. And if you get attached too much to it, then you have lost the point... the marriage is an instrument which is to be used... which is to be completely understood... for the purpose of enlightening others. Marriage is just a means to an end... but the end is different. So we can give up this means... and we can get another means... and this is to be understood in it's true colours... if your marriage doesn't give you progress in your spiritual life, better to give it up (850310)

So far we had our physical problems, which are solved... physical needs, comforts, cannot dominate us any more... that's a good state we have reached. Then the second subtler attachment is to our emotional side... like my mother, my brother, sister, wife, children... and we go on bothering Sahaja Yoga for that (850310)

Sahajvidya - Nirvikalpa

Now how to overcome higher attachments... like there are attachments that I should write a book on Sahaja Yoga... or I should paint something... or I must earn... or I must do this for Sahaja Yoga... this is also... in a very subtle way... is ego... that I should be the leader of Sahaja Yoga. Then there are jealousies... if Mother says this is not good you feel hurt... if Mother says this is good you feel happy... that means you are still at a very subtler state of ego, where you think that whatever you say should be approved by me. That is something is very subtle we do not understand... that if Mother is not approving of it, there must be basic Divine reason... otherwise why should I not approve of it. We must know that it's all the work of God, and we are just channels in the hands of God (850310)

Now you have a state where you are separated from yourself... so that is the state of Nirvikalpa, where you are not attached to anything... you have no diseases... you have no troubles... you are above everything... you do not try to complicate things for me... you do not try to say things more than me... you just take it... a hint... is sufficient... Mother said so... alright (850310)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850310 Public programme, Masonic Hall, Sydney see 850310.1 good 25
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 790616 Dr Johnson House, Birmingham not good 55
- 811007 Spirit (Sat Chit Ananda) - Houston good 65
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850504 You have to be in Nirvikalpa - Vienna good 50
- 870513 Melbourne PP [PP video set 4/5,6] good

Nishkalanka

Kalki is an abbreviation of Nishkalanka, which means same as my name is... which is Nirmala... means spotlessly clean... without any spots on it. In between Jesus Christ and his destroying incarnation of Mahavishnu, called as Kalki, there is a time given to human beings to rectify themselves... for them to enter into the Kingdom of God... which in the Bible is called as the Last Judgement (790928)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45

790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop

790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]

- end -

12 May 2003

Nitrogen

Left sided people... may be helped by eating more nitrogenous foods, i.e. proteins... and foods like that (840313; 830121)

For left side, use light or fire or nitrogenous foods i.e. proteins; Now if we have ego, what we should do is raise the left side, and put it to the right side... there's no other way out... you have to use your hands; Then everyone must soak their feet daily, and must do daily meditation. For correcting your right side, use the Mother Earth or water or even ice or also carbohydrate or vegetarian types of foods (830121)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-840313 Intro talk - 3 channels, Delhi - see 840313 good 35

-830121 How to proceed - Vaitarna - see 830104.1 - side B good 35

840313 Intro Talks - Delhi and Hampstead

- end -

12 Mar 2003

Noble Ideas

It is essential to take to Sahaja Yoga, in the most dedicated manner. And this is the only thing that we can give to our friends and relatives, and to all the world around. I am here to help you, to work for you day and night, and I'll spare no effort to help you... and do everything that is possible to make you alright, to pass this examination of Last Judgement. But you have to cooperate with me, and have to go headlong about it, and devote most of your time for Sahaja Yoga, and for imbibing all that is great and noble (790928)

America... the Vishuddhi of the Universe - with qualities of responsibility, democracy, freedom, discretion, and noble ideas (811004; 831001)... is the place of Shri Krishna, of the Virat (890611)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 811004 Becoming the Truth - Houston [+PP video set 5/3] good 30
- 831001 Santa Cruz interview good 45
- 890611 Dynamism, Virata Puja, Connecticut, USA

Non-Violence

Mahatma Gandhi used to say... 'what is the non-violence of the weak'... 'the weak has to be non-violent'... 'but the non-violence of the powerful is the sign of the real non-violence'. Those who are confident of their powers... why should they aggress others... they just stand. Those who are violent, angry, hot tempered, jump at everyone, torture everyone, trouble everyone... are the people who are very weak charactered... their character is weak... that's the sign of a person who is either possessed and under the influence of the possession, or he's too weak and he's possessed by his anger because he doesn't have that much power to bear anything. The one who has the power to bear is the powerful... the one who does not have any power to bear, I can't bear... I don't like - such a person is a useless thing for this earth. So the power of a person lies in bearing things... how much you can bear... how much you can undergo without feeling it (871004)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

871004 Dassehra Puja/Shri Rama - Les Avants, Switzerland good 70

- end -

19 Oct 2003

Normality

You should live like normal people... like dignified people... nothing of indignity, childishness or joker-like, clownish or outstandingly funny... all these 'dresses' should not be worn. You should be properly dressed, in a way that you have a 'presence' (800927); People don't understand... what is normal... everybody seems to be abnormal or subnormal in modern times... even the psychologists can't define what is 'normal' is. Normal... is that which is auspicious (800721)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800721 Auspiciousness - Caxton Hall good

800927 Lethargy, Chelsham Road good 75

- end -

27 Jun 2003

Nose

A drop or two of ghee in each nostril, twice a day, will help the Hamsa, and correct a bad Hamsa, which can result from dryness in the home and at the workplace (870408); Butter is also good for sinus problems, and can be administered warm with a dropper, to the inside of the nose for 3 to 4 days, where it lines the inner dry and cracked membranes... butter is softening in it's effect (810330; 830202; 850502); The nose represents the ego (861223)... and is controlled by the Vishuddhi (790722)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-861223 Nasik - see 861221 good 15

790722 Leeds at Jim's House poor 45

810330 Vishuddhi & Agnya, Sydney Poor 170

830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80

850502 Niraananda, Vienna Ashram good 60

870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45

Not This

Before meditation and after meditation try to keep quiet for a while... and if there are thoughts, then you have to say 'not this'... 'not this'... 'not this'... (871224)

Go on telling your mind that 'this is not... this is not... this is not...' any thought that comes to your mind you go on telling 'this is not... not this... not this... not this...' then the inspiration starts coming. You see what I feel... people are not inspired... they have got fear, on one side... or else they go into an ego trip (820402); So to stay in the centre, what you have to do is to go on saying 'not this thought'... then you will be a deep Sahaja Yogi... because intellect is nothing... so-called intellect is nothing... only God has Intelligence. What is intellect... all those things are good for nothing... only service to your Mother is the best... ask your intellect... 'is it serving my Mother'. The so-called intellect of human beings... it cheats... it gives you escapes... all the time the intellect is working by saying.. 'oh this may be good... that may be good'... but the real good it never sees... it's a trick of the ego you see... choices... ego likes choices you see... 'this is good... this is bad... this I don't like... this... this' - all 'I' business should be given up... 'we' should come in... not 'I'... that's how intellect will go away (820402)

The most intelligent person is the one who knows that our intellect is just an ego trip... this is the sign of Pure Intelligence... of Pure Understanding... that the heart is the ruler... there resides the Spirit which is the most intelligent thing within us... and the inspiration of the Spirit is the manifestation of the Pure Intellect of God... and what I told you today is the Intellect of the Heart... but of the brain... zero (820402); But then... what is the use of the

Sahajvidya - Not This

brain... why not have only heart you see would be alright... but the brain is the one which 'acts'. Heart is the inspiration... but the brain acts on it... it's communicating... but the inspiration, the source is the heart... is the Spirit... again... connect yourself to the Spirit. Whatever you have to say, relate it to the Spirit... not to anything else (820402)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871224 We are here for our ascent - Poona - see 871213 good 30

820402 Shri Rama's birthday - Chelsham Road good 70

- end -

1 Oct 2003

Obedience

There are certain problems that arise sometimes, when you don't listen to the Mother (880101); Do you do whatever is told to you... you have to obey... if you are not obedient, then you cannot become a guru... because if you cannot obey, how can others obey you. This obedience is not for any personal gain of the guru... not at all... but for your gain only, for your education, for your ascent. If such a view is taken, then you start getting all the qualities of a guru (980712)

Now these powers can be maintained if you try to follow Shri Ganesha. His foremost quality is that he does not know any other God or anybody else, higher than his own Mother... a complete dedication and complete obedience to Mother... I mean sort of, he is made out of that obedience... complete love and affection for the Mother... he doesn't argue... he doesn't question... he doesn't do anything... and that's how these powers are in him the maximum. If you think by arguing with me you are gaining, you are sadly mistaken... you have to keep me pleased... is a fact... so please don't try to displease me... I may not say anything, because outwardly I don't say anything... but your powers will be reduced (800127.2)

Those people who are obedient to me are very powerful Sahaja Yogis... you know that... and those who are not, go down very fast. I have seen those who are disobedient, who don't listen to me, who are rude to me, who do not understand the protocol... go down very much in Sahaja Yoga... because what is lacking in you is the discretion, the Mariada... how far to go. You have to be powerful people and the power of a person increases by putting Mariadas - supposing you have wheat, and you spread it, it will spread all over and anybody, birds will come and eat it up... it will be finished. But if you put it in a sack, it will have a weight... it will have a size... it will rise in height... is useful... and it will have

Sahajvidya - Obedience

respect. But the thing that is all spread all over will never be respected. Nothing works out without Mariadas... you have to keep your Mariadas. All our ideas of freedom are to be bound by Mariadas... if the freedom has no Mariadas, it is abandonment... it is a nonsense... it is not going to help (820402)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-880101 A sinless life - G'pule - see 871213 good 5

-870503.1 Sahastrara Puja, Australia - see 870503 good 45

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed upon S Yogis and how maintain them, Bordi good 30

820402 Shri Rama's birthday - Chelsham Road good 70

980712 To be obedient to the Guru, Cabella

- end -

30 Sep 2003

Obstacles

If there are no events or mishaps, then you cannot see the surmounting quality of the Divine... if the surmounting quality of the Divine has to be seen, we have to see the obstructions (881211); If suddenly a negative force comes in to trouble you... so what... otherwise how will you know what you are. If there is no darkness, how will you know you are the light (961020)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881211 Detachment - Rahuri - see 881207 good 25

961020 Navaratri Puja, 'Be aware of your own state', Cabella good 55

Oil

Olive oil can be used for a massage on the Vishuddhi, as well as the head and backbone. When you touch somebody with oil, you see, the Krishna tattwa acts... because Krishna is the one who represents the Madhuria, the sweetness of your character. In little little things are expressed Madhuria... like in poetry or in relating some events. Krishna's Leelas were all full of Madhuria... it's like a sport... it's like a sport (850502)

Oil is useful for correcting a bad Hamsa Chakra, by putting it into the nose (841005), and olive oil can also be placed in the ears to prevent drying out (870408); So oil is the one that helps you... in your ears, if you can put some olive oil, heated up... with one garlic piece in it... that's very good for the ears. So the oil is the one that keeps your Vishuddhi alright (850502)

Oil is to be put on your heads at least once a week... that will keep your heads cool. And also before taking a bath, use some oil for rubbing on your hands or on your body (881221); To be applied to the hair before a head bath (900811.2); You must put oil on your head... at least on Saturday... put sufficient oil, and then wash your head - but you will not do that, and then, you start losing your hair. Why not do something where it is needed, to look after yourself also (971005); We lose our hair very fast, because we don't use oil as we should - starting with the hair at the Sahastrara (910728)

It would be a good idea... to start using a little oil for the head... in the night... as Sahaja Yogis, you should... better use some nice coconut oil, and rub on your head nicely, in the night... and in the morning... after all it doesn't show much... and comb your hair in a proper way. If your dresses... and your hair are... like bhoots... then the bhoots will take over, thinking... 'oh, this is a bhoot sitting down here... better take hold of that bhoot'... so dress up in a way... that you shouldn't have hair on your forehead at all... keep it straight... make it nice... and have absolutely clean foreheads (860504)

Sahajvidya - Oil

So before you start getting bald, better try putting some oil on your head... that's one very important thing, Sahaja Yogis have to do... you can take vibrated oil if you like... and... I think olive oil is good... but better than olive oil, I find, is coconut oil... it is better for the growth of the hair. But sometimes you can also put almond oil... is also good for you... because if you have any problems that you feel exhausted, your nerves need attention, you are a nervous type of person, then almond oil is good for you (860504)

People who have teeth which are troubling them, must look after them. It's no good just going to the dentist... simple thing is to use some olive oil and some salt... rub it on your gums nicely every day before sleeping... that will keep your teeth alright. You will be amazed... that til today, I have not been to any dentist (860504)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 841005 Farewell to Mother - Chelsham Road good 50
- 850502 Niraaanda, Vienna Ashram good 60
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- 910728 Guru Puja, Cabella good 60
- 971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

- end -

10 Apr 2003

Omkaara

The first created sound, the Word (810829); Symbol of our doing, or awareness (910505); A.U.M. (960609); Created when Sadashiva and Adi Shakti separated, to form the Creation, and that contains the 'causal' of all the elements on the right side, the power of emotions on the left side, and the power of ascent in the centre (900828); That contains the three powers (960915)

The sound produced when all the Bija mantras on all the chakras (made when the Kundalini passes through each chakra), are sounded at the same time and passed through the body - Aum. At Sahastrara, no sound is made by the passage of the Kundalini, and one becomes thoughtless (790000.1); Is one aspect of Shri Ganesha; Is the vibratory awareness that flows everywhere (890619); Christ was Omkaara (891203)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-891203 Farewell talk - Shudy camps - see 891008 good 35

-890619 Ascent, Mahakali Puja - San Diego - see 890611 good 25

790000.1 Bija Mantras and Shaktis on Kundalini - Ashley Gdns good 40

900828 Ganesha Puja - Austria good 30

960609 You dissolve into Divine Power, Adi Shakti Puja, Cabella good 50

960915 Without Innocence you can't enjoy, Ganesh Puja, Cabella good 60

One

You are part and parcel of one single human being... and that is your Mother (871230.1); You should be 'one' with myself, than with yourself... in the sense that the Self that is within you, is me (881203); Shiva and Shakti are 'one'... just like the Sun and the Sunlight - if there is no light in the Sun, the Sun is no good (971005)

We must learn to be 'one'... if after your Realisation, if you don't understand this message, that we all have to be one, one single unit, one single body... if we cannot 'be'... if you are identified with other things... then there is no way that you have grown... that you have matured (980510)

When you are 'one' with the Divine Power, you just feel... 'I am not doing anything'... just like the paintbrush in the hand of the artist, which never thinks it is doing anything... that it is the artist who is doing everything - and who is the artist... is the Divine Power, which loves you, which cares for you, which looks after you, which absolutely is identified with you. If you are one with the Divine, it looks after you... it has all the powers. Only one power it does not have, is to control you... if you want to ruin yourself, it gives you freedom, complete freedom... that's why you must curb down that freedom, and respect the Divine Power (980510)

The Kundalini... when she comes up, and pierces your fontanelle bone... you can feel the baptism. When it pierces, and enters into the first strata of the Superconscious, the first thing that happens is you become 'one' with the Collective Being... and you start feeling from your hands a cool breeze flowing... vibrations... cool vibrations... called by Shankaracharya as Saundarya Lahari (771121); Once you have got your Realisation... and once you have become 'one' with the Divine... then there is no question of your going down... unless and until you yourself want to go down. It's very remarkable how you get this... and after that you don't lose it... of course, first you must grow... and for that you have to meditate... but this meditation, once you do it... the whole being itself gets so enlightened, and so beautiful, that you don't want to change it... you want to be there and enjoy it for ever (000507)

Sahajvidya - One

Tape References

Date/Ref - Title - Qual - mins

-881203 Ascent - Vaitarna - see 881207 not good 15

-871230.1 Marriage, Kolapur - see 871219 good 45

771121 Tantrism, Caxton Hall poor 75

971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

980510 Meditation is the only way, Sahastrara, Cabella good 60

000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

- Jai Shri Mataji -

Optic Chiasma

The Agnya chakra, controlled by Christ at the crossing point of the optic chiasma, is the very important 'gate' which is the space between the ego and superego (810330); The centre between the optic chiasma, where the two optic nerves meet... that is the point they call the third eye, and that is a very important point, and is the point of Christ. This is the point where you see this red mark (790720); Christ is in the centre itself, where the optic chiasma is (810904); Christ... also known as Mahavishnu, and who is the incarnation of Shri Ganesha (830129)... resides at the Optic Thalamus (781218), on the Agnya, and sucks in the ego and superego (810926; 811006)

Shri Ganesha becomes Maha Ganesha in the Virata, that is the brain. That means that it is the 'seat' of Shri Ganesha, from where he governs the principle of innocence. It is placed at the back of the head, in the region of the optic thalamus, or optic lobe, and is the giver of innocence to the eyes (850000.1); You see... why you develop diabetes... and then as a result of diabetes, you develop bad eyes... the reason is that in diabetes, the fats are not consumed properly... and they are not supplied sufficiently to the brain... to the optic lobes. The brain is made of fat cells... and that is why you get these troubles... if the fat cells can be used for the eyes... then there is no problem (840214)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850000.1 Mahaganেশa Puja - see 850000.1 good 10
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 790720 Cardiff Public Program good 30
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 810904 Advice given by Shri Mataji, Brahman Court poor
- 810926 Shri Mataji in America, NY, day 3 [+PP video set 2/1,2]
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 840214 Shri Mataji talks to the English - Bordi poor 75
- 850000.1 Mahaganেশa Puja and other Talks - India

Others

The greatest happiness, the greatest joy is in giving Realisation to others; Unless and until you share your joy with others, you will not be happy (960716); Sharing of your things is an extremely joy giving thing... that is how all of us have to live... sharing things. Don't think about yourself... think of others... think what others like; It is such a joy-giving thing... to cook for others. So the Principle of Lakshmi is only enjoyed, when you share with others... we have to learn to share (960716)

It's no use having identification with people who are not Sahaja Yogis... they may be anything... no use... because you are at a different level... they are at a different level... either try to raise them... or have nothing to do with them... because they will pull you down. They will not see your light... they have no eyes to see... no ears to hear... no feelings of it. You shouldn't bother with them. If they come to Sahaja Yoga, well and good... otherwise... in no way are they related to you. How will you relate Sahaja Yoga to them... how will you explain anything to them... it's going to be impossible to talk to these people. So what I have to tell you today is that our family is in Sahaja Yoga (001231)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-001231 New Years Puja, Kalwe - see 001225.2 not good 25

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

- end -

21 Apr 2003

Overactivity

Right sided people have a very very overactive personality. Such a person eats too much of proteins... all the time, meat... and receives a blessing of ego. Such a man aggressively destroys others... the images of others... pulls them down... criticises others... jumps on them... he can be hot tempered... can be absolutely demonic - Hitler is the example. These people who eat too much meat, and heavy foods... they develop muscular capacities too much. They will be very quarrelsome and aggressive... snappy and sharp in their language; They look brilliant, and consider themselves to be very intelligent... but actually they are stupid people; They may have a bad time with their children... with their parents... with their wives. They may have money, but they can never enjoy that money, or think of living a life which is comfortable; Those who indulge too much into life... and so-called 'enjoy life'... and waste their time in drinking, and being with women and all that... they all can be ruined... not only by money, but by their very bad health (830209)

Sickness comes if there is something wrong in the 'Principle', that builds up the human being. Basically there are two principles which affect the body, and the third principle affects the evolution - the first principle of the left sided... if it is in danger then we develop lots of diseases due to lethargic organs... but the right sided people have a very overactive personality, and have overactive organs (830209); Fumes from the activity on the right side collect in the balloon of ego, which together with those from the left side collected in the superego, cause us to be cut off or separated, from the main (790616)

Organs can be Active type, if we eat too much protein type of food - in which case we should take more of vegetarian foods (830131); Right side diseases include: aggressive ego, hot tempered and obnoxious, overtalkativeness in old age, overactive hearts, palpitations, asthma, constipation, cirrhosis of the liver, unhealthy skin which is sallow, diabetes, leukaemia, kidney problems, high

Sahajvidya - Overactivity

blood pressure, uterus troubles, barrenness in women, digestive troubles, paralysis caused by brain damage and overdevelopment of Mr ego (830209); Heart Attack... can result from too much right side activity (870500); On a full moon day, we are overactive, even in the sleep state. As the moon grows, the activity starts, in the night also (821101)

Supposing you are a right sided person, then what happens to you... you become overactive. Overactivity gives you fatigue... gives you all kinds of diseases... such a person is very speedy... he cannot sit in one place for two minutes, all the time jumping, and he creates problems for himself and his family. This is Rajoguna. The Rajoguni has an opinion of his own about everything... he goes on forcing it onto others. But if you see his own life, he is a complete misery... he cannot carry on with people... he cannot talk to people, and there is a very big gap between himself, his Spirit, and his being (980712)

If you try to overpower the matter, getting overactive with matter, making everything properly, over-efficient with the matter, then your ego develops, and when your ego develops, you go into violence. You become a sort of an aggressive businessman or country, which tries to overpower other nations with their material advancement... you become materialistic and such people have no heart... they are just dried up... the only thing they understand is money (800927); Physically and mentally we are overactive... specially in the society where we are supposed to be 'developed' - we develop through using this... Right hand side... power of action (810511)

By thinking, the right side gets overactive, the ego develops... and engulfs the heart. So by 'thinking' how to correct the ego, the worse you become - then you are fighting it. So we have to give a balance... bring down your ego... with your hands. Not... mentally you resolve it, but through your vibrations and mantras... mantras are very important for Sahaja Yogis; For ego you say 'Mother you are our ego... we don't do anything... you do everything' - if you say like

Sahajvidya - Overactivity

that, it will work out... otherwise it will not; Be humble... be humble in your heart. What you have to surrender is your ego... means your thinking; If you are thinking, open your eyes, and say 'I forgive, I forgive'... even if you take my name, it's sufficient (800907); Mental activity... is contra-indicated for any form of Sahaj or Spiritual activity, or for one's ascent, or for the expression of love or compassion (950917)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 870500.1 Untitled talk - see 870503
- 790616 Dr Johnson House, Birmingham not good 55
- 800907 How to know where you are - Chelsham Road good 120
- 800927 Lethargy, Chelsham Road good 75
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 830131 Nabhi Chakra, Delhi good 80
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 870500.2 Australia PP [PP video set 5/1] good 35
- 950917 Patriotism and Modernism, Shakti Devi Puja - Moscow good 75
- 980712 To be obedient to the Guru, Cabella

Oxygen

Oxygen is from the right side, as opposed to Hydrogen, which is from the left side (850528); Mother Earth created the Carbon. Through the effect of electricity, carbon got attached to Hydrogen and Oxygen, and so produced amino acids, and so Prana started, which ultimately produced the mind and the brain, and when we become Realised, becomes the Pranava (850528)

The Neem trees that grow in India, are very good for driving out all the baddhas. It has a very bitter taste and the baddhas run away from it. They are very oxygen creating plants, and we use them as toothbrushes. Also if you have scabies or any skin trouble, then boil the water with this and take a bath. It's a very bitter thing... if you don't allow the water to go in your mouth, then it's perfectly alright... it's very good... it's a very medicinal thing. It's called as Neem (881207)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881207 Mooladhara - Aurangabad - see 881207 good 30

-850528 Miracles (+ Facing Seeker's questions) see 860725 good 10

850528 Kundalini Power and Creation, Los Angeles good 45

881207 Why do we come to India-Dec 88/1 - India

Palpitations

An overactive heart that develops in right sided people... in which the heart pumps fast... and palpitations may take place (830209); Those who go headlong into wrong paths may suffer from funny heart troubles, palpitations, insomnia, vomiting, giddiness, irrelevant talking etc... it is very serious to go to wrong gurus (830204)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

830209 Problems of Left, Right and Centre - Bombay good 65

- end -

28 Jun 2003

Pampering

Other people pamper you because they want to take advantage of you... so they'll pamper you... they'll say 'this is very great... you are very great'... and you just get enamoured... and get lost. In these modern times everybody is conscious of their ego... and in the way they are coming in the newspapers and magazines... I would feel shy to be there... because it's so much expression of your ego... nothing else. They have competition of ego... lots of competitions... like beauty competitions... this... that... all these things actually give the person ego... and others also run after... they think... I should be like that... so it's very deadening. In the heart of hearts we like humble people... and if we want others to like us, we should be also very humble (001225)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-001225 Christmas Puja, G'pule - see 001225.2

001225.1 Christmas Puja, Ganapatipule good 20

001225.2 Christmas Puja, G'pule/New Years Eve Puja, Kale

- end -

6 Apr 2003

Pancreas

That organ in the body, controlled by the Swadisthan, which when it malfunctions may result in diabetes (870500); Represented by Austria and Holland. The organ that makes the sugar, and is under the control of the left Nabhi (860921.2)

If you excite the right side Swadisthan... your left Nabhi catches. Say if you are a big thinker, a big planner... then what happens, you get diabetes... because you are using your right side Swadisthan too much... and because of that there is an effect on the left hand side Nabhi... your left side starts becoming weak... and makes your spleen and pancreas very weak... and that's why you get diabetes (790609.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-870500.1 Untitled talk - see 870503

790609.3 Maria's House Tape 3 poor

860921.2 Role of Belgium and Holland, Mechelen good 65

870500.2 Australia PP [PP video set 5/1] good 35

Chakras affected: Right Swadisthan; Left Nabhi

- end -

3 Oct 2002

Parabrahma

That form of God Almighty, when all Creation has merged together into the one sleeping state; When creation commences, it does so on the periphery, with God Almighty remaining in the centre, dividing into Sadashiva and Adi Shakti, who nonetheless remain in unison (810829); The Absolute Silence, in the beginning (791115); Also Paramabrahma (810829)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

791115 Significance of Brighton

Paralysis

There are two types of paralysis... one is caused by too much ego... the other by superego. Those who have lethargic temperament... develop clots in their blood... and these clots cause the paralysis, and is also on the left hand side. The other one is caused by the damage to the brain, on the right side, by the overdevelopment of Mr ego within you; Mainly the people get it on the right side (830209)

In India, we have many Swayambhus, created by the Kundalini, and which are really worshipped. I have been to most of them, and was surprised that most of the Pujaris were suffering from some sort of serious disease, like one was a paralysed fellow. When they asked why are we suffering like this, I said because you are just making money... you can't make money out of God - if you don't want to serve God, you don't stay here... but if you want to serve God... then, you can stay here, but don't make money out of it. It's very common, I have seen... those people who make money, get paralysis (970525)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830209 Problems of Left, Right and Centre - Bombay good 65

970525 Respect the Mother Earth, Cabella good

- end -

13 Mar 2003

Parama Tattwa

Which is the Highest of Highest, which is the Param Tattwa, the Principle of all the Principles, and controls all the principles of all the 5 elements (860706); The One that creates, co-ordinates, plans into all the details, the One that loves through it's creation, through it's expression, is that Cosmic Consciousness, the Brahma. We are part and parcel of that - we are not only in it, we can handle it, regulate it, use it and work it out. When we are in this state, we are the Guru (860706)

The Deity... of Shri Ganesha... is innocence personified... and he incarnated too on this Earth... as Lord Jesus Christ... and is made of that essence of Divine Nature of God, that we call as Parama Tattwa... the highest essence of God... his body is made out of that... and that is the reason he could resurrect. At every point, at every chakra... he bestows on you the blessings of his innocence (771121)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860706 Guru Puja, Gmunden - see 860706 good 55

771121 Tantrism, Caxton Hall poor 75

860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria

- end -

27 Mar 2003

Paramchaitanya

The All Pervading Divine Power (MME, 891203); Nothing but Vibrations, but with everything within it (890808); Cool Breeze of the Holy Ghost, the All Pervading Power of God's Love; The Ruh; Rutumbhara (MME); Is absolute Love... that knows, understands, co-ordinates and works out everything (970600); This is the time when Paramchaitanya has gone into action. Everything is being done just to convince you about Sahaja Yoga - things which are absolutely impossible (951224); The Paramchaitanya itself is your Guru (850629); The Nirakar (980320); Which runs this whole Universe (980705)

If sometimes you are in trouble... then know that you are not leaving things into the hands of Paramchaitanya... if you leave things into the hands of Paramchaitanya, then they will work out... very well (970823.1); It's very interesting... how everything in this world moves according to the desire of the Paramchaitanya... it's very surprising (970823.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-970823.1 Prim'I Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65
-891203 Farewell talk, Shudy camps - see 891008 good 35
850629 Guru Puja - Paris (Strong correcting tape) good -
890808 Shri Ganesha Puja - Les Diablerets, France good 45
951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
980320 Felicitations, Delhi good 55
980705 Royal Albert Hall 1998 good 50
MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

27 Mar 2003

Parasympathetic

That part of the nervous system in the central channel, the Sushumna Nadi (810928) which gives the balance (87000); Which brings things back to normal... relaxes and nourishes... after the sympathetics have initially responded to an emergency; Is formed by loops from the left and right sympathetics, and wherever these loops meet, are formed energy centres known as Chakras (MME); Is part of... the Autonomic Nervous System... that 'self governing' nervous system, comprising the left and right sympathetic, and the central parasympathetic nervous systems (840731)

It is the Soul... which lines the spinal cord... which looks after everything... even before Realisation... which looks after the Parasympathetic nervous system... little, little things, you know, it looks after... just it tries to keep us on the right path... gives us a conscience... and that makes us think about the truth... and to seek the truth... to know there's something wrong with society. So this Soul guides you... and it has brought you to Sahaja Yoga (950625)

A problem that people who are in the 'centre' may develop, is low breathing, and low blood pressure, because of parasympathetic activity... and when they are fighting the anti-God activities, they might feel tired... but again they improve, and they feel alright (830209); Cancer is nothing but an imbalance... the overactivity of the Sympathetic Nervous System. If you can control the Parasympathetic... you can neutralise, and completely you can cure cancer... but we are not here to cure people... we are here for our ascent (771024.1)

Sahajvidya - Parasympathetic

Diarrhoea is important sometimes... to cleanse you out... it's important; It is alright because it is a parasympathetic activity... it's cleansing you see; Some of you have had some Gurus, and that's why also the void acts very fast... and then with this Guru trouble, the void must be showing off; With diarrhoea and also vomiting... it's the drugs, and bad Gurus, and things, that spoil your void, and when you come to Sahaja Yoga it comes out in this way. Let it be, it's better; After Puja if it's happening, it's very good... it should happen after Puja (881221)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

-870500.1 Untitled talk - see 870503

771024.1 Caxton Hall tape 1 poor

810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80

840731 Middlesborough PP [PP video set 4/1,2] good

870500.2 Australia PP [PP video set 5/1] good 35

950625 Richmond Park talk, Richmond Not good 45

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

3 Oct 2002

Part & Parcel

You must know within yourselves, that... you are part and parcel of the whole process - though you have your own freedom, this freedom is also part and parcel of the same process... you are not separated from God... you do not have any 'separate entity'... you are part and parcel of that whole process... alright. So to think that you have to decide something about it is also wrong... you are in the same machinery, brought to this stage when you are given freedom for your further evolution (800517.1); From the hands the energy flows. With these hands we can feel the All Pervading Power, we can manoeuvre it, manage it, organise it. We feel that we become Part and Parcel of the Whole (871023)

One thing is very important is the humility... you should be a humble person... not think that you are something special... or some sort of a self important person... once you think you are important, then you are not part and parcel of the whole... how can one part be so important... if you start thinking like that, anywhere in your journey of Sahaja Yoga, then I must say you are not in the Sahaja Vasta, the Sahaja State (000507)

Then some people who are not yet understanding the importance of 'becoming', who do not know that they have to grow, become again useless, good-for-nothing. If you people get your Realisation, all the global problems can be solved, like the pollution problems get settled down. The power of love can settle pollution problems because it also acts on the 5 elements. It works in such a manner that should in every way encourage you, help you... work out your programs, your ventures, your meetings... anything that you want to do. It's worked out in such a beautiful manner. You become the master no doubt, but you don't have the arrogance or anger of a master. We are part and parcel of the whole - it is all interwoven. It is not mental... it is what you experience all the time. You don't have to worry... it will all work out... even in small small things (980706)

Sahajvidya - Part & Parcel

In Sahaja Yoga... the truth is exposed gradually (831001); The truth is very simple... it is so very simple... that you are the part and parcel of the whole... and you have to feel the whole... that is what you are seeking (810511)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871023 Press Interview, Piacenza, Milan - see 871024 good 25
800517.1 Old Arlesford, Winchester pt 1 (Preparation for Becoming) good 50
810511 Lord Jesus, Forgiveness, Caxton Hall not good
871023.1 Press Conference, Xavier's Flat
871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
980706 Holland Park School, London 1998 good
000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Chakras affected: Vishuddhi

- end -

26 Apr 2003

Past

The 'past' is finished, whilst the 'future' doesn't exist... so enjoy the 'present', which is the Reality (980321); The past is to be forgotten - is very important to forget the past - no explanations... about your mother... your father... things that have happened... now you belong to this family, which is a Holy family... of Saints. Among 'them' you are sitting (850901)

Most important thing is you should not talk about your past at all... because past is finished. Now you are Sahaja Yogis... you are Realised Souls... so you don't have to say a word about your past. Even if your husband starts talking, you just stop and tell him... 'we are to live in the present, don't tell us about your past... just forget the past, and live in the present'... because in the present resides the Reality... and the Reality is the Ocean of Joy (931228)

When you reach a certain stage, you should not allow anything of the past to come back... you have to challenge the past... it's finished... nothing... like that. But if you get afraid or worried, then you have not reached the point. If you keep a distance... nothing can touch you. Your Mother will sometimes test you on that. She will sometimes remind you of that... and see what happens to you. Why should you worry about things that you are not, any more - if you are the bird, why should you worry about the egg, which used to smell so badly. So have confidence within yourself. So that's how you challenge the past... and you can also challenge your future. Like, if you think to telephone someone... then you think 'oh, perhaps he may not be there'... but why don't you just telephone - and so you telephone... and the fellow is just there. The mind that finds problems, always does so because it doesn't want to solve it... and at the end of the day... they sit down exhausted (850505)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-931228 Talk to bridegrooms & Shri Gauri Puja, G'pule - see 931224 good 10

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

850505 Sahastrara day Puja, Vienna good

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

980321 75th Birthday Puja, Delhi good 55

- end -

11 Apr 2003

Peace

Is the responsibility of Belgians, while that of Holland is Justice, and if the principle of these two countries starts working properly together, they can bring peace to the whole world (860921.2); The Spirit is the source of Peace - you become like a witness, and see the whole drama, like a joke. It's nothing so serious to be worried about, it all works out (980320); If there is any problem... anything... suddenly you must become peaceful within... then immediately you will find, the solution will come to you... this is a subtle of the Lakshmi Principle (960716)

The Spleen... is the centre of peace... the one who doesn't have a proper spleen cannot be a peaceful person. When we are eating our food... if at the time we are eating... we are also say reading the newspaper... or, if say we get onto a bicycle with a sandwich in our hand... is even worse... and we are rushing to work... and, we become so frantic... then we are out to get trouble with the spleen... and we can get blood cancer (820514)

If you see somebody who you don't like, or who has been harsh to you, or cruel to you... you get annoyed... disturbed - at that time... say 'I forgive'... you have to say 'I forgive' if there is disturbance. A Sahaja Yogi is to be known by his character... by his righteousness... by his behaviour... the behaviour of a Sahaja Yogi should be extremely peaceful... Sahaja Yogis who are just rushing up and down... upset... are not Sahaja Yogis (850310)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

-820514 You must become the Spirit - see 820514 good 45

820514 You must become the Spirit/Puja on Fighting Asuras

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

860921.2 Role of Belgium and Holland, Mechelen good 65

980320 Felicitations, Delhi good 55

Pelvic Plexus

Mooladhara... the lowest centre... is the centre that manifests our pelvic plexus... and which has four sub-plexuses... has four petals... one of these sub-plexuses is for sex... one is for reproduction... and the topmost one is for controlling the Kundalini's movement. Now this chakra is below the Kundalini, because here resides our innocence (790722); Which controls through it's 4 petals or sub-plexuses the excretory, sex and reproductive functions of the body. Red in colour (811005); Represents the earth element, the matter, the material side, and gives rise to the pelvic plexus. Is situated below the Kundalini, and the Kundalini therefore does not pass through this chakra when she rises, and so sex has nothing to do with Kundalini awakening (791203); Whose essence is innocence (860305)

The mechanism that is placed within you... is placed inside your spinal cord, except for the last chakra, which is red in colour, and which is outside... and which controls the pelvic plexus within you... is the most important chakra... which emits innocence. The Deity sitting on it is Shri Ganesha... who represents the stage between animals and man. At every point, at every chakra... he bestows on you the blessings of his innocence (771121)... who through the Pelvic plexus, controls the excretory functions, as well as the sex, and is like the lotus in the mud. We thus have to be correct in our ideas about sex (790507)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860305 Wimbledon Address - see 860305 good 45

771121 Tantrism, Caxton Hall poor 75

790507 Sahaja Yoga Introduction good 60

790722 Leeds at Jim's House poor 45

791203 When You meet Me - Caxton Hall good 35

811005 Beauty that you are - Houston good 70

860305 Wimbledon address/Brompton Square

- end -

3 Oct 2002

Peritoneum

Ghee and butter can be eaten by those people who are in the 'centre', who are suffering from a drying up of their body liquids, or of their peritoneum, from fighting the anti-God elements too much. Also it can be rubbed onto the fingers and hands, to soothe them down, because the heat from the other people also can make them dried up (830209)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830209 Problems of Left, Right and Centre - Bombay good 65

- end -

28 Jun 2003

Permissiveness

Those who still have those problems that... they want to sleep with other women... and they want to do all these things... who are, on a subtle level, quite on the verge of collapse... they should give up Sahaja Yoga. Best is to leave us alone... we can't have such useless people... so they should give up Sahaja Yoga, and don't trouble us. So all those who are still like that, who are trying to have relations with other women... having their eyes on other women like that... and also all the women like that... all... should give up Sahaja Yoga... and should spare us (860504)

Promiscuity

An unnatural behaviour which results in diseases and problems for mankind (870500); Which will never lead you to God, but to Hell - thank goodness there has been a film showing the diseases that you get by a promiscuous life (830512)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-870500.1 Untitled talk - see 870503

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

-830512 Hampstead - see 840802 (Video)

830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

870500.2 Australia PP [PP video set 5/1] good 35

Perspiring

If anyone perspires, this means that the heart is weak, that the left side is weak, or that they may get too much cool vibrations. To correct this, when working with the fire, you should put the right hand on the heart, and left hand (to the fire - Ed) (800517.2)

This liver has a special capacity to extract all the poisons from the body... as heat... and the heat in the body is to be conveyed to the blood... and that has to be taken out of the body... maybe as perspiration... or in other forms. But what happens is that when this liver is out of gear... it cannot pass this heat into the blood stream... and the heat remains in the body... and you become heated up... and that makes all these problems for you. Those people who have bad liver feel a little heat when the Kundalini rises... but you can definitely cure your liver... no doubt about it (820514)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-820514 You must become the Spirit - see 820514 good 45

800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

820514 You must become the Spirit/Puja on Fighting Asuras

- end -

7 Jun 2003

Photograph

It is only in the lifetime of the Adi Shakti, that the Photographs have started... it's more than a representation... "its quite me... because my attention is there... my Photograph has got My Desire also in it" (900811.2); The photograph has so many elements in it - it has the light, water and earth elements in it... it has also air element, because if the air is not alright you cannot get a photo... and it has ether element because a photo you can transmit (800518); Only with the Photograph will Sahaja Yoga be worked out (830121)

Our Mother's photograph is very auspicious... you don't put it on the ground... nor do you trample over it... auspicious matters... which are important matters, must be kept at a higher level always (800927); The protocol of the photo is important (800518)... it has a coefficient, and emits vibrations (900811.2); Keep one Photograph with you all the time in your pocket... respect it... with the understanding that... 'that is Mother... who is with us' - you'll be amazed how things work out (800518)

All these Photos that you have separately have meaning - the Hands, with a candle, are very good for the eyes, and for the blindness caused by bhoots, whilst the Feet are very good for the grosser problems, and especially for the ego and also the superego... they will correct the Supraconscious, and will go to the grossest point - the Feet are tremendous... we also sometimes should watch the Feet (800517.2); The photo of the Devi's Feet is the strongest for correcting problems (841005)

A Photo of the Face will not work to correct the grosser problems - for that a Photo of the Feet works much better. The Face is for the seekers (800517.2); "My face is such a funny thing, that if you watch it for a long time, you will have no thoughts... today it happened, I went to the tailor, and he just looked at me, and he didn't know what he was doing. My husband said 'Is he stunned or what?'" (800609); We also should watch Mother without thinking (800609)

Sahajvidya - Photograph

Also you can use my photograph for curing other people. So, one should not bother about all these things... one should keep completely detached about it. So do not cure anyone... if you have to cure people, then you please give them the photograph and ask someone to work on them. You have got the power to handle my photograph... give it to others (800127.2)

If a candle starts flickering in front of the Photo, this is alright, meaning that there is something wrong and it is being corrected by the Photo (810328); When working on someone who has a possession, by for example a false guru bhoot, it is important not to allow oneself to be exposed to the same bhoots, by keeping a Photo in front of your face, like a mask - in addition of course to putting oneself into bandhan (800517.2); You should not show interest in people who have no interest in the photograph... if they are not interested in the photograph... just forget that person... you see that's the best way (791202.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 800127.2 Deep Meditation - see 800127.1
- 791202.4 Guru Puja Pt 4, Ganesh 113 Names, Dollis Hill - see 791202.2 not good
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 791202.2 Guru Puja/2, Dollis Hill - see 791202.1 [incomplete] good 30
- 791202.1 Guru Puja/1, Dollis Hill [Mother's Declaration] - see 791202.1 good 20
- 791202.1 Guru Puja/1&2, Dollis Hill
- 791202.2 Guru Puja Pts 3 & 4, Dollis Hill
- 800127.2 Powers bestowed upon SYogis and how maintain them, Bordi good 30
- 800517.2 Old Arlesford, Winchester - pt 2 (What is a Sahaja Yogi) good 90
- 800518 Old Arlesford, Winchester - pt 3 (The Real Becoming) good 30
- 800609 Subtlety Within - Caxton Hall good 50
- 800927 Lethargy, Chelsham Road good 75
- 810328 Nabhi talk, Australia [some noises, + 15 mins Q&A] good 55
- 841005 Farewell to Mother - Chelsham Road good 50
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35

Pillow

Best way to take out the anger within you... is to, say... take a pillow... and hit it hard... or which ever way... take it out... not to bear anger within you - it comes from your liver. You may not even show anger... but inside is anger... so just take it out... clear it out... the liver. If you go on accumulating anger, and bearing it up... it burns your liver - if you show it off... it burns others' livers. So best is to take it out (810904)

A pillow is alright (to sit on - Ed), as long as it is not made of nylon (830302)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

810904 Advice given by Shri Mataji, Brahman Court poor

830302 False Gurus and Satgurus - Dalkeith (Q & A) - see sub good 160

- end -

27 Jun 2003

Pineal Body

Animals do not have much idea of the future - only their left side is developed... so much so that... the pineal body, which is in the brain, and which controls the left side is more developed in animals than in human beings (800809); It stores all the conditionings as superego, is controlled by one of the petals of the Agnya chakra - whilst it is the pituitary body, which creates the ego (830129)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800809 What are we inside - B'ham good 30

830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70

- end -

3 Oct 2002

Pingala Nadi

The right side channel, in our subtle system (831001); Right side sympathetic nervous system; The power of action, that acts through the 5 elements (810928); The Sun channel, which works for our physical and intellectual activities (MME); In Indian tradition, is the Rajoguna. The side of our mental and physical activity, the future, our planning, the ego (840313), and of our creative being (790200.1); The side on which is found Shri Hanumana (890423)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-840313 Intro talk - 3 channels, Delhi - see 840313 good 35

-790200.1 Talk to westerners & about negativity - see 790200 poor 65

810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80

831001 Santa Cruz interview good 45

840313 Intro Talks - Delhi and Hampstead

890423 Archangel Shri Hanumana - Margate good 45

- end -

30 Apr 2003

Pinnacle

You'll be surprised... it's like climbing a big... you can say a mountain... but, when you have reached the peak... you can see everything very well... and you feel so satisfied that you are at the peak. So that climbing part... even... some of you have to do it... it is alright... there is no problem... you can do it. You must have respect for yourself... love yourself... and understanding... that you have to reach the peak... peak of the mountain (000507)

And once you have reached the peak of the mountain... you will know you are there... and then you start showering all your love and affection - everything... flows down the mountain. If that is the life for you, it's the greatest type of life... forget all other people who are supposed to be great... forget them... you are much higher than them... because you are already chiselled like a diamond... with the Sahaj style of life... which is very satisfying... also which is very much absolutely peace giving. It gives you joy... peace... capabilities... so many things that you cannot count... like the thousand petals of your Sahastrara which are enlightened. This is such a tremendous area... once you are in the thousand petals. From there people have gained all the knowledge about science... all the great discoveries are from there (000507)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

- end -

3 Oct 2002

Pitfalls

There are so many pitfalls for a Sahaja Yogi: (760330)

*Any involvement with each other in any relationship whatsoever... you should know that this is not going to help anyone attain their individual ascent. Everybody is ascending individually. Whatever the relationship, whether that of son, brother, wife, friend... you are not responsible for their ascent. Only Mother's Grace, or their own desire, their own efforts to give up all that is 3-dimensional, will help them (760330)

*Feelings of disgust with oneself... if you go on clinging to it, you are conditioning yourself. This means that you are not in thoughtless awareness, but are making the past a solid mass on your head. In the 'present', everything which is not eternal, is fleeting. We have to understand our own dignity - all over the world, there are so many people, yet in Sahaja Yoga there are very very few, and when you are chosen the first, you must also realise that you are the foundations... you have to be strong... and forbearing (760330)

*We are used to one thing, and that is the idea that 'we' must 'do' something about it... but meditation is the most Sahaja method. Sometimes we feel that we have to reach a certain place... or that we must get this thing done... and it is not done like that... sometimes by mistake, what we want is not done - we must accept it as the Will of God... that it is what He desires (760330)

*Worry and frustration with yourself... when you start identifying with your instrument not being in proper condition... then there is going to be a problem. You have to laugh at yourself, at your mechanism that is out of order. If your chakras are spoilt, you can solve it - there are so many methods. You are not the chakras, or the different channels... you are the awareness... the power... the Kundalini (760330)

Sahajvidya - Pitfalls

*Then also a problem with a Sahaja Yogi may be that even though he 'is there', his attention is still involved with 'outside'. Then 'how to remove' - once you say 'how to remove', you have created the 3-dimensional involvement. You are not to remove - it is there. Myself, I would just feel, where I am... that's all... (760330)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-760330.2 Deities on various Chakras, Delhi - see 800102

-760330.1 Gudi Padwa, Delhi - see 760330 good 30

760330 Gudi Padwa, Delhi/Transformation, Bordi

Pituitary Body

The pituitary body, which creates the ego, is controlled by one of the petals of the Agnya chakra (830129)... whilst the pineal body... stores all the conditionings as the superego (830129)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70

- end -

18 Jun 2003

Planning

Hanumana is running on our Pingala Nadi all the time, and what he does is to spoil our plans. If we run on the Pingala Nadi instead of him, then he side-tracks all our plans all the time - and that's how our planning fails (890423); If you plan too much, the plans will fail. But if you just see the plan of God, and fit your plans into that, that is the way to be successful in your plans (790720)

As you know we are all very futuristic by temperament. Now this futuristic-ness cannot be cured by telling... 'oh now, don't think'... or 'now you stop planning'... you just can't do it... you can't help it... you have to do that kind of planning... and you find that all these plans fail... because these plans are not related to the plans of the Divine... the Divine has some other plans... and you have some other plans... and they never combine together... and that's how you find all your plans fail... and you are just frustrated... you don't understand how it has happened. For your understanding one has to know that there is a Divine Power... and we are made human beings to feel that Divine Power... to manoeuvre that Divine Power... and thus enjoy the Bliss of Divinity (820514)

When you start planning too much, the Swadisthan chakra is given too much work, and so stops supplying energy to the pancreas, and as a result we get diabetes (790720)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-820514 You must become the Spirit - see 820514 good 45

790720 Cardiff Public Program good 30

820514 You must become the Spirit/Puja on Fighting Asuras

890423 Archangel Shri Hanumana - Margate good 45

Plastic

To be avoided, wherever possible, especially in Pujas (900923); If you cannot sit on the ground, then you take a stone, or some marble, or something which is natural, on which you should try to sit. But if you sit on the plastic and do your meditation... I don't know what is going to help you... the plastic? That's why I request you always to use natural things. Natural things can absorb your problems very well (970525); I cannot understand how you can go and buy this rubbish of plastic... all these useless things (971004)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

900923 Navaratri Puja - Geneva, Switzerland good 75

970525 Respect the Mother Earth, Cabella good

971004.1 Nature & Balance, evening before Navaratri, Cabella good

971004.2 MUSIC - Evening Program, Cabella

- end -

7 Jun 2003

Playing Games

Those who are not innocent, play 'games', try tricks, gossip, indulge in filth... Shri Ganesha cuts them out... Ganesha is the judge... and he is the one who throws you out on the periphery... like a tangent you get out of Sahaja Yoga... and then you go down and down and down (840902); In innocence... you do not 'play games', and put people down... nor do you laugh at others, and make fun of them... nor do you think that you are the wisest of all, and make everybody look a fool... but what I've seen... even coming to Sahaja Yoga... this is the worst part of it... I have seen people who play games, after coming to Sahaja Yoga... they gossip... and say all kinds of wrong things (840902); Don't play games with me... innocence can be very powerful also... don't play games with me (850504)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

840902 Ganesha Puja talk, Switzerland [French translation] good 55

850504 You have to be in Nirvikalpa, Vienna good 50

Politics

Politics... may slow one's growth in Sahaja Yoga (980320); What is permanent is your Spirit... that's the most powerful thing... that's the real power you have got... and when that is the power, the person who has that power, is the greatest Capitalist... and that Capitalist becomes the complete Communist also, because he must give... otherwise he does not enjoy. So the whole Capitalism becomes Communism... and Communism becomes Capitalism... that is, inside (831001)

Today's politicians are just making money (0.0011); Politics is nothing but a compromise... and... tomorrow, if Hitler comes in... they will go and garland him... just to give a balance. They compromise with evil... with wrongdoers... and compromise at any cost... just to have an election. Sometimes you start decrying democracy... it becomes demonocracy. This is the politics of the gutters, I feel... the way it is... it's very low level... everything is so low level. I feel that it's all such filth... that this fungus like growth has come up. I really don't know what to say about them... you should just dissociate from them. We are different people altogether... we are flowers (850502)

So we have to create out of Sahaja Yogis great politicians. It has been predicted that if Sahaja Yoga does not spread, then 3rd world war will be inevitable... people will suffer a lot with 3rd world war. It is possible to avoid it if people take to Sahaja Yoga in a big number... but if they do not, there will be a 3rd world war... and the effect of that will harm people so much that ultimately it is the Sahaja Yogis who will be called for a conference and not the diplomats - the Sahaja Yogis will be consulted and they will decide what is to be done for the world... and they will become the rulers of tomorrow's world. So we must have full idea how to be rulers like Shri Ram. It's a very big task... it's a great task... and sometimes you might think 'how can Mother expect us to do it'... but I think you are the people who

Sahajvidya - Politics

are chosen for it... and you have to get to it... and work it out. So we have to train up ourselves to be first good rulers of ourselves... and then rulers of others... through your heart not through your mind. Go on telling your mind that 'this is not... this is not... this is not...' any thought that comes to your mind you go on telling 'this is not... not this... not this... not this...' then the inspiration starts coming. You see what I feel... people are not inspired... they have got fear, on one side... or else they go into an ego trip (820402)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

0.0011 Weekend seminar in Pune, Tape 1 good 180

820402 Shri Rama's birthday - Chelsham Road good 70

831001 Santa Cruz interview good 45

850502 Niraananda, Vienna Ashram good 60

980320 Felicitations, Delhi good 55

- end -

19 Oct 2003

Pornography

If say, you like to see pornographic books... then, you have no respect for yourself (781002); In (a national newspaper - Ed)... they have tried to describe the prostitutes... in a very horrid way... absolutely nude they have shown these women - in (that country - Ed), pornography is not allowed. So this is a way of having a pornography... and that in a place where people just don't go... I mean it's regarded as such an inauspicious place... if somebody has to go there, they'll come and have a bath... very horrible (810524)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

781002 Knots in the 3 channels, Caxton Hall poor 90

810524 Subconscious, Supraconscious, Chelsham Road not good 70

- end -

13 Mar 2003

Possession (Negativity)

Which comes from following wrong gurus (830129); Dead spirits existing within a person, such as a dead male spirit existing within a girl who all the time wants to dress as a man, or a big drunkard spirit in a young person who wants all the time to drink whisky neat. These types come from the Subconscious areas. Then from the supraconscious areas come the Hitler types, the despots (820711); When I tell to some people, they'll say 'I know Mother... I know I do that'. Then why do you do it... that means you are possessed... you are a possessed person. That you know this is wrong... still you are doing it... then you are a possessed person. Then it's better you beat yourself with shoes (800927)

Left side people... might have some sort of a baddha in them, in the sense that they are possessed by someone. Of course some are possessed by right side also... not that only the left side is possessed... but from the right side also they are possessed. Left side possessions are of a peculiar type, because they give you pains in the body. The right sided person doesn't get pains himself, he gives pains to others (880921)

The proteins 58 and 52... which come from this 'unknown area within us'... the Collective Subconscious... they enter into us... and trigger cancer. Now whatever is dead, is on the left hand side... so what they are actually talking about... is possession... that such a thing enters our being and triggers cancer (821007)

Now supposing you are too much trying... 'oh God... help me... do this'... then you can get possessed, because you are not yet connected with God... and once you get possessed... that means that some other spirit can come in... and such a spirit, when it comes into you, it can really make you mad. This kind of thing happens to people who go on the left hand side (821007)

Sahajvidya - Possession (Negativity)

When you enter into the Collective Subconscious... any one of these spirits can catch hold of you... and once they catch hold of you, you are liable for any of these diseases. Especially, I have seen... if there's a possessed person of course... they become mad... they get epilepsy... all these are possessed people. Epilepsy can be cured... all such mental problems, depression... can be cured... it's not difficult at all... but one must know that if you are possessed, you must really work it out... and see to it that it goes away from you... and you become your 'Self'. Multiple Sclerosis... a disease of the left side... so far I have seen three cases in England, which have been cured by Sahaja Yoga... and all of them had either the wife or husband possessed (821008)

Then the right side is the Collective Supraconscious... is the future... where we indulge too much into the future and plan too much, and we are aggressive about it... then... all the ambitious people, who 'lived in the future' are there. Hitler used this power to entice people... to influence the people... and he used those who are dead on the right hand side... means the Supraconscious people... and when these Supraconscious people jumped onto them, they also started to become ambitious... and absolutely heartless people... they were so heartless you can't imagine. If you read the lives of some of these people, they were not so heartless to begin with, they were not... they were good, free, affectionate people. So suddenly, how did they become so devilish, and so destructive... the thing is, they are no more there... there is something else acting... such people can become dynamic for the time being... may look dynamic... but afterwards, it is too much a load to carry... and they become like cabbages like the other side people (821007)

When the Supraconscious spirits come in... you become over ambitious... you start getting ideas... how to organise... how to do this... how to (790609.3)... there are some scientists who have died... and who never were satisfied with the progress that they made... so they come and give you ideas... it's all Supraconscious (790609.3)

Sahajvidya - Possession (Negativity)

If there is a possession, then this can be corrected by sitting in the Sun - bhoots do not like the Sun, and will run away. If there is ego problem it is better to sit in the moonlight, but if there is a problem of crying, better not to look at Moon, but better to see the Sun (800517.2)

People who are possessed get exposed in my Presence, because there is light, and in the light negativity gets exposed. That is the danger... that going in the light you get exposed. Some people who are otherwise normal in Sahaja Yoga also... but once they come before me, they just stand, and something goes wrong with them - because there is lot of negativity within them (871230.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871230.1 Marriage - Kolapur - see 871219 good 45

-821008 We don't have to suffer, Bedford, see 821007(Video) Good

-821007 Truth is to be achieved, Bedford - see 821007(Video) Good

790609.3 Maria's House Tape 3 poor

800517.2 Old Arlesford, Winchester, pt 2 (What is a S.Yogi) good 90

800927 Lethargy - Chelsham Road good 75

820711 Nabhi to Sahastrara - Derby good 90

830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70

880921 Speech at Ammonk Ashram, New York good 35

Chakras affected: Left Side; Right Side

Powers

We must get our own powers, and not rely on those of our Guru (830129)... for example, the ability to penetrate into a subject and see immediately what is to be done; We can feel what can be done to help so many people... but also, we should not determine ourselves what we should do - the Spirit uses us, and if something does not work out, then we should not be upset about it (960505); We have the power to transform ourselves, as well as others (811103); You are so very powerful... in collective and also individually... whatever you want... you can have it (920229); Whatever you think or want, you can do - your relation with the Divine is not imaginary, but is actual, and the Divine is dynamic (811103); God's Power is the integrated Power of all the powers (800609)

You can cure others, you can give speeches on Sahaja Yoga, you can know your own problems, you can cure your own parents, your own surroundings... you can clean yourself and others (800518); You can raise the Kundalini of people, and can give Realisation - even your thought is powerful, your attention is powerful (890423); Each person can give Realisation to thousands of people... if he gets out of his 'own ideas', and this can do such a lot of good to the whole world (980705)

You can feel the vibrations of others... there are some who can control the Rain, Sun, Moon, everything. Some have tremendous powers of prayers... just by praying they have saved the lives of many people; Your powers are based on love and compassion, and you have to use your powers for the benevolence of the people (920621); The powers that we have are for Sahaja Yoga, are to work for Sahaja Yoga - we have to do it (890423)

We have certain powers... and these powers increase, when we humble down - they do not increase with arrogance... with arrogance one can only become stupid... that's the only end of arrogance (880921); If you start telling others, talking about it too much, then the powers that you have got will be all disappearing gradually, and you will come down to absolutely lowest level - so don't try to show-off (830113)

Sahajvidya - Powers

The first power that you get after Realisation is the greatest power on Earth... this is the power of Shri Ganesha... it is only he can do this job, that you people are doing today... and that power is 'Raising the Kundalini'. No-one so far in the history of spirituality has ever raised the Kundalini in such a short time, as you people are doing... it moves under your fingers... it is absolutely Shri Ganesha's power which is given to you. At the time when you are giving Realisation, even if you are caught up in any one of your chakras, or you have any problem... even if you are a little bit possessed... even if you are not such a good Sahaja Yogi... even if you are not that much surrendered to Mataji... even if you don't have much sense of obligation about Sahaja Yoga... still the Kundalini rises under your fingers. This Ganesha Shakti is given to you by Shri Ganesha himself, within you... to give you the confidence... that you can raise the Kundalini... but not the feeling that 'you' are raising the Kundalini - if you go on, without surrendering yourself to Sahaja Yoga... after some time... you will lose this power... very fast (800127.2.2)

Another power which you have got... you may notice it... that at that time when the Kundalini rises... there will be no obstruction of any kind... whatever may be the obstructions around... say there's a possessed person next door, he would not obstruct you at 'that' time... in your family there may be a person who is a negative person, but if you are raising the Kundalini, then at that moment he will be kept quiet. At that time, when you are moving your hand on the Kundalini, is the greatest power you are using... at that time there will be no obstruction on your hand by anyone what so ever... even by mistake (800127.2)

Then another power you have got... when you are raising the Kundalini, that at that time... you will be completely attracting the attention of the other person within... like a magnet... by which you should understand that you can raise the Kundalini whenever you feel like. Supposing there is a lot of noise going on... all sorts of problems going on... or any such thing happening... at that time your

Sahajvidya - Powers

attention will not be distracted... and the attention of the person who is taking the Realisation from you will not be attracted by outside things... at that time, when you are raising the Kundalini. That means you can give Realisation at any time (800127.2)

Another power you have got, at the time of Kundalini Jagruti... that no baser feelings will rise within you... no impure feelings... about the person whom you are giving Realisation... even if you are a possessed person... maybe before and after... but not during... these dirty feelings will not come to you... automatically. Also you will be absolutely satisfied... even if you are hungry, you will not feel the hunger... or any physical need at the time when you are giving Realisation... there will be no distraction of any kind. You won't do anything that is undignified... because you are being blessed with dignity... you will never joke... you'll never make fun... you'll not be frivolous... automatically. These are your supporting powers... all these five powers I have described... are very few of the thousands of others... but they are the five powers of Shri Ganesha (800127.2)

Ganesha's fifth power is the power of wisdom... and that whatever he knows, he can draw upon it and write it down - even that power, you have got. When you are raising the Kundalini, you talk to the person in such a manner... only that which is wisdom... and also you write or show him figures, automatically, which are right... even if you don't remember your figures, they'll come out right (800127.2)

Now these powers can be maintained if you try to follow Shri Ganesha. His foremost quality is that he does not know any other God or anybody else, higher than his own Mother... a complete dedication and complete obedience to Mother... I mean sort of, he is made out of that obedience... complete love and affection for the Mother... he doesn't argue... he doesn't question... he doesn't do anything... and that's how these powers are in him the maximum. If you think by arguing with me you are gaining, you are sadly mistaken... you have to keep me pleased... is a fact... so please don't try to displease me... I may not say anything, because outwardly I don't say anything... but your powers will be reduced (800127.2)

Sahajvidya - Powers

Now the 3 powers of Adi Shakti work in you. One gives you longevity... and a clear-cut idea about your desires... if your desires are 'right', all your desires are fulfilled by this power... all your desires... all... but first... one should know... that your desires should be 'right'... for example... why do you want... what is the purpose... are you sure about it... if your desires are clear-cut, then they will be fulfilled... absolutely one hundred percent. That power you can achieve only by putting your bandhan on your heart... whatever desire you have... you say it, and put it on your heart... means you are asking from your heart... seven times... you just give it a bandhan, and the work will be done... but don't use it for nonsensical things... because if you use it for nonsensical things, this power will go away... use it for something special... of a higher level (800127.2)

By this first power, which is the Adi Shakti's power... or Mahakali's power... you get all the love of all the people around... everybody will feel magnetically attracted towards you... and you will be always guided by great souls, and angels. If you come across anybody who is meeting an accident, you will stop that man from going that way... if you are in an accident, everybody will be saved... you will seldom have an accident... if you have it, you won't be hurt much... amazing... all these powers come to you because you are the children of Adi Shakti. The whole universe of the subtle, Divine Power is looking after you individually... you're all marked... the mark is on you... you are bearing the mark... and they are looking after you. So this power of desiring is the power that protects you... in all the ways that are possible (800127.2)

It guides you... looks after you... gives you peace... and gives you tremendous faith in Sahaja Yoga. Ultimately you become filled with joy of Sahaja Yoga... and you don't like anything else but Sahaja Yoga... to you everything is Sahaja Yoga. But sometimes you know, we are identified with our ego... and we think our ego is Sahaja Yoga... many a times I have seen it. Sahaja Yoga should be separated from that ego... and brought in our day-to-day lives...

Sahajvidya - Powers

when we are meeting each other... talking to each other... that joy... we should see one ripple falling and another rising, and another falling... as you see in the sea. This power is within you... and it is working all the time... that you are loved and looked after (800127.2)

Now by your second power, you will automatically meet people who are learned, and who are Sahaja... you will also read books which are Sahaja... even if you have to read some 'other' books, you will be able to know that 'this' is not correct, and 'this' is correct... and by that you will enrich your mind... when you will start speaking, people would be amazed... that those who have never spoken would be speaking very well... those who have never known poetry will be writing poetry. Lots of things will happen on the field of art also... those who did not know art, will do marvellously in art (800127.2)

By the middle power... you will give Realisation to people... you will be able to tell... and correct... the chakras... this is all by your centre power. By this power only, you have a very great power over your Will... if you decide that you are going to be like this... you will be... if you want to be a happy person... you will be... the transformation will be at your hand... you can transform yourself... without any difficulty... if you use the central power of Mahalakshmi. Of course you will get better jobs, better money, prospects... but not too much of it... so much so that you will feel very much satisfied about it... so that your attention is more in the centre (800127.2)

All other powers of Mahalakshmi you will achieve later on... but for that, your Sushumna has to be cleaned very much... and for that you have to develop detachment in life. Unless and until you develop detachment, the deeper powers of Mahalakshmi do not come up... for example, even in the smaller things, like... having connection with me... even that one... is to be a detached thing... even to say Aarti... or to do something to come forward, that 'I'

Sahajvidya - Powers

have to do it... even to invite me to dinner... or any small thing, that 'I' should do it... is also an attachment... if it works out, well and good... if it does not work out, well and good. You must say that... 'Mother, you come'... but if I cannot come, there should not be the slightest feeling of unhappiness... but should be accepted. This detachment has to be developed for your Mahalakshmi power... then, you go beyond (800127.2)

Your timing will be worked out absolutely correctly... you wouldn't have to see the time... there will be time which will be your own... whenever you will go, you will find everything worked out well. So to preserve this power of time, you must not hurry up too much... you should not be slaves of watches... just let it go... do not have any obstinacy about anything... just doesn't matter... if it is ten o'clock... alright... if not, ten fifteen, doesn't matter... just allow yourself to be drifted with the flow of Sahaja Yoga. If it works out, well and good... if it does not... well and good... just keep it like that... then only you will be surprised how this Mahalakshmi power improves... and the blessings of this power are tremendous (800127.2)

On Vishuddhi chakra, you have 16000 powers awakened in you... as you are today... but when you speak, you don't understand that when you are speaking, you are a Sahaja Yogi... with all these powers you are speaking... when you eat, you don't understand that this tongue belongs to a Sahaja Yogi... you shouldn't hanker after anything... like if somebody likes tea, he'll go on taking 15 cups... that's no good... or if he's fond of one sort of food, he won't take another food. Thinking too much about food all the time... asking for food and organising food all the time... that spoils your Vishuddhi very badly (800127.2)

Then talking ill about anyone, complaining about anyone to me... will spoil your Vishuddhi - if there's some sense... if I ask... then is alright... but all the time talking ill about each other will spoil your Vishuddhi. If possible try to talk good about others, always... by telling good about another person, you will help yourself and

Sahajvidya - Powers

another person. When you judge others... you should know that you are judged by God... it is 'His' judgement... which is going to decide how far you are (800127.2)

There may be some... in Sahaja Yoga today... who think they are great Sahaja Yogis, big people... but maybe they are not... and those who do not think that they are anything great... that they want to increase and improve their shakti... they may be the people who are occupying very high places. So, under these circumstances... one should never boast... and should not have wrong, false estimation about oneself... that is the way you can preserve your powers much better, of your Vishuddhi (800127.2)

Also I have seen people start discussing me... and in a very funny way they do it... I think the best way to deal with the problem is not to speak about me... if you have to speak, then know that it has to be absolutely positive... otherwise you are harming yourself... and you are harming others... then you don't blame me for that (800127.2)

So that's how your Vishuddhi Chakra's problems are increasing... and they go on increasing, especially when you try to confuse yourself... and quarrel with yourself... and think that Sahaja Yoga has gained by your coming... then you catch on Vishuddhi - 'you' have gained, not Sahaja. By accepting truth, 'you' are enhanced... 'your' position has gone up... not the position of the truth. So this idea, from you head must go, right away... that you have any way obliged Sahaja Yoga... or that you have obliged God by coming to him (800127.2)

So to keep your Vishuddhi alright is... the easiest when you keep yourself in a state of witness... and that is possible if you develop the habit, after Realisation that everything that you do is put into Nirvichara, into thoughtless awareness. If you start that habit, you will be amazed... your witness state will improve... and you will rise in your being (800127.2)

Sahajvidya - Powers

It is very important to understand that without transformation you have no meaning... whatever you have been, has been useless... of no good... whatever you are transformed, you are of some use. So, whatever you have been, you do not be identified with that... but whatever you have to be, you try to be that... and with this power you have got, that 'whatever you want, you will be that'. But some people are so funny that they say that... I want to be a donkey... all such silly and foolish people are no good for Sahaja Yoga (800127.2)

Now you have got curative powers... you know that... you can cure people... but do not get into that mess... because there, Mahamaya plays her part... if I find you are getting into your head the idea that you are very much... getting involved into... for example... your brother-in-law's father-in-law's mother-in-law... then I'll stop it... or you'll get into trouble. If you start making money out of it... I'll stop it. I do many things, by which I just stop it... and then you cannot have that power in you... on the contrary you suffer quite a lot... because you do not know how to protect yourself from all these bad things. So, before you start curing others, you first cure yourself fully (800127.2)

Also you can use my photograph for curing other people. So, one should not bother about all these things... one should keep completely detached about it. So do not cure anyone... if you have to cure people, then you please give them the photograph and ask someone to work on them. You have got the power to handle my photograph... give it to others (800127.2)

You have lots of powers which normally common people don't have... because I do not tell them many things that I tell you... and thus you are a person of very rare quality... and a rare blessing. Now write it down... how many powers you have got. Try to preserve all your powers. So all of you must improve your quality... individually... not criticising others... not looking at others... but individually you should understand your capacities... and how much you have given to others... and how much you have really manifested, out of what you have got (800127.2)

Sahajvidya - Powers

You have control over the Sun... over the Moon... over the tides... and over the sea, and all those things... you have... but for that you have to do little more, which I'll tell you some other time... I don't want you to control all these things and sit down on top of a hillock, and start showing off. Better thing is, you work it out first on human beings... and then I'll tell you... you already have them awakened, but I haven't told you the trick, how to do it (800127.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
- 800127.2 Deep Meditation - see 800127.1
- 800127.2 Powers bestowed upon SYogis & how maintain them, Bordi good 30
- 800518 Old Arlesford, Winchester - part 3 (The Real Becoming) good 30
- 800609 Subtlety Within - Caxton Hall good 50
- 811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara & Supraconscious, Dhulia (+ 30 min med'n) good 60
- 830129 Swadisthan Chakra, Delhi ("False Gurus, & Conditionings") good 70
- 880921 Speech at Ammonk Ashram, New York good 35
- 890423 Archangel Shri Hanumana - Margate good 45
- 920229 Shivaratri Puja, Glenrock, Australia good 60
- 920621 Kundalini Puja, Cabella good 55
- 960505 We must feel responsible, Sahastrara, Cabella good 55
- 980705 Royal Albert Hall 1998 good 50

Pragnya

Awakened knowledge, the new awareness, Pragnya, which comes out of meditation, the sustenance of meditation. It is a kind of fruit ripening, and we start seeing around how the Nature, the Divine is sweetly playing with us. This state must be achieved by every Sahaja Yogi because unless and until, minimum of minimum, you achieve this state, you will still be in a dangerous zone, which upsets our Mother very much. So we must reach a state, where we see every day the Blessings of God manifesting - that means you have entered into the Kingdom of God. This state, all of you must achieve, all of you should achieve (830723.3)

Now how to achieve this state... First of all as Realised Souls, we should learn to keep in the centre, because ascent is in the centre, and we should try to meditate in a sustained way, and so achieve our Samadhi, in which we start feeling the joy and the bliss of God's blessings, and start saying 'Oh God, what a blessing.' Then in this state we come to realise that we are the Spirit, and in this way we develop a complete state of witnessing, with joy; Silence must be established within and without - we should not joke, or talk loudly, or move about, or have fun, when in the presence of our Mother, but should have a proper protocol - it is we who have to gain something from our Mother - we should try to settle our attention with that (830723.3)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65

- end -

28 May 2003

Praise

Praise the Lord... because God is fond of praise... if you praise the Lord, then he gives you everything... it's true; You cannot get to Mother, unless and until you are really bhakti from your heart... but if you have bhakti, then you can get to Mother... it is written... Bhakti Gamyā (920719)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

920719 Guru Puja - Cabella good 65

- end -

12 Jun 2003

Pranava

Vibrations; Christ's power was Omkara, was Pranava; Christ was nothing but Pranava, just vibrations... that he walked on the water (871225); Christ was nothing but Pranava, this integrating power, this great power which has all the powers in it... the Iccha shakti... the Prana Shakti... and the Dharma Shakti... all these put together... he was nothing but energy (811006); Pranava, the Aum, the Sound of the All Pervading Power (811006)

Hamsa means Pranava... or discrimination you can say (791202.4)
- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871225 Tapasyas - Poona - see 871219 good 25

-791202.4 Guru Puja Pt 4, Ganesh 113 Names, Dollis Hill see 791202.2 not good

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

- end -

5 Apr 2003

Prasanna

Pleased (891008.1); The Deity of Sahastrara is a very simple person, and is pleased with very little actions - not much is needed to please the Deity of Sahastrara - little things make Her happy (870503.1); You have to keep Prasanna... keep the Devi pleased (830209)

Jagadamba Prasanna... that is... the Mother is... very happy - so you must just find out what will make Mother happy. When you do something, just weigh it out... will she be happy if we do like this... if we talk like this and say like this... will she be happy - very simple... that's a good judging point. Don't do what 'you' want to do... and what 'you' like... that's a wrong style... absolutely wrong... but you must do what I would like you to do... and that is what it should be... Mataji Prasanna. This is a sort of a certificate with me... that Mataji Prasanna... so... do everything with that permission (770126.1)

What pleases Mother... very simple things. Very simple things please her... like flowers... but how much attention you have put to it... that we have to give a flower to Mother. Now what flowers she likes... she likes fragrant flowers... from where we should get the fragrant flowers... it's very simple... the shop... be on the lookout... there must be some shop with fragrant flowers... the whole direction changes... you see, you become beautifully attached to me... and I have to gain nothing out of it... but by your attaching yourself to me... you gain something. You have to think that if we have to attach ourselves to Mother, we must put our attention completely, entirely to it - it's not what you give me is important... it is how much heart you put into it (850310)

Sahajvidya - Prasanna

Tape References:

Date/Ref - Title - Qual - mins

- 891008.1 Destroy those demons within, Margate - see 891008 good 45
- 870503.1 Sahastrara Puja - Australia - see 870503 good 45
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 770126.1 Bordi Attention - see 770126.1 poor 40
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40

- Jai Shri Mataji -

Prayers

Are said in your hearts with the feeling of complete surrendering... and asking for the Eternal - it will be granted... just ask for that (760330); You must pray to God and ask for what you want... ask for 'complete satisfaction... for Joy... for Bliss in my heart', 'give me that Love, that I could love the whole world', 'cleanse me with this Love'. At any time that 'thought' is coming, you pray, and you will be moving in the wave of that ocean which is the Unconscious Mind, which starts with thoughtless awareness. If you cannot become thoughtless, pray to me 'forgive me for what I have done... and forgive those who have done harm...' (750209)

You have so many powers... just try... one word of prayer from you is very powerful... more powerful than hundreds of prayers of these people... one asking is much more powerful than thousands of these askings... you have never tried... try that... you are extremely powerful... whatever you desire works out (920229); One has to only pray for the Spiritual ascent... because as you ascend, you get, all the rest of it. When you do not ascend... you do not get, what is needed... that's why there are problems (830321); You have to eat your food with some prayer... bless that food, thank God that you have got that food... then the satisfaction comes in better (850421)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850421 Ganesha Puja, Children, B'ham - see 850408 not good 25
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 750209 Prayer by Shri Mataji - see 760330 not good 5
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 830321 Overcoming the 6 enemies, Ma's 60th B'day Puja, Sydney good 50
- 850421 Mooladhara + Meditation, B'ham good 40
- 920229 Shivaratri Puja, Glenrock, Australia good 60

Predictions

1. Acharya Kakar Bujandar from Karnataka (820130), translated and brought to modern language the predictions made by Bhrigumuni, in his Nadigranth, written in Sanskrit 12-14000 years back (830128; 830302); They said it will happen Sahaja... they used the word 'Sahaja'; That the complete Brahmachaitanya itself will embody, and a great Mahayogi like that will be born who will do all these miracles. And Bujandar brought it to the modern terminology as to what is the year when this Sahaja will start, and he calculated correctly... 1970. But the best part of it... that these people will not take to Sahaja. This is the best part (0.0006)

It was predicted so clear-cut: That a great Yogi will come on this Earth in Pisces (Shri Mataji is on the cusp of Pisces and Aries); That the real change will start from 1970, and by 1980 it will take it's grip; That the Kali Yuga will start receding back from 1970, and the new age of active Divinity, Krita Yuga will start; That the Sun will rule in a new way; The axis of the Earth will be reduced, and the speed of the Earth will be reduced gradually; That a great Mahayogi will be born, who will be completely Parabrahma, and will possess all the powers to do or not to do; That with the new Mahayoga that this Mahayogi will bring in, you will see with your own eyes, and you'll get in this body in your lifetime, the Realisation, and you'll get the joy of Realisation; He also said that with this new method, you won't have to sacrifice this body as they did before, and that you won't die, or have to go into Samadhi, but without doing anything they will get their Realisation; Among millions, one will get Realisation; All the human race can get over their death by this yoga; You will have to lead a normal life, be a normal householder... not be anything great; That with this yoga you won't need any hospitals; That just by touching people this Mahayogi can cure people; That for human beings, old age will disappear; That they will have a body which is Divine; That they will not be touched by fire or weapons; That you will be able to see these subtle things with your own eyes; That this will not only happen in India but all over the world (820130)

Sahajvidya - Predictions

He says that they may have to go for a third world war... but it may be avoided, if people develop a love for each other with this yoga; That this great Incarnation will interfere, and that all the countries will come together with the understanding of collective oneness; That in a very big city a conference of all the countries will be held; That then not the politicians but the yogis will direct them; That through prayers we'll be able to unite all the countries; That the Divine Knowledge and the Science will become one; That with science you will be able to establish the existence of God and of the Spirit; That you won't have to give up anything to achieve Brahma; That you will become 'Sahaja' (820130)

In the new yoga system, the administration in the different countries will be governed by a people who have their own powers of yoga, depending on their quality as yogis... that will be the determining factor; That they will be able to create a society that will completely fulfil their desires and their necessities; That people won't need to have money accumulated; That poverty and sickness will be finished, and that the society will be healthy and restful and without anger (820130)

2. It has been predicted that if Sahaja Yoga does not spread, then 3rd world war will be inevitable... people will suffer a lot with 3rd world war. It is possible to avoid it if people take to Sahaja Yoga in a big number... but if they do not, there will be a 3rd world war... and the effect of that will harm people so much that ultimately it is the Sahaja Yogis who will be called for a conference and not the diplomats - the Sahaja Yogis will be consulted and they will decide what is to be done for the world... and they will become the rulers of tomorrow's world. So we must have full idea how to be rulers like Shri Ram. It's a very big task... it's a great task... and sometimes you might think 'how can Mother expect us to do it'... but I think you are the people who are chosen for it... and you have to get to it... and work it out. So we have to train up ourselves to be first good rulers of ourselves... and then rulers of others... through your heart not through your mind. Go on

Sahajvidya - Predictions

telling your mind that 'this is not... this is not... this is not...' any thought that comes to your mind you go on telling 'this is not... not this... not this... not this...' then the inspiration starts coming. You see what I feel... people are not inspired... they have got fear, on one side... or else they go into an ego trip (820402)

3. Gyaneshwara, called Nyaneshwara, in Marathi (961221), and who was also Kartikeya (961221), foretold the present times, when people will feel the 'Oneness of the Brahma', when they will become happy, when problems will go away, when the crookedness of the 'ill-doing people' will be finished (830129)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 961221 Mahalakshmi Puja, Vashi - see 961225 good 10
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 0.0006 Brighton after Public meeting poor
- 820130 Predictions on Sahaja Yoga, Durga Puja, Sholapur good 25
- 820402 Shri Rama's birthday - Chelsham Road good 70
- 830128 Introduction to Sahaja Yoga - Delhi good 75
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

Pregnancy

While it is the rule that any foreign body introduced into the human body gets rejected, yet at conception, the foetus is allowed to form and is not rejected, but retained and nourished (800629)... the whole system works out to nourish it... to look after it... to really bother about it... very carefully the water is created around it so that it is not disturbed... and every sort of a care is taken by the body to look after the foetus... and when the foetus is ready, it is thrown out - now who does that... we must ask this question to ourselves sometimes (820514)

The Kundalini within you... which is your own individual Mother... the Reflection of the Holy Ghost, or All Pervading Power of God's Love... enters the foetus at 2 months age (810926)

One has to know also, when you are pregnant, how to treat your children, how to be looking after your foetus. One has to know all these things... these are very important basic things which we do not know; Now a speedy person is one who moves too much on the right hand side... and leukaemia is caused more by speedy people... not so much by people who are futuristic, but more by people who are speedy. Now the children get it, because the mother is like that... the mother must be a speedy lady. You see, the mother has an influence on the child isn't it... the blood of the mother goes with the child... and that blood carries the message... that's how the child gets it... and that's very difficult to cure also. Imagine... you pay no respect to your pregnancy... what will happen... if the mother is so speedy, the child gets it (821008); Mothers who are hectic by nature, very anxious to do this, to do that, and are also very hectic with their children, can give blood cancer to their unborn children, whilst they are still pregnant (860921.2)

Sahajvidya - Pregnancy

Tape References:

Date/Ref - Title - Qual - mins

- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 820514 You must become the Spirit - see 820514 good 45
- 800629 How... prove the existence of God, Dollis Hill - see 800630 good 20
- 810926 Shri Mataji in America, NY, day 3 [+PP video set 2/1,2]
- 820514 You must become the Spirit/Puja on Fighting Asuras
- 860921.2 Role of Belgium and Holland, Mechelen good 65

- Jai Shri Mataji -

Presence

All things that are in us... if they are auspicious, we'll have a 'presence'... wherever we'll stand, people will know we have a presence... this presence is a blessing of the 'matter' to us. So you must respect matter... in the sense, what clothes you wear - throwing clothes on the ground, throwing here and there, living like a donkey, like a pigsty is not the way a Sahaja Yogi should live... he has to be orderly, he has to respect his clothes. But it should not be that you respect your clothes so much that you throw away 'others' clothes... they are Sahaja Yogis also... you have to respect each other, because you are all Saints (800927)

When you are speaking you should say it with full concentration... where is your attention. If your attention is on something else... (even if I am talking about the highest things)... you'll be thinking of that something else. That is why our presence should be such, that nobody's attention is diverted, or deluded. If your presence is funny, like a joker or a clown... or untidy, everybody's attention will be disturbed. If you are completely in the 'presence', then wherever you stand, people will feel there's somebody standing... great... the respect flows... actually, the respect flows... and it is something so remarkable, that you don't know... 'how' people try to help you (800927)

A 'presence' has prudence... it understands how to behave in a particular thing. Presence has it's own balance... in the centre... and that 'presence' must be maintained. You are all Saints... you must respect each other... you must love each other... talk sweetly to each other (800927)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800927 Lethargy - Chelsham Road good 75

The Present

The past is finished, and the future does not exist - so, enjoy the 'Present' (980321); Most important thing is you should not talk about your past at all... because past is finished. Now you are Sahaja Yogis... you are Realised Souls... so you don't have to say a word about your past. Even if your husband starts talking, you just stop and tell him... 'we are to live in the Present, don't tell us about your past... just forget the past, and live in the Present'... because in the present resides the Reality... and the Reality is the Ocean of Joy (931228)

Gyaneshwara... called Nyaneshwara, in Marathi... who was also Kartikeya (961221)... foretold the present times, when people will feel the 'Oneness of the Brahma', when they will become happy, when problems will go away, when the crookedness of the 'ill-doing people' will be finished (830129); Is the Blossom Time... the present day, when many have to get their Self Realisation (820710)... the time of transformation (790616), when many have to become the fruits (871023), where evolution has to be en-masse (790530); Called also... the Time of Resurrection, in the Koran... or the Last Judgement, in the Bible (821008)

Evolution is from the carbon stage, and amoeba stage through the fish and reptile stages, to the present day, at Sahastrara (830129; 790616) and is still going on - this is not the end. So far, it is spontaneous (781115); The evolutionary path... the Sushumna Nadi (790200.1)... the Central channel, along which the Kundalini rises (810928), the Channel of Ascent (MME), where we manifest the present (790616), is for people who are in the centre... who have their proper understanding... and have got their wisdom (830209)

Vilumba... is the small space that exists between two thoughts, the one of the past and the other of the future, and which may be expanded when we are in the present, in thoughtless awareness. We must remember that we are now beyond thought (800609)

Sahajvidya -The Present

When you become the witness... you are in the present... and you just watch and enjoy (001225); You become Kalatit, when your attention goes to the Spirit, and you go beyond time. You are not bound by time, are not slaves of watches, but enjoy the present - which is the 'Reality'. It helps a lot to be Kalatit, where you just enjoy (980321); Reality is in the centre... is in the present (821007); In the present, everything that is not eternal drops out. If you are on the Eternal Principle, all that is not eternal changes, drops out, dissolves and becomes non-existent (760330)

So this Brahma Shakti is everywhere... it penetrates into everything... and, if you believe in God, it acts in everything... but it's not blind belief... first you have to be perfect Sahaja Yogis... then you are 'one' with the Brahma Shakti... and then you can control everything... and you do not waste your energy in controlling nonsensical things. But, whenever necessary, it works... it acts (860707.2); You'll have experiences in life... one by one... and you will be amazed, how things work out... and then you will realise that you are not an ordinary Sahaja Yogi. Whatever you have committed wrong in the past... or whatever you used to think of the future... the Present becomes Divine... and that Divine present is the ocean of joy... of which you are the part and parcel... just enjoy that. Then you don't think about who is the Enjoyer... and who is the Creator... you just become the existence... existence is the present. That is how it works out... then you lose all words... all thoughts... all feelings which are emotional type... and absolutely silent confidence, you drink... like nectar of life (860707.2)

- Jai Shri Mataji -

Sahajvidya - The Present

Tape References

Date/Ref - Title - Qual - mins

- 001225 Christmas Puja, G'pule - see 001225.2 -
- 961221 Mahalakshmi Puja, Vashi - see 961225 good 10
- 931228 Talk to bridegrooms & Shri Gauri Puja, G'pule - see 931224 good 10
- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 781115 Evolution - see 780911 good 45
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790616 Dr Johnson House, Birmingham not good 55
- 800609 Subtlety Within - Caxton Hall good 50
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 820710 Derby PP [PP video set 4/3,4] good 55
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
- 980321 75th Birthday Puja, Delhi good 55
- 001225.1 Christmas Puja, Ganapatipule good 20
- 001225.2 Christmas Puja, G'pule/New Years Eve Puja, Kale

Previous Lives

In the beginning, Sahaja Yogis asked me 'Mother was I this last life... was I this...' - I said 'what's the use... you might have been anything... but what are you today, is much higher'... try to understand. You might have been Napoleon... you might have been say one of the kings, or maybe the Queen from somewhere... so what... did they raise anybody's Kundalini. Even the disciples of Christ, even Mohammed Saab's disciples... even the Sufis...they never gave Realisation to anyone... Mohammed, Buddha, Christ, Krishna, Rama... they never gave Realisation to anybody... nobody but 'you' can do it (970525)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

970525 Respect the Mother Earth, Cabella good

- end -

1 Jun 2003

Priorities

Our priority should be our ascent (850806); The first priority must be to allow yourself to be exposed to the Mother's Presence, and to sit and just listen, and not go off to do some cooking or other work somewhere. This way we automatically go into Satwoguna. But if the Mother is not there, we should then compete in rising higher (800517.2); Anything can be done... first of all you must have the pure desire to become that... forget about everything else (980705)

The most important thing that God has to give us is His Love, His connection with us, His Kingdom, His Powers - we have just to accept the subtleties that take us to the realms of Joy and Collectivity (800609); If we waste our time with other interests, other priorities, then our progress in Sahaja Yoga will not be so great (791118); First and foremost, let all be germinated - it is necessary that everybody must be given Realisation (800609)

Value Systems

We have risen above our human awareness, and our priorities must change, our value system has to change... and if it has not changed automatically, then we have to little bit deliberately work it out... or else we have to see that we become really the Spirit. Human endeavour is based on gathering property. Whether it is communism, or democracy, or socialism, or anything... it is going round and round the point of property... which may be land, or money, or anything. All economic activity surrounds that one point... of property. But as soon as you become a Realised Soul, you must know that your properties and your priorities are very different. Your property is your Spirit... and your priorities are where you can manifest your Spirit, or can feel the Spirit of others (881226)

Sahajvidya - Priorities

What is the 'value' of a thing... the value is not money. If you want to give something to others... then the 'feeling' you have in your heart... is the value... and that value is the real Lakshmi (971102)

Establishing

When we decide that we have to do Sahaja Yoga first, and that all other things are secondary, then only, Sahaja Yoga can be really established in us. If we are going to waste our time in thinking about other Sahaja Yogis, and small small things, and trivial things, then our disintegration is going to be increased (791118); Once you are Realised, you must establish... it's an essential part of the whole (810511)

There is a common belief, that once we get Realisation we should be perfect - it is not so, we have to work it out... to sustain our Sahaja Yoga. We must not take it for granted. Some people come, get their Realisation and just enjoy for 5 or 6 weeks, or months or maybe hours, and then go back again to the same. At the very beginning, ego and superego get sucked in, but then they come back again. But when you start giving this Divine Power to others, you start gradually deepening into your own being, and feeling your source of Joy - life becomes full of Joy and happiness (790507)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 881226 Value systems - G'pule - see 881217 good 10
- 791118 Where stand SY/How get in Med'n, Dollis Hill. see 791009.1 good 45
- 790507 Sahaja Yoga Introduction good 60
- 800517.2 Old Arlesford, Winchester pt 2 (What is a S Yogi) good 90
- 800609 Subtlety Within - Caxton Hall good 50
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 95
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 50
- 971102 Lakshmi & the Maya of Money, Diwali Puja, Lisbon good 55
- 980705 Royal Albert Hall 1998 good 50

Privilege

It's a very great privilege to be here... for Puja... and this privilege cannot be granted to every person. This is a very great privilege that I am telling you all these things... that I am telling you that 'sincerity is the key of your Self Realisation'... it's a privilege... I'm giving you the key. Understand what a privilege it is for you to be here... what fortune... what reward, for what you have done... how many lives have been rewarded by being here. This will help you to do Puja in a more sincere manner. Now we must meditate also after Puja, because my vibrations you do not suck in without meditation, I have seen. If you have sincerity about it, really... you will suck all my vibrations. Tell your mind not to ask questions or to misbehave... but to suck the vibrations clearly. This is for your own nourishment... for your own growth... for your own enjoyment (800505)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800505 Sahastrara Day, Dollis Hill Good

- end -

17 Jun 2003

Problems

For a problem, the solution is not to have that thing which gives you problem... you can give up anything... anything you can give up, if you know how to detach yourself from that. Either it will work out... or it will not... what is in-between... where is the problem I don't understand. Either it will... or it will not... keep 2 possibilities... that's the only 2 possibilities... what is the 3rd possibility that gives you the problem... you tell me. Say somebody owes me money... alright... so either he will give me or he may not give me... what is the problem. The problem is that you want to avoid to face the truth... and that is to go and face it... if you face it directly, you will be amazed... there is no problem for anything. Say your car fails... so it fails... get down and enjoy yourself nicely til somebody comes along and takes you... or if supposing you don't get a lift, alright stay there overnight... what is it... no tiger is going to eat you... and if the tiger has to eat you, it will eat... where is the problem... still I can't see... and in any case nobody dies... you will be born again - if you look at it from that angle, then you'll be surprised most of the problems do not exist... they are like bubbles... created by our own thinking (871004)

If we are experiencing any problem, think of the heart, or of our Mother, and see the problem solved. We should solve our problems pragmatically - face it and solve it (800613); I have no problem - I have only one problem... that you are within me, and when you have a problem, I have a problem... because these vibrations have to go to you... so I prepare vibrations here as an antidote... and they have to flow. It's a very subtle thing (800927)

All problems are due to bad centres. Problems, whether physical, mental, emotional, social, or material are due to bad centres, but which are cured by Kundalini (871023); Our problems become subtler in us - be alert and dynamic, and work it out... each person! (890611)

Sahajvidya - Problems

If there is a problem, which you are having all the time, then know that there is something wrong with you, with the instrument, which has to be corrected (830723.3); All Sahaja Yogis have problems, and they have problems because of their past, and because of their future aspirations, but there are so many methods for overcoming them (760330); Ego is the main problem (791118)

There are only 2 problems: Left and Right. If it is a right side problem, just beat with shoes. If it is a left side problem, give bandhan, or burn name etc., but do not try to help a person directly - if you face a person and say 'I'm trying to help you', this is wrong, is ignorance. If you try to sympathise, then you are in trouble. Concern is the point - your attention is active, and acts - with no involvement... that is compassion. You have to cleanse your attention for that... have attention that is silent, witnessing, not involved, but is dynamic - it works (870408); All the problems have come out of the overgrowth of the masculinity... it's reached such a wretched point now, that it has to come down (830821)

Sometimes problems are given to us by the Divine, for us to learn some lessons, to gain some experiences (830723.1); English... have to learn to love (0.0011); Americans have to learn how to be self respecting (0.0011; 820125)

- Jai Shri Mataji -

Sahajvidya - Problems

Tape References:

Date/Ref - Title - Qual - mins

- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 791118 Where... stand in S.Y./How get in Med'n, Dollis Hill. see 791009.1 good 45
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 0.0011 Weekend seminar in Pune, Tape 1 good 180
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 800613 Essence within Innocence good 40
- 800613.2 Seeking that which lies beyond, Stratford, London
- 800927 Lethargy, Chelsham Road good 75
- 820125 Being Connected to God, Lonavala Seminar
- 820125.2 What have you got to surrender, Sholapur
- 830723.1 Rutumbhara Pragnya, part 1, Lodge Hill Seminar good 25
- 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
- 830821 Mother Earth, Surbiton good 50
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 871004 Dassehra Puja/Shri Rama - Les Avants, Switzerland good 70
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
- 890611 Dynamism, Virata Puja, Connecticut, USA

Progress

If we waste our time with other interests, other priorities, then our progress in Sahaja Yoga will not be so great (791118)

Measure

We have to judge ourselves, where is our attention, and what is the measure of our understanding, what is the measure of our progress in bringing round our attention. It is very simple - the Holy Mother has to be pleased, because She is the attention and if She is pleased, then we have done the job. She is not pleased by mundane things, but only by our ascent. So we must judge ourselves on this (830723.3)

Mutuality

It is such a mutual thing between us, I can't live without you, and you can't live without me - it is so mutual. But from one side it is one 100% benevolent. Whether I get angry with you, whether I scold you, or pamper you, whether I say 'don't do that' or 'don't come very close to me, keep away', anything that I do like that is benevolent... to you. And the benevolence to me is only one - that you should be emancipated, that you should gain something out of me, that you should prosper out of me (830723.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-791118 Where stand in SY/How get in Med'n, Dollis Hill see 791009.1 good 45
830723.3 Purnima Seminar, Assume your position, pt 3 Lodge Hill good 65

Property

When the aesthetics of matter starts giving you joy... you do not want to possess it - even if you want to possess it, it would be just to enjoy it, and give it away to somebody else. When you develop your witness state this will come to you, that you will not keep things to yourself, but you would like to give and share. Sharing... that is the time you should know you have become a witness, because you are enjoying (800927)

There is no need for us to hanker after worldly things... they will hanker after us. You don't have to worry about these things - what you have to worry about is the Spirit... that's the main thing (861225); To possess something is a headache... to possess someone as a wife or something is another even greater headache (870513)

The greatest possession that you have is your Mother (i.e. Shri Mataji) - through Her, you have your brothers and your sisters (820711)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-861225 Pawana Dam - see 861221 good 10

800927 Lethargy, Chelsham Road good 75

820711 Nabhi to Sahastrara, Derby good 90

870513 Melbourne PP [PP video set 4/5,6] good

- end -

21 Apr 2003

Protection

You are completely protected... be sure of it. And all your powers, after Realisation... of giving Kundalini awakening... of curing people... of talking about Sahaja Yoga... or of spreading it... any kind of thing that you want... is all granted (801019); You can go and talk to anyone, whatever you like... they can't harm you - this is a very great protection that you have... they cannot hinder your work (890423); You are guarded all the time... the blessings of protection are all the time with a person who is a Realised Soul (870513)

Give up all that you call as fear... all kinds of fear we have. These are all left sided things. What a left sided man has to know is, that he is now an enlightened soul, and no-one can touch him... leave alone destroy him. Those who will try, will in a very interesting manner be finished... not destroyed, but in a very jocular manner... you'll laugh at that, and enjoy the way things are working out. So that's why you don't need any destructive powers... it will all be done by the All Pervading Divine Power (920621)

So the way we have to work out our protection has to be mutual... the Mother of course is there to protect you all the time... her powers are there to protect you... but surprisingly in the modern times there's one condition which has to be fulfilled... because in those days good were good, and evil were evil... there was no mixing... so once they asked for the Goddess, they accepted her... she came in her real form... and she worked it out. But in these modern times you must know that all these evil things are also lingering in your heads little bit, here and there (911013)

So the Sahaja Yogis which are today here, have to realise that all these things are surrounding us... and these evil forces are also there. There are some within us... some are without... so

Sahajvidya - Protection

it looks to be a very difficult task... but it's not... because one condition, if you can understand... is that you have to recognise me. I know, I'm Mahamaya... I'm really very clever at it... but I'm truthful... but still I'm Mahamaya... so to recognise me what should we do... if we recognise, then you are protected. And the cleansing is the simplest thing in Sahaja Yoga... is to be collective. If you are not collective... then know that something wrong with you... if you are collective... if you are enjoying the collective, then you should know that you are clean... no blemish is there... you are absolutely alright (911013)

Now the second part of this Mahamaya business... I had to be very close to you... I had to be extremely close... to talk to you... to have a rapport... to tell you everything about Sahaja Yoga. To come close in the real form would have been very dangerous... so one had to be a Mahamaya. But despite that, if you could recognise me... to understand me... that I am Divine Personality... an Incarnation... that's all the Deities want. Then they'll look after you in every way... they'll give you all the powers... all the satisfaction... all the protection that you want (911013)

Then how you behave is very important... you should not be artificial... or superficial... but best is to put your hand on your heart... both the hands... and just try to feel... your Mother is Adi Shakti... she has created all this Universe... she has created all this world... and she is for your protection - as soon as I come to know about your problems, my attention can work it out. All this protection is given to you because you are seekers of truth... and the truth is that I am the Adi Shakti incarnated. Once this truth becomes one with your self, there's nothing to fear (911013)

Sahajvidya - Protection

So just behind this recognition is all the powers... but if you are doubting... still half way this... that, then things won't be alright. You shouldn't worry about your reputation... just go full speed into any direction, knowing one thing... that you are my child, and that I am Adi Shakti... everything that looks horrible will become better... you have seen it now... don't worry about anything... just know that I am the Adi Shakti... that all the powers of Gods and Goddesses... and all that, are within me... and they 'are' within me... and they are all looking after. But if that recognition is not there... they are not going to recognise you either (911013)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 801019 Puja Fighting Asuras, Durga Temple, Hampstead - see 820514 good 15
- 801019.3 Spreading Sahaja Yoga in Europe
- 870513 Melbourne PP [PP video set 4/5,6] good
- 890423 Archangel Shri Hanumana - Margate good 45
- 911013 Navaratri Puja - Cabella good 25
- 920621 Kundalini Puja, Cabella good 55

Proteins 56/58

Which invade our being from the areas built within us since our creation, the Collective Subconscious, causing cancer (811005); Also protein 52 (821008; 820711); Protein 58 and 52 which triggers this happening of cancer within us, which enters into us... comes from some 'unknown area' which they call it... 'which exists within us since our creation'... I call it as Collective Subconscious. Whatever is dead is on the left hand side... so they are actually talking of possession... a possession of a dead spirit or something... that means that such a thing enters our being and triggers cancer (821007)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 811005 Beauty that you are - Houston good 70
- 820711 Nabhi to Sahastrara, Derby good 90

- end -

20 May 2003

Proteins

Food can be used to assist in correcting an imbalance in the subtle system, by using more carbohydrates, or vegetarian type foods, and avoiding too much proteins, for a person who is too much on the right side, or the converse for a person who is too much on the left side (830121)

Organs can be Active type, if we eat too much protein type of food - in which case we should take more of vegetarian foods (830131)... whilst organs can be lethargic if we eat too much carbohydrate type of food - in which case, we should take more proteins. There is no harm in taking meat (830131); Proteins are... useful for correcting an imbalance, where the person is too much on the left side of the subtle system (830121)

Those who are strict vegetarians, who don't eat even garlic... and don't eat even onions, are very vulnerable to the left side business... and on top of that, if they go to a guru who is left sided, they are even worse. One has to be a normal person, eating the right proportions of proteins, carbohydrates and fat (830209)

A right side person, is the one who eats proteins and meats (830131), who is the thinner type of person, and for whom it is prescribed, in India, to eat more carbohydrates (840906)... whilst a left side person... is one who eats carbohydrates (830131), and is a fatter type of person (840906)... they are the people who eat too much of carbohydrates (830209); People who are left sided should take to more nitrogenous foods, means proteins and foods like that (830121)

The left side is the Tamasic side, is the side where darkness is affecting people... those people who live in too much darkness, or in the past, or in a sly way... in a hidden way... are introverts... are extremely cautious... are afraid of people... do not talk much... who avoid meeting people... are nervous... will not have self confidence... will be running away from the public... will hibernate in the house... and also they become schizophrenic; They eat imbalanced food as far as proteins are concerned, and in proteins, are so weak, that they might suffer from lethargic muscles in every way (830209)

Sahajvidya - Proteins

Right sided people have a very very overactive personality... and become very hot tempered and obnoxious... and can be so cruel. These people who eat too much of proteins... all the time, meat, and heavy foods... they develop muscular capacities too much. They will be very quarrelsome and aggressive... snappy and sharp in their language; They look brilliant, and consider themselves to be very intelligent... but actually they are stupid people; (830209)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830121 How to proceed - Vaitarna - see 830104.1 - side B good 35

830131 Nabhi Chakra, Delhi good 80

830209 Problems of Left, Right and Centre - Bombay good 65

840906 Talk at Gregoire's House - Vienna [German translation] good 65

Protocol

The essence of Sahaja Yoga is protocol - if we understand protocol, we will automatically grow. Know the protocol, ask others, get their advice, how to improve the protocol, what do we do wrong (830725); If with faith, we learn protocol we will not feel bad about it (800518); Now our Mother's photograph is very auspicious... you don't put it on the ground... nor do you trample over it - auspicious matters, which are important matters, must be kept at a higher level always (800927)

The Divine has it's own protocol... if the King, say, has to come to your house, then you have to go and invite the King... the King doesn't write and ask 'please invite me to your house' does he... this Mr Ego expects that you should be invited by the Divine... that the Divine must go out of the way to fetch you out... in simple words, this ego is nothing but absolutely wrong ideas about one's own value, by which you think that 'I am everything'. What are we... we cannot even sprout a seed (800517.1)

You know such a lot, that even many Saints do not know... but there's one thing they know... that I am that... that's one thing you do not know - they know that. This is a big difference... because I am easily available to you, you do not understand... for them I am great... how these Saints have recognised... your recognition of me is poor. If it was not so... you would not be shouting in my presence, quarrelling in my presence... you give me headaches... you tell me things which you should not tell me... 'he came there... he did this...' you should not talk like this to me (800927)

When in the presence of our Mother, we should realise in whose presence we are, and why we have come. This is not the time to talk loudly and move about, and have fun - this is a meditative time, we have come for a very special purpose, to be meditative - silence must be established within and without; We must know the protocol part of it... what do we say... to whom are we talking... we cannot make fun... or joke. Mother however may joke with us - we may sometimes smile, or laugh sometimes, alright - but it has to be done with a weight. It is being aware of all this, this behaviour, that is

Sahajvidya - Protocol

going to help us - it is we who have to gain something, from our Mother. So we should try to settle our attention with all this (830723.3)

We have come here at a very important time. Historically this is a very important time, and when we are with our Mother is the most important time, of that important time - we should take full advantage of that... in the real sense of the word. Those who are wise take the best advantage, which is the growth within; Before you stands someone who has control over all the centres, over all the powers, who is All Powerful. How much advantage you have taken of that is the important thing; In Mother's Presence, in India, people become more protocolish, whilst in England people start taking advantage, making fun, joking - you cannot. You cannot be frivolous, or shallow with somebody so intense (830723.3)

The people who are in the centre are quiet and silent people... they never show off... nor are they in front... only when they have to construct something important, they'll come and see me; They can sometimes get into temper, which is necessary, if they are to protect the protocol of their Mother, or could be of Sahaja Yoga, or of God (830209)... is the only time when you should really be angry... then, the anger is spontaneous. But you need not do anything... I can look after myself - but the reaction is correct... the reaction is correct (880921)

One's behaviour and conduct in the presence of the Divine, which is very important, should be one of dignity yet of sweetness, correctly attired for the occasion, neat, clean and respecting the Mariadas. Avoidance of that which may be displeasing, such as plastics of all kinds in Pujas, and any negative or complaining styles of behaviour (900923); Not to close one's eyes in the presence of the Divine, or to place more importance on the Photo than the actual Incarnation... and to handle the Kundalini with respect (890808); When I am speaking... you should not keep your eyes closed (0.0012); Not to monopolise, or tell the Mother what to do. Recognise fully, with full humility, who it is that we are facing, and that the Mother never 'misunderstands' (830204)

Sahajvidya - Protocol

Whatever Mother says, even if we think it may go wrong, lets just do it, and see what happens - by experiencing, we will see (830725); We have to be careful, and not say any indecent things to the Divine, nor to use any bad words (790416); In terms of Protocol, our feet should not be placed towards the Divine (811004), towards the Mother (830129); People who are with the Mother, go into left Vishuddhi very fast, because they lack in protocol. To be with Mother is a blessing no doubt, but also one has to be very very careful, that you do not cross the protocols (850901); Some people also feel that... 'I love Mother'... but that love is to be expressed through complete humility... that's the only way... that's the only channel through which you can approach me... there's no way out (850901); Without asking, you are not to fix my program anywhere... without taking my permission... if you ever try to do such tricks with me, I'll put you right. You know I have all the powers to correct you... so don't take liberties with me anymore... I'm telling you... I'm warning you. Try to understand (850629); If you don't understand any protocol, because you are so naive, because you don't know how to respect, to respect anyone... then you better learn it (850629)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 790416 Living work of God - Easter - Putney good 45
- 800517.1 Old Arlesford, Winchester - pt 1 (Preparation Becoming) good 50
- 800518 Old Arlesford, Winchester - part 3 (The Real Becoming) good 30
- 800927 Lethargy - Chelsham Road good 75
- 811004 Becoming the Truth - Houston [+PP video set 5/3] good 30
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 830723.3 Purnima Seminar, Assume your position, pt 3, Lodge Hill good 65
- 830725 Guru Puja, Why in England, part 4 - Lodge Hill good 50
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 850901 Vishnumaya Puja/Brompton Sq. Puja - Wimbledon/Brompton Sq.
- 880921 Speech at Ammonk Ashram, New York good 35
- 890808 Shri Ganesha Puja - Les Diablerets, France good 45
- 900923 Navaratri Puja - Geneva, Switzerland good 75

Psychologists

Psychologists have the worst Agnyas (781218), and catch on left Swadisthan (790507), and they may be one of the causes of people generally feeling guilty all the time for no reason at all. Freud was a perverted man who misled people into becoming 'sex-points'. On the contrary, Jung, after Realisation, was a good psychologist (820711); Psychologists only think about the left side, but they don't know that when you try to do psychoanalysis, you develop the ego... and then you go into an ego trip, which is even more dangerous than the Subconscious problem (800907)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70

790507 Sahaja Yoga Introduction good 60

800907 How to know where you are - Chelsham Road good 120

820711 Nabhi to Sahastrara, Derby good 90

- end -

30 Apr 2003

Psychosomatic Problems

May result if we follow wrong gurus (830129); Tamogunis... left sided people... get lots of psychosomatic diseases, which are very dangerous and not curable by human doctors... so you have to take to Sahaja Yoga (980712); The biggest sin of modern times, which is immorality, the 'Sin against the Mother', produces cancer which is also heat producing... and results in psychosomatic, or physical diseases, such as Aids, cancer etc... with delayed punishment (941009; 830113.2)

You must respect your body... if God has to enter into your being... your temple has to be corrected... you must respect your body. Then also, your mental being is going to be corrected... if you have any mental problems, any psychosomatic problems, they will be corrected... naturally, because the mind that is going to receive the knowledge of God has to be alright. And you are going to be emotionally absolutely stabilised, cooled down... in pure love (790200.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-790200.1 Talk to westerners & about negativity - see 790200 poor 65
830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
941009 Navaratri Puja, Cabella [video says 941008] good 55
980712 To be obedient to the Guru, Cabella

Chakras affected: Left Side

- end -

11 Mar 2012

Public Programs

You must attend the programs... when you collect together... something happens to you... it is a collective phenomena - Sahaja Yoga works out, after actually there are more than seven people (770126.1); Sometimes it shocks me... when I see that in big programs... Sahaja Yogis are the last to come... all the rest of the people are there... and the Sahaja Yogis are missing (770126.1)

People ask me... 'how many times should we attend the programs'... 'how many times should we meditate'... every moment... you have to take responsibility of Sahaja Yoga now... you have to become responsible for it, in your own way... you have to do it (0.0011)

You sit down anywhere, say it's a music program, and you suddenly start giving a bandhan... it's madness, or you start raising your Kundalini... it's stupid. It should not be done that way. You have to sit with dignity, with understanding... others are watching you (871224); And there is no need to give bandhan when I am sitting there... what is it... I am giving you bandhan all the time (871224)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871224 We are here for our ascent - Poona - see 871213 good 30

-770126.1 Bordi Attention - see 770126.1 poor 40

0.0011 Weekend seminar in Pune, Tape 1 good 180

Puja

The dedications and worships of God, that are organized by those who are gently dedicated to and seek the help of the Divine (790530); Puja is very important - things are worked out through Puja (850528); In Puja, the person who is saying the mantras should not get disturbed (871016); Avoid all use of plastics. Silver is preferred to all other materials (850806); When... I am sitting here... keep your eyes open... where are you going to meditate... meditate on me... keep your eyes open... just keep your eyes open (850504)

At the time of Puja, you must try not to think... and try to suck my vibrations more... pay more attention to me (871224); New people are not allowed to attend Pujas, because they do not understand, and will start analysing. Just sit quietly, and see with understanding... just feel the vibrations, with no thinking - be in thoughtless awareness, then the Deities within will be strengthened (850421); Before coming to Puja, don't talk too much, don't discuss too much (880105); In Puja, all your Chakras will be awakened... it's a very deep experience... so come with an open mind... keep yourself open... with a receptive mind... and don't talk in the morning too much... just take your breakfast... and come with a calm mind (831001)

For Puja, you should not get people who are of mediocre nature, because to bear up Puja is very difficult... people have not yet understood the value of my Being, of my Feet, of my Hands... they cannot... they do not... deserve to be here. So do not get anybody, because he's your friend, or brother or sister... it's wrong... you are spoiling the chances of that poor person... because it's too much for him... he cannot bear it... it's meant for very few people (800505); For Puja, we should not have people who are not at least in Nirvichara... means if they still think that Sahaja Yoga... will not suit me, and all that... we don't want such mediocres... they should not come... nothing will work out with them... they are useless people for me... absolutely. If they have to come to the Puja... they must know that... you have to be of a calibre... otherwise please don't come (850504)

Sahajvidya - Puja

What we call the Amrut, means the Ambrose... of my Feet, is not meant for everyone... also the Blessings of the Puja are not meant for everyone... so try to avoid people who are not yet fully equipped. First they will start doubting... or there will be a problem with the protocol... it's a very great privilege to be here... and this privilege cannot be granted to every person. This is a very great privilege that I am telling you all these things... that I am telling you that 'sincerity is the key of your Self Realisation'... it's a privilege... I'm giving you the key. Understand what a privilege it is for you to be here... what fortune... what reward, for what you have done... how many lives have been rewarded by being here. This will help you to do Puja in a more sincere manner (800505)

In Puja when I see people doing Puja I know how far they are dedicated... because the way they do it with caution, with care, with awe, with understanding... everything is so beautiful... but if somebody is doing just a ritual thing, I get a fright... like they'll do my Puja alright... mechanically... but some people may not even do any Puja... but they sit before the photograph... and talk to me heart to heart... without saying anything... but... to put it in the heart for some people is very difficult (850310)

Puja works very well, because it satisfies lots of demands of past habits - that you feel that you are doing something about it; The Rishis and Munis have found out how to please the Deities, how to please the Mother. When you praise someone from the heart, that means that you are accepting it, and that is the time that the chakras start creating a force, by which you are thrown into the Realm of God. These methods of Puja, Prayer and Mantras have been found out by great Masters of Sahaja Yoga... and the effortless effort of the Sahaja Yogis makes my Body vibrate... extracts the essence from my Body, I should say. It makes the Infinite release itself through this Finite Being... and it works... it works very well (760330)

Sahajvidya - Puja

The essence of Puja is how to overcome our material grossness; We must know that matter is given to us by God... everything belongs to God; So why do we give to God... after all God doesn't need anything... but God is the enjoyer... the enjoyer is God in you... when God is there, that enjoys... that is the Spirit. So whatever pleases your Spirit is used in the Puja... is to be given; By showing light to God... what we do is we worship light within us... the light element gets enlightened within us. The light element is here on the Agnya. When you do Aarti or when you put light before God... when you show light to God, the light element within you gets enlightened; Supposing we give a flower to God... after all it's God's own creation... 'what' are we giving... (800927); Now we must understand that... when you give me flowers... you ask for 'flowers' for your life... and... you have to give a 'little' money to me if you want to have money also... it's important... not in person... but in the Puja (850502)

When you give flowers, Mooladhara gets enlightened. These flowers when you give it to me, they give you two things. Flowers are very important... if they are beautiful, then they give to Swadisthan... if they are fragrant, they cure your Mooladhara. Now think of it... you are doing it to improve your chakras; When you get honey then your attention gets enlightened; Now you give rice to the Devi... rice should be put in her lap... now what is a little rice to a Devi... is that by putting rice... in you the satisfaction... of getting food that gives satisfaction is enlightened; But it should be done with dignity and understanding... it is for you to get the advantage (800927)

Now in Sahaja Yoga it is proved now... when you rub my Feet, 'you' feel better, not me... you rub my hands, 'you' feel better... when you fall at my Feet 'you' feel better. So when you do for God, the blessings come to you... you are blessed. Whatever is the problem with you, you give to God to solve... also whatever satisfies you, you give to God... the satisfaction comes to you; Then other things are used... ghee is used, for... Shri Krishna is very fond of ghee or butter... so when you rub my Feet with say butter, your Vishuddhi will improve... 'you' know that... not mine... I have no problem... I have

Sahajvidya - Puja

only one problem... that you are within me, and when you have a problem, I have a problem... because these vibrations have to go to you... so I prepare vibrations here as an antidote... and they have to flow (800927)

It's a very subtle thing to understand... to move from gross to Spirit... this is the thing by which you move... because first you enlighten your chakras... then by enlightening your chakras your Deities get happy, Prasanna... by making the Deities happy, you get a passage for the Kundalini to pass through... and by making the passage for the Kundalini, the Kundalini goes up... and then your attention starts becoming one with the Spirit. It is step by step you move, from matter to subtler matter, from subtler matter to your chakras, from chakras to Deities, from Deities to... the Spirit. Then Spirit enjoys itself... so there, you do not have to do anything. That's why these things were prescribed... people could not see this linkage... they thought why should we give anything to God... after all it is all his own - you have reached a stage where you have to detach yourself from matter (800927)

Before Puja, you must take your bath... in the morning don't talk to anyone... be in hushed condition... you are in for opening out to the great power which is going to solve the problems of the world... so you cleanse yourself... you wash yourself. You cleanse yourself so that you get your chakras evolved. It doesn't mean that you take to Sanyasa or anything... you should live like normal people... like dignified people... nothing of indignity, childishness or joker-like, clownish or outstandingly funny... all these dresses should not be worn. You should be properly dressed, in a way that you have a 'presence' (800927)

You know that after Puja, I get a little tired, because if you cannot receive it, that force... I want to sleep and get rid of that additional vibrations... into Sushupti... by entering into the Infinite state. That means that when you are doing Puja, receive it also - be in thoughtless awareness when you are doing Puja, completely concentrated and receiving. But people are talking, are moving about - that is the time the nectar is oozing out... you just receive it at

Sahajvidya - Puja

that time, with full devotion. If you feel the vibrations of my chakras at that time... you will realise that even the minute small little wheels in my body are moving at different speeds... and different dimensions... and I don't know how to explain... but it creates a melody... and you have to receive it... and it is a melody individually suitable for every individual... and when you receive it... it triggers in you that state of infinity. So at that time of Puja you must know that... all your attention should be in reception (760330)

Now we must meditate also after Puja, because my vibrations you do not suck in without meditation, I have seen. If you have sincerity about it, really... you will suck all my vibrations. Tell your mind not to ask questions or to misbehave... but to suck the vibrations clearly. This is for your own nourishment... for your own growth... for your own enjoyment (800505)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 880105 Bondages we have - G'pule - see 871220 good 20
- 871224 We are here for our ascent - Poona - see 871213 good 30
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 850528 Miracles (+ Facing Seeker's questions) - see 860725 good 10
- 850421 Ganesha Puja, Children, B'ham - see 850408 not good 25
- 850310 Public programme - Masonic Hall, Sydney - see 850310.1 good 25
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 800505 Sahastrara Day, Dollis Hill Good
- 800927 Lethargy - Chelsham Road good 75
- 831001 Santa Cruz interview good 45
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 850421 Mooladhara + Meditation - B'ham good 40
- 850502 Niraananda, Vienna Ashram good 60
- 850504 You have to be in Nirvikalpa - Vienna good 50
- 850528 Kundalini Power and Creation - Los Angeles good 45
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 95
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 50
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium

Punyas

We have certain dharmas within us, and these dharmas are to be observed... to get Punyas (881217); Even in Puja, you must try to help to decorate... to organise things... you should not act like guests all the time... otherwise how will you get the Punyas (871224)

The dharmas are:

1. Firstly to be innocent, and to be a holy person, not to try to justify anything inauspicious or wrong... and to stand by a Sahaja Yogi when in confrontation with a non Sahaja Yogi, even if the non Sahaja Yogi is right (881217)
2. Secondly to appreciate and understand the beauty of nature, to live with nature, not wanting artificial things, and to understand the creativity of human beings, buying things for enjoyment as art, and not for their resale value, and which must be auspicious and holy, not ugly or obscene (881217)
3. Thirdly to be a good householder, and a gentle personality, respecting each other, respecting your children, your household, your family (881217)
4. Fourth is to not behave in an illegal manner, but to be law abiding people, and, regarding money, to be generous... to help others to develop themselves in Sahaja Yoga (881217)
5. Then to have a kind and sensitive heart, never being harsh, never punishing, or judging others, but being very kind and gentle with others (881217)
6. Then is the dharma of collectivity... we should understand how to behave, how to carry on in collectivity, how to make everybody happy... never talk ill of others, and never to go to Shri Mataji and tell ill of others, but to tell good things of others. Best is to forget and forgive (881217)

Sahajvidya - Punyas

7. Finally in Sahastrara is to surrender your ego and your superego, your bad conditionings, without thinking... automatically, spontaneously... with a kind of shy bashful understanding about yourself, which gives you such a beautiful countenance and a beautiful temperament. Then this understanding of doing things for Sahaja Yoga, of doing things for others, and enjoying... that is the greatest Punya (881217)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-881217 Punyas, Poona - see 881217 good 30

-871224 We are here for our ascent - Poona - see 871213 good 30

771121 Tantrism, Caxton Hall poor 75

881217 How we do earn our punyas-Dec 88/2 - India

- end -

17 Jun 2003

Pure Desire

The pure vibrations of Mahakali Shakti, which is the pure desire of attaining the Spirit... is the real desire... all other desires are like a mirage (821219); The Kundalini is the pure desire... the pure desire... that means that all other desires are impure. There is only one pure desire, and that is the desire to be one with the Divine, to be one with Brahma, one with God. This desire to be one with the Divine is the purest and the highest, and to achieve that... what we have to do to achieve that... you have to keep your Mother pleased... very simple... not try to be cunning or clever with Mother - She knows everyone very well - but try to tell yourself that I should try to say things... try to behave in a manner that will please my Mother (830121)

Some people achieve maturity much faster than others... despite the fact that they may have been ruined by many... but still they do it. What makes it very quick is the left side, what we call Mahakali's power... or we can call it as Iccha Shakti... the power of Desiring. If the power of Desiring is very strong, and comes from your heart... absolutely from your heart... then it works much faster. Once you put your heart to it, everything will work out well... because the whole force is coming from your heart... because in the heart resides the Spirit. So the only judging point is... 'am I doing it from my heart... or... am I doing it superficially' (791009.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-830121 How to proceed, Vaitarna, see 830104.1 - side B good 35

-821219 Mahakali Puja, Lonavala - see 821219 good 35

791009.1 Maintaining purity of SYoga/Where... stand in SYoga

821219 1.Mahakali Puja 2.Mahalakshmi Puja - Lonavala/Kolapur

Pure Intelligence

It is necessary to meet collectively every day to avoid problems... only in collectivity maturity starts - it is a living process. If we are not collective, we will disappear one day. It is like a tree, where everything belonging to that tree grows - if a leaf separates off, it dies - we have to stick onto the tree. In winter, leaves fall, because a little bark forms a barrier in-between, and they fall off. The same thing happens in Sahaja Yoga, when we do not accept the principles of Sahaja Yoga - we put a barrier. So we have to open ourselves up to suck the sap - give up the ego and superego, our conditionings, and ideas of before... and so we surrender. This does not help the tree, but it helps you. Pure intelligence gives you that sense, to do this. Then all the blessings start to come (871016)

And above all, the vibrations part, which you have to see... if you do something... and if the vibrations are going down, then of course... 'I'm a Sahaja Yogi... to me vibrations are my ascent' - is the most important thing. So to develop discretion on the right hand side, you have to know your goals, your destination... you must know on what path you are standing... where you are brought... where are you today... you are not like other people - that kind of a discretion you develop within yourself... for that you need pure intelligence (880710)

Pure Intelligence... or Egoless intelligence (890814.1); That which gives the sense to give up ego and superego, and to surrender to that collective process, by accepting the principles of Sahaja Yoga, and thereby growing, and maturing (871016); Comes from a pure heart (871016); To know what is Asahaj frivolous nonsense (860305); Those who worship Shri Krishna become brainy people, but without ego - egoless intelligence, or pure intelligence (890814.1); All our brain activity goes against pure intelligence; Our thinking can make us so bumptious, so ego oriented, so impure (830113)

Sahajvidya - Pure Intelligence

The most intelligent person is the one who knows that our intellect is just an ego trip... this is the sign of Pure Intelligence... of Pure Understanding... that the heart is the ruler... there resides the Spirit which is the most intelligent thing within us... and the inspiration of the Spirit is the manifestation of the Pure Intellect of God... and what I told you today is the Intellect of the Heart... but of the brain... zero (820402)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55
- 880710.2 Discretion of Hamsa, second talk - see 880710 good 10
- 880710.1 Discretion of Hamsa - see 880710 good 55
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 860305 Wimbledon Address - see 860305 good 45
- 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 860305 Wimbledon address/Brompton Square
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 880710 Discretion of Hamsa, Munich
- 820402 Shri Rama's birthday - Chelsham Road good 70

Purity

Now purity is a very relative word in modern times... people don't understand even what is normal, leave alone purity... everybody seems to be abnormal or subnormal in modern times (800721); A pure relationship must exist between brothers and sisters... and of course you have your own wife... which is your private thing (860818); Purity and innocence means chastity - both physical and mental (900912); It is important for Sahaja Yogis from the West to stand up, and to make your lives pure, to make yourselves pure. It is for Sahaja Yogis to bring back the glory of Christ, to bring back the dharma of Christ, to reflect the great image of Christ. Who could be a better ideal than Jesus Christ (871225); Purity you must have... and that purity within you can easily establish with Sahaja Yoga (010321)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871225 Tapasyas - Poona - see 871219 good 25
- 860818 Raksha Bandhan, Hampstead - see 860823.1 good 20
- 800721 Auspiciousness - Caxton Hall good
- 900912 Shri Mahakali Puja - Le Raincy good 50
- 010321 Mother's Birthday Puja, Delhi good 50

Purpose

To become the Spirit; To get Realisation; To get Atma-Sakshatkar (830208, 830204); To ascend and help others to ascend... by introspection and seeing ourselves... by meditation and not seeing the defects of others... by being collective (871016); Shri Krishna taught that the lower goal is to be given up for the higher goal (830202)

We are made human beings... to feel that Divine Power... to manoeuvre that Divine Power... and thus enjoy the Bliss of Divinity (820514); We have been manifested to achieve our own powers (790616)... to be vehicles of God's Powers (831001); Try to become cheerful, blissful, happy, dignified, sensible... sweet (800927)

You are specially made by God... specially chosen by God to be human beings... and you are here with a very great purpose. The first purpose of God is that you should become the vehicles of God's powers... completely... so that he flows through you... that he flows into the atmosphere... into the Universe... to make it a Divine Place. The second purpose... that God has prepared you now to settle into His Kingdom... that's your right... to be there (831001)

One should try to be careful and alert about oneself, and not depend on any other person for help in this, but should try to completely consolidate one's own being into the Kingdom of God, and to occupy the highest seat in the Heart of God Almighty (790928); This is a very precious time, which should not be lost. All our lives we have done jobs, earning money, marrying, having children and dying. This time let us do something special, for which this whole Universe was created - and open the gates of Heaven for the rest of the people (791015)

In the realm of God, we have to be meaningful to him... not that he should be meaningful to us. We should change our attitude towards him... we should say... what have we done for God... then you will get ideas what is to be done... how to work it out (850310); Creation has to know it's Creator (820710)

Sahajvidya - Purpose

So now we have to be wise, and see what is destroying us... what is destroying our inner being. For Sahaja Yogis it is very important... because if they can hold it... with their wisdom, and firm faith in Sahaja Yoga... after some time the whole thing can subside... and this is what has to happen actually to the world... otherwise they can be blown off also - if they are not rightly placed... if they are not grounded. If they are not fixed to their own enlightened faith of Sahaja Yoga, they can be blown off with this wind, which is there to torture... to destroy the whole world. So the responsibility of Sahaja Yogis is very important... that their Ganesha principle is alright... if it is not alright then the whole Sahaja Yoga movement can collapse (930721)

Our idea is that by God's Grace we are so many... and if we want we can transform the whole world... we can bring peace, joy and bliss to this world... bliss and joy... for this we have to have our balance, our ascent... and then the desire to fly into the whole Universe. How to do it... you can find out yourself... it's not difficult... how can I do it... face yourself... find out about yourself... don't justify yourself... don't be miserable... you have to be joyous, happy, balanced, well behaved, sober. Outwardly it will show, whatever is inward - all your dignity will express... if there is dignity. So all these things can be built from inside out... not from outside in. So lets work it out that way... then things will be very easy, because now you have a state where you are separated from yourself. So that is the state of Nirvikalpa, where you are not attached to anything... you have no diseases... you have no troubles... you are above everything... you do not try to complicate things for me... you do not try to say things more than me... you just take it... a hint... is sufficient... Mother said so, alright. If she has said something there must be something in it... we must understand (850310)

- Jai Shri Mataji -

Sahajvidya - Purpose

Tape References:

Date/Ref - Title - Qual - mins

- 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 850310 Public programme - Masonic Hall, Sydney - see 850310.1 good 25
- 820710 Mooladhara, Swadisthan, Nabhi & Void - see 820701(Video)
- 820514 You must become the Spirit - see 820514 good 45
- 791015 How Realisation should.. develop, Caxton Hall, see 790928 good 30
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790616 Dr Johnson House, Birmingham not good 55
- 790928 Kundalini/Kalki Shakti/How Realisation... allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality - incomplete]
- 800927 Lethargy - Chelsham Road good 75
- 820514 You must become the Spirit/Puja on Fighting Asuras
- 820710 Derby PP [PP video set 4/3,4] good 55
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 830208 India and West, Delhi [+ 30 mins Q&A] good 50
- 831001 Santa Cruz interview good 45
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium

Queen Victoria

For whom I have such tremendous respect... that she built the Royal Albert Hall... in the name of her husband... this shows such a deep reverence... a love for her husband... and she remained like a widow when he died. She did so many good things after that... in her seclusion, she became extremely creative... but she was a deep person... and her example should be a good example for... especially the women of this country (950625)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

950625 Richmond Park talk, Richmond Not good 45

- end -

28 Jun 2003

Quiet

When you meditate you are in silence, you are in thoughtless awareness... then the growth of awareness takes place (880921); Just be quiet... quietude is the best way to ascend. I have said that there should be thoughtless awareness... just do it quietly... your speed will reduce actually... it will come to a position where it is maximum for your quietude... quietness within... peace within... that's very important. If there is peace, you will grow... there is no other way out (880921); If there is any problem... anything... suddenly you must become peaceful within... then immediately you will find, the solution will come to you... this is a subtle of the Lakshmi Principle (960716)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

880921 Speech at Ammonk Ashram, New York good 35

- end -

17 Jun 2003

Race

Once you become the universal being, then you realise that this skin deep complexion makes no difference in the world... so you don't start hating somebody who is darker than you, or who is fairer than you... both ways it works. It's not only the people who are fair that hate the darker ones, but those who are darker also hate equally... and mutually they believe that they are all absolutely wrong (920621); Now we have become Universal Beings... and as that we don't have any of these dividing factors, which divide human beings, such as race, or any higher or lower caste... this is no more there (880921)

Love is not there, if you discard someone because he's black... or he's brown... or he's white... it's very superficial... the American system somehow or other goes against democracy... not only... but against what Abraham Lincoln wanted. If there are the same colours everywhere, they all will look like military people... they have to have different colours... different hues... look at the flowers... the trees... the different hues in the sky... just to make us happy. What gives us happiness is variety... variety is the sign of beauty... if there is no variety, it's so boring I tell you (970823.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-970823.1 Pr'dial Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65

880921 Speech at Ammonk Ashram, New York good 35

920621 Kundalini Puja, Cabella good 55

Racialism

What you are doing to foreigners here... how you treat them... what racialism you have here... compared to what we have in India... we have no racialism in India... in India you are treated with such great respect. But if you go to Africa, they will teach you... Africans and West Indies... they are on top of you; But to break the vicious circle... try to understand the problems of every country (800927)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800927 Lethargy, Chelsham Road good 75

- end -

28 Jun 2003

Radha

Radhaji was a very pure woman (970823.1), and was the second incarnation of the Mahalakshmi principle (910003); The one who sustains the energy - from Ra (Energy) and Dha (Sustains) (870816.1); She was Ahladadayini, the giver of Ahlada, Joy (910001); In India, when taking Krishna's name, Radha precedes Krishna, as in Radha Krishna - the energy before the Deity (811006); Radha Krishna... the mantra for the Vishuddhi... and is for where there are... problems of ears, nose and throat... or where you get bad colds... or where you get your attention diverted (850502)

Radha, in the Vaikuntha stage, created this great personality of the Son of God... the greatest of all... the Adhara... the Support of the Universe... this Mahavishnu... who incarnated on this Earth as our Lord Jesus Christ. She created him like an egg, out of which one half was kept as the seed, as Shri Ganesha, as the Spirit... and the other half was created as Jesus Christ - see the symbolism of Easter... like an egg... people knew about it somehow... why do we have Easter Eggs. The whole egg was nothing but the egg of the Divine Power, which had to manifest this Divine Power on this Earth; Radha is nobody else but Mother Mary herself... she is Mahalakshmi (811006)

It was Radha who killed Khamsa, not Krishna... he had to ask Radha to come and kill him... it's the power that kills (911013)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 970823.1 Prim'dl Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65
- 870816.1 Before Krishna Puja, St Quentin, see: 870816 [Fr. Transl'n] good 25
- 811006 From Krishna to Christ, Houston (A New Age has started) Not good 80
- 850502 Niraananda, Vienna Ashram good 60
- 911013 Navaratri Puja - Cabella good 25

Raising Kundalini

Now how do you raise the Kundalini... we can raise it with the attention... but it should not be done, because others should 'know' that something has been done... because people, unless and until they see something being done to them they are not going to believe... so you have to raise the Kundalini with your hands... and you can see... that as far as the hand moves, the Kundalini moves... and you can feel it within your spine (810511); Raise Kundalini from behind, and from down below: left hand steady, and right hand rotating, up, forward, down, back, and repeat... as move upwards... and tie a knot above the head. Do this 3 times, and on last time tie 3 knots (790000.2)

Now... to raise the Kundalini oneself... put your left hand in front of you... and the right hand has to be moved... up... forward... downward... backward... in this way you have to move your right hand in a clockwise manner... (round the left hand - Ed) and try to move it slowly... upwards... watching the left hand... carefully... putting the attention on the left hand... and try to raise it... now loosen your arms and give it a twist... and tie it... above the head. Now you have to do it 3 times... and third time you have to give it 3 knots... slowly... do it very slowly... watching your left hand... til you go up...above the head... loosen your shoulders... put your head up and again give it a big twist... and tie a knot... give 3 knots (840410)

Let us put ourselves into bandhan... after raising our Kundalini... raise it... attention on your Sahastrara... don't close your eyes... push back your head... one!... again!... sit straight... take it up on your head... two!... three!... (Shri Mataji raises the Kundalini three times, and ties three times at the last raising - Ed). Now put the bandhan (850504)

Sahajvidya - Raising Kundalini

The left hand is the hand of desire... the right hand is the hand of action... please try... raise your Kundalini... give it a twist... give it a knot... and bring it down (the two hands coming down on the right and left sides)... now again... now second time... take it on top of your head... give it a knot... and now put it down (again the hands come down as before)... third time... you have to do it three knots... now bring it down (821008; 821007)

If you sit down anywhere, say in a music program, and you suddenly start giving a bandhan... it's madness... or you start raising your Kundalini... it's stupid. It should not be done that way. You have to sit with dignity, with understanding... others are watching you (871224)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871224 We are here for our ascent - Poona - see 871213 good 30
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 790000.2 2nd Talk - see 790200 not good
- 790000.2 Shri Mataji working on new people good 55
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 840410.1 Porchester Hall poor 20
- 840410.2 Porchester Hall/South Bank Polytechnic, London
- 850504 You have to be in Nirvikalpa - Vienna good 50

Raising Left Side

The left side subtle system raised and taken over to the right side, by movement of the right hand, to bring the system into balance (830121), and is done when the right hand is burning but not the left hand... that is when a person is right sided, being an intellectual or futuristic person (830512); If we have ego, we should raise the left side, and put it to the right side... there's no other way out... you have to work it out with your hands (830121)

More Right sided... put his Left to the Right... for Right sided, Left to the Right... raise Left to the Right... what work do you do... some physical... that's why... Left to the Right... no no... other way round... because you do physical work too much that's why... now it's better (840622)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830512 Hampstead - see 840802 (Video)

-830121 How to proceed - Vaitarna - see 830104.1 - side B good 35

830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25

840622 South Bank Polytechnic, London good 40

- end -

6 Apr 2003

Raising Right Side

The right side subtle system raised and taken over to the left side, by movement of the right hand, to bring system into balance (830121), and done if we are feeling sleepy, or lazy... then put Right to Left 7 times, with the Right hand, whilst watching Mother, or it can be done also with the Photo (821101); Left sided... very left sided... put his Right to the Left... very Left sided gentleman... very emotional... put him Right to the Left... Right to the Left... now is he alright (840622)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830121 How to proceed - Vaitarna - see 830104.1 - side B good 35

821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105

840622 South Bank Polytechnic, London good 40

- end -

22 Apr 2003

Raja Janaka

Who was one of the Incarnations of the Master Principle, the Primordial Master, or Guru (831001); The father of Sita (791202.4); Who lived in Bihar, in India, and talked of the 2nd birth and the need to be born again; At the time of Raja Janaka, there was only one... who got Realisation... Nachiketa (790720; 791203)

Who was a king... yet still he was so detached, that all the Saints used to go and touch his feet. He had all the luxuries of life... he lived in a palace... yet there were thousands of people in the procession, who were throwing pearls on him. Nachiketa, thinking he should get a pearl for himself, went to Raja Janaka, and asked for Self Realisation... but Raja Janaka said 'I can give you all my kingdom, but not Self Realisation... because you are possessed by the idea of money... such a person cannot get Self Realisation' (960716)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

790720 Cardiff Public Program good 30

791203 When You meet Me - Caxton Hall good 35

831001 Santa Cruz interview good 45

- end -

12 Apr 2003

Rajalakshmi

Behaving with dignity, as would a king, and providing solutions to problems (910003); The Deity of the right Nabhi, that gives us the power to rule over people, but which may lead to arrogance or authoritarianism, in extremes. Also the provider of the blessings of wealth and money (810328); There are nine Lakshmis... and one of them, Rajalakshmi... is the power of a king, or a person who is an administrator, or a beaurocrat (960716)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55

- end -

28 Jun 2003

Raja Yoga

Somebody talks of Raja Yoga, that you cut your tongue, push it back... and by that you can raise the Kundalini... it is absurd... when the Kundalini is rising this tongue is little bit pulled inside no doubt automatically... you don't feel it also... and is released again... but by cutting the tongue and putting it back, do you think the Kundalini will rise... it's so superficial... it's so artificial (830308)

It's all humbug... it's all nonsense they have written... absolute nonsense it is... that's not Raja Yoga at all. It is written, in Sanskrit language, that when the Kundalini rises, she becomes Kriyawati and Gnyanawati and all that... means that she becomes active... activity comes into her. So according to Raja Yogis, when the Kundalini rises you start jumping like a monkey. It is not so... but it means that the activity comes into you... that you start moving the Kundalini of others. That's how they have formed a huge big area of so-called Raja Yogis... and they say 'this is Raja Yoga' (791202.3)

So what is Raja Yoga... is where the central path of Mahalakshmi goes into play... where the Kundalini rises, and she tries to control the centres... and... all the actions of the Parasympathetic... is Raja Yoga (0.0012)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0

0.0012 Weekend seminar in Pune, Tape 2 good 50

830308 1/2 Hour Intro talk - Melbourne (plus Q & A-25 mins) good 30

- end -

27 Oct 2003

Rajoguni

Right side person, who eats proteins/meats (830131), who is the thinner type of person, and for whom it is prescribed, in India, to eat more carbohydrates (840906); Those who want to do something, or show something, or become something, who want to compete with others. All this disappears when we become Gunatit (980321); Rajoguna... the right side (800517.2)

In India, medicine is based on the Trigunas, the three types of people, with the three types of problems: the Tamo, Rajo and Satwo Gunis, being of the left, right and centre respectively. Each is treated accordingly, in order to bring them back to a balanced state (840906)

When the attention goes to the Spirit, it just happens that you become Gunatit, and are no more concerned with your own conveniences, or comforts. You just go beyond all these three gunas which have been dominating you, like the Tamoguna, Rajoguna and Satwoguna. Now you don't want to see whether you are right sided, or left sided or centred - you are a Sahaja Yogi, and a Sahaja Yogi is beyond all these things, you are Gunatit (980321)... beyond the three gunas (800526)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800526 Attention, Dollis Hill
- 830131 Nabhi Chakra, Delhi good 80
- 840906 Talk at Gregoire's House - Vienna [German translation] good 65
- 980321 75th Birthday Puja, Delhi good 55

Raksha Bandhan

Celebrates the purity of the brother/sister relationship, expressed by the relationship of Shri Vishnumaya and Shri Krishna (900811.1); Which pure relationship is essential in Sahaja Yoga, and also for one's ascent, and is the Ganesha Principle on the Vishuddhi Chakra (900807)

Rakhi

An Indian custom, where a lady chooses a brother, and ties a thread to his wrist, and where there then exists a strong brother/sister relationship, where each then looks after the other (870513)

On the day of Rakshabandhan, if anybody sends you this thread, you have to wear it... or if this thread is tied on your wrist... then you become brother and sister... it's so important. In India, a sister's husband is something very great. Now in Sahaja Yoga, brotherhood is the most important thing... that is the friendliness among ourselves. When you are very good brothers and sisters, first of all your left Vishuddhi improves - we get this left Vishuddhi, because we don't have proper brother and sister relationship... it's not that we should have our 'own' sister... but 'any' woman who is a Sahaja Yogini is your sister... except for your own wife. Unless and until we develop that pure feeling within ourselves, you cannot work out Sahaja Yoga... I know it's rather difficult to digest... but it's a fact (860818)

A pure relationship must exist between brother and sister... supposing a brother and sister are walking, they won't look at each other will they... will they be watching each other... no! When your brother and sister relationship goes off... you get into troubles... very much into troubles. To get rid of all the lust

Sahajvidya - Raksha Bandhan

from our eyes, we are celebrating this beautiful auspicious day (860818); One has to try to get very pure eyes... thou shalt not have adulterous eyes... this is what we have to follow... all of us... and our attention has to be alright... for that this Raksha Bandhan is a very good thing (860818)

Now I don't know who you have chosen to be your sister today, but it should not be just a lip service... all your life you have to remember she's your sister... you have to look after her benevolence, and her good life... and she has to bless you... and she has to pray to God that you should be always protected (860818)

So what you can do... one each everybody should have, and should tie... exchange it. One person should tie to one person... not that everybody ties to one person... that's not good. Is to be tied to the brother only... but in North India, they also tie to their sister... so that's here now. So the sister's is on the left hand... and the brother's is on the right hand... to the men on the right side, and to the ladies on the left. Ask each other's names... you must know your brother's names (860818)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860818 Raksha Bandhan, Hampstead - see 860823.1 good 20

870513 Melbourne PP [PP video set 4/5,6] good

900807 Raksha Bandhan Puja - Los Angeles good 50

900811.1 Shri Saraswati Puja, Vancouver, Canada [+3 min music] good 40

- end -

4 Oct 2002

Rakshasas

Sinful people; False Gurus (010278); The devil (103308); Devilish people (108298), demonic people, who are by nature aggressive and full of ego, who want to overpower everyone (50000.28), and who entice men and women. The men entice women, and the women entice men - is a quality of Rakshasas and Rakshasis, not of human beings, or of Devas (612238)

Satanic (MME), or evil forces, that are here to demolish the Kingdom of God, that build up in order to drag down the Seeker, who is about to enter the Kingdom Of God. They are very subtle, and come as 'God-men' and 'God-women'... in the garb of religion, and enter into the minds of thousands of seekers, into their egos and superegos, and are to be fought (006308)

The Rakshasas in India were more living in the northern parts, and fell into different categories... those who run after women... the women who try to dominate... and men who try to be like women - they were called by different names... Rakshasas or Vaytalas etc. In India now-a-days, women who try to entice men are called as Shuparnakas (50000.28)

All the Rakshasas, which the Devi killed thousands of years back, are back in the seat again, but the problem is different at the present moment. Try to understand. There is no hard and fast rule, as to say who is a real negative, and who is a real positive, in this Kali Yuga... so many Rakshasas have entered into your brain. You side with so many people who are wrong, who are doing all kinds of wrong things... in the name of politics... in the name of religion... of progress... of education etc. Once you have sided with them, they are in your brain, and when they are within you, how to destroy them? You may be a good person, but you may be destroyed, because of having them in your head (909287)

So it is essential that you take up Sahaja Yoga in the most dedicated manner, and give up all these things that make you compromise, and make you a horribly mixed up person. Only Sahaja Yoga is going to cleanse you, and make you an absolutely positive person. This is the only way (909287)

- Jai Shri Mataji -

- end -

26 Dec 2002

Ramamana

A Marathi word meaning to merge into joy. If you merge into the joy of anything that is Sahaj, you become a meditative personality... you can achieve that meditative mood within yourself. With that mood, that force, new subtler dimensions start breaking out within you... with that force everything breaks... your ego breaks, your conditioning breaks... you become a free person... and you become one with the joy of Divine Life. This you can experience, but to retain it within yourself is only possible if you do your practices in Sahaja Yoga, if you control your attention... if you keep your attention to higher values, to higher things (880105)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-880105 Bondages we have, G'pule - see 871220 good 20

- end -

12 Jun 2003

Shri Rama

The ideal, benevolent King - 8000 years back (811005), and more than 2000 years before Shri Krishna (970600); The Deity on the right heart, with qualities of the ideal father and husband (811005); Who fought Ravana... after whom, men became very strict with their wives, taking to extreme the example of Shri Rama's life (970600); Who when he went into exile, went to settle in Maharashtra in Nasik, with his wife (850000.2); He had two sons who he looked after for a short time (871004); The king was an Incarnation... and also was a benevolent king. The Seer Valmiki wrote the whole story of Shri Rama. Rama was born in the dynasty of Surya, the Sun... and was born out of the blessings of Agni, that is the Fire... and he was one of the mildest of Avataras we have ever had (871004)

Shri Ram was crowned as the king on Dassehra day... he also killed Ravana on this day. So after killing Ravana he came to Ayodya with his wife and he was crowned. So you can imagine how much advanced people were there at the time of Shri Rama and his kingdom (871004)

Shri Ram had the most beautiful wife, of the most venerated father, Janaka... and who was the beloved son of his father... but he was such a humble man (871004); Shri Rama... was married to Shri Sita (890814.1)... the first incarnation of the Mahalakshmi principle (910003)... who was rescued from Ravana by Shri Ram (890814.1); Sita... whose father was Raja Janaka (791202.4)... lived for so many years at Nasik, with Shri Rama and Shri Lakshmana (830118); When Sita left him ultimately in a very mysterious way she just disappeared in the Mother Earth... because Mother Earth had given her birth, so she disappeared into Mother Earth. Then Shri Rama became absolutely lost, and he jumped into the river and disappeared in the water element (871004)

Rama... who was a Kshatriya, as was Shri Krishna (790200.1); Rama... who... was born on the right side... who was 'on' the right side... who 'was' the right side - he is the son of Surya... everything comes from the Sun, to him. He asked for the Moon - the Moon represents the Atma... the cooling capacity. You are all on the right side... you ask for the Moon... ask for the Spirit (0.0011)

Sahajvidya - Shri Rama

Shri Rama was known to be a very formal person... Sankoch... that he would go to any extent to bear upon himself the problems, than to tell others to do something... this is one of the greatest qualities of Shri Rama... that he would not order anyone do anything for him. The softness of Shri Rama goes to the extremes... which I call the Sankoch (871004; 861223)

Now what is Shri Rama... Shri Rama is the Benevolent King... he works for the benevolence... and Shri Rama himself is a formal king... like Sankocha we call it. Shri Rama is the one who will not push forward himself... he keeps back... he's very balanced... he's a very poised person... so the Hanumana , he's the one who's always anxious to do the work of Shri Rama... always. Shri Rama told him... 'go and get the Sanjeevani'... Sanjeevani is the kind of herb that was needed to bring Lakshmana to life... he went and brought the whole mountain with him (900831)

Shri Rama...who was Sankochi, meaning full of Grace (850000.2), and one of whose qualities was to keep any promise once made (820402); Who observed the Mariadas or boundaries of dharma, and who had forgotten his own Divinity (900818)... that he was the evolutionary aspect of God, Shri Vishnu (790530); Who had played his Maya upon himself, to forget that he was Divine, and so become the complete human being Mariada Purushotama (791202.1)

Ram is called as Mariada Purushotama... means he was the one who knew how far to go with someone... Mariadas... how to talk to someone... how to approach someone (871004); Mariada Purushotama is the one who is highest among all the men... with his 'all the Mariadas'... 'all the boundaries'. The boundaries are such that you do not try to overpower others... do not try to take their seats. For example I've seen those who are aggressive also show up in our programs... they will be the first before me... as soon as I open the gates they will be somewhere there standing... they will be the first in everything... that's not being Mariada... you should be at the back. There are leaders you have got... they can sit in the front... try to be on the back... to be in the background... is the most respectable thing to do. To go forward... to jump forward... to stand near the door if

Sahajvidya - Shri Rama

Mother is coming you see... as soon as I see the person I say... 'oh back again'. There are some who do Aartis just to show off... some throw flowers to show off... they must be the first... and somehow or another they get also the position because of their assertions and asking - their leaders have to be careful and not to give such duties to people who really upset me very much... because of their arrogance... and because of their showing off (871004)

As a child Rama was studying with a very great saint called Vasistha, who had an ashram where Rama and his brothers studied. He had the capacity to kill a demon with only one arrow... it's called Ekabahn... one arrow was sufficient of Shri Rama... and he was a small child, say 7 or 8 years of age... and people were surprised how he could do it (820402); When you do the Havan, it is a Yagnya... and it was very much in vogue at the time of Rama... and means 'by which you know' ... Gnya means to know... Yagnya... and this is done where you use Swaha as the word... means you use the principle of fire to burn off all that is wrong in you... Swaha... and you awaken it by taking the different names of God... and they used to do Yagnyas at that time. On the left side of course people started the worshipping of God and the dedication to God, and all those things... that is Bhakta... but mainly what they did before Rama was the Yagnyas... the Vedas with which they prayed to different elements (820402)

So these Yagnyas were created to awaken, evoke the Deity inside the spinal cord actually... and they used to sit down and do all these Havanas the way we do it. At that time the Rakshasas would come and try to spoil the Yagnyas... which are to be done with pure heart and with cleanliness and purity... and should not be insulted... there is a protocol about it. Rama as a child would go and protect them from the demons. The demons would take some sort of a funny form and come like invisible creatures and put some bones of animals and things like that in the Yagnya... to spoil it. The early life of Rama, you see how as a child he showed an amount of expertise in bow and arrow... and how to make out a Rama statue, is to see if there is bow and arrow. So his coming on this earth gave us the development of

Sahajvidya - Shri Rama

the right side... and so the Yagnya is also on the right side. He was here in Preta Yuga... and Krishna came at the time of Dwapar Yuga... and today is the time when I came was Kali Yuga... but now today the time is of Krita Yuga... the Yuga where work will be done (820402)

Now he had 2 brothers... I mean he had other brothers also... but Bharat and Lakshmana... these were 2 brothers... they show the 2 sides of a human being... one was Lakshmana... he was the fiery type... he couldn't bear anybody misbehaving towards Rama, even Parashurama... a contemporary Incarnation of Shri Rama. Shesha as they call it, the Serpent which sleeps in the Bhavasagara... on which Shri Vishnu rests... the same Shesha had taken birth as Lakshmana. Now for a western mind... to them snakes are sort of... they can't understand why people worship snakes. You see snakes are like cobra... cobra and all that are like the kings you see... they are the kings of the underground... and Shesha is the one who supports the whole Universe... so this Shesha is worshipped, as the cobras are worshipped in many villages in India even today. You see they don't trouble anyone... sometimes they do... but mostly they do not bite a good religious man. Shesha is the one who is sometimes expressed in Sahaja Yogis I have seen as anger when you try to be non-protocolish... or when you try to be funny, or you don't behave yourself... that's the Shesha in them... that is also sometimes needed - you have to be a Shesha sometimes because otherwise people will start misbehaving, and by that they will be harmed... not that I will be harmed, but that they will be harmed (820402)

The other one is very interesting... is that of Bharata the brother... he showed how Shri Rama bestowed the kingdom to him because of his mother's agitation. Shri Rama's another great quality was... once given, a promise is to be kept... this is another quality we have to have... that if you have promised anything, you have to keep it up... if you have said 'I will do this'... you must do it (820402)

Sahajvidya - Shri Rama

Now... sincerity which is coming from your heart is to be seen... and that's what is Shri Rama's character is. Rama was on the right side of the heart... means the heart put to activity... do you understand that. When you are in the left heart that's your sincerity... your heart felt thing... but the heart felt thing... what's the use you see. There are many Sahaja Yogis who really feel this world is horrible and something must be done... Sahaja Yoga must be brought in... but how many of you are really putting that to action... absolutely into action. Without that your Rama's tattwa cannot be improved. Rama's tattwa is only improved when you put all the things into action... that's exactly what Shri Rama did (820402)

There is another quality of Shri Rama... is Sankoch. There's no word in English language... because you have 'formality'... which is a very insipid word to describe Sankoch... because there is no 'integration' between your 'heart' and 'formality'... but if you can think of a 'formality of the heart', what do you call that... sweet formality... it's an action... formality of the heart... in action you see. Not to say something in such a way that you touch the wrong side of a person... is Sankoch. The delicacy of understanding. You see... this arrogance and rudeness comes to us because we have no Sankoch. That Sankoch, that understanding comes if you love someone and understand (820402)

Shri Rama... is the embodiment of all the good qualities in a man... like Sankoch... you see there is a Sankoch... like not... sort of... to go to somebody's house... and then... to start demanding... this and that... rather...you should be... worried... how far to go with a person... how far to talk to a person... how far to go with your wife... with your children... you see... all that is Sankoch... means... restraint... in a wise way... enlightened restraint... how far to go is the question (0.0012)

Now you have to love all the seekers of the world... they have done wrong... they have done all kinds of ego trips... they have done all kinds of mistakes... but your Mother loves them... and you have to love them. If they have to be corrected, I'll do that... you just don't do that way that they feel hurt. So we have a Sahaja Yoga tradition also in which when we speak to each other, we have that Sankoch within

Sahajvidya - Shri Rama

us of Shri Ram... and if you don't have that Sankoch you get right heart... and that right heart is a very dangerous thing in the country like England where the climate is so bad... because it gives you the horrible thing called Asthma. You get Asthma if your right heart is caught... not necessarily that asthma will come only from right heart... can also come from centre heart... but if you get right heart, you definitely get asthma. So this Sankoch one has to learn... the Mariadas... means the boundaries of your relationships. Shri Rama is known for his boundaries... he doesn't cross the limit... in everything. Now there is no word for discretion of the heart in English language... which is Mariada... discretion of the heart is... how far to go (820402)

Those people who are obedient to me are very powerful Sahaja Yogis... you know that... and those who are not, go down very fast. I have seen those who are disobedient, who don't listen to me, who are rude to me, who do not understand the protocol... go down very much in Sahaja Yoga... because what is lacking in you is the discretion, the Mariada... how far to go. You have to be powerful people and the power of a person increases by putting Mariadas - supposing you have wheat, and you spread it, it will spread all over and anybody, birds will come and eat it up... it will be finished. But if you put it in a sack, it will have a weight... it will have a size... it will rise in height... is useful... and it will have respect. But the thing that is all spread all over will never be respected. Nothing works out without Mariadas... you have to keep your Mariadas. All our ideas of freedom are to be bound by Mariadas... if the freedom has no Mariadas, it is abandonment... it is a nonsense... it is not going to help (820402)

The sweetness of Shri Ram... the way he used to make people feel comfortable... like I would say an example of an oyster, who gets a little stone into the body of the shell... takes out a kind of shiny liquid and covers it with that shiny liquid and makes it into a pearl to be comforted. Now he didn't want his own comfort... Shri Ram wanted to make everyone into a diamond or a pearl, so that the other person would shine... and would look nice (871004); Another character about him was he was consistent... he was never inconsistent like Shri Krishna... Shri Krishna was a diplomat... and diplomacy is in being inconsistent (871004)

Sahajvidya - Shri Rama

Shri Ram is placed on the right hand side of your heart. The right heart is a very important thing... and looks after the whole lungs... both the lungs... all the throat... the trachea... the nose, the inner part. The outer side is looked after... we can say the features are given by Shri Krishna... but the inner part of it is all done by Shri Rama... they are the same, but one acts as the inner, the another acts as the outer... it gives you the ears... the inner part Shri Rama does... he gives you the eyes, the inner part of the eyes. Now it's so important to have the inner part alright... it's an example of Shri Rama... he never cared for the outer side or the outer looks of a person... and because he came before Shri Krishna he tried to build up the inner side of a human being... so we can say though he's on the right heart, he acts through your Hamsa Chakra and partly through your Vishuddhi Chakra in the inner side of it... because Shri Krishna in the inner side of it is Shri Rama... is Shri Vishnu. Water is the main element of Shri Vishnu... so they were all plump people (871004)

Now this man had to give up his wife... the society in which he lived, the state which he ruled had an objection for a wife who had lived with Ravana... and the public started talking about it... so as a good king he just decided his wife should be left for ever... and then he sent her on a beautiful chariot with his Prime Minister and his brother Lakshmana... to the ashram of Valmiki. She was Adi Shakti... graciously she accepted. When she was kept by Ravana, Ravana was so frightened of her Shakti that he would not... he could not touch her... and when Hanuman brought the ring of Shri Rama and presented to her... and he said 'I can easily take you on my back'... she said 'Shri Rama is a brave king... he should come himself and fight and kill this Ravana... because he's evil... and then I will go with him'. Ravana was such a horrid fellow... he did all kinds of things to her... but she kept calm and quiet, waiting for her husband to come back... can we think of such women in modern times... so satisfied with themselves... so much in balance... so much full of confidence and strength... this is the message of Sita's life (871004)

Sahajvidya - Shri Rama

The benevolence of Shri Rama was shown when he started ruling the people... he cared for the needs of the people... for him it was important that the people who he ruled should be happy and joyous... he looked after them with great love. Now Hanumana who is the Angel Gabriel... who is innocence, simplicity and dynamism... and whose whole life was spent in serving Shri Rama... was such a dedicated bhakta of Shri Ram. Hanumana had Navadha Siddhis... 9 Siddhis... Anima... Gadima... Raguma... and all sorts of things... that he could become small... he could become big... he could... so many things he had... yet despite all these siddhis and the amount of power he had, Shri Rama once asked him to go and get a particular kind of herb, Sanjeevani... to rub on the head of Lakshmana who was very sick and dying. So he went and couldn't find it, so he brought the whole mountain and gave to Shri Rama. With all that power he was such a humble person... and such a dedicated person. This is the sign of a powerful Sahaja Yogi... anybody who is powerful has to be humble and non violent (871004)

Shri Rama by his character, by his balance, his peace and his mildness and his sweetness has shown us how a king should be a benevolent king... and at the same time a very loving husband and a loving father. He walked down to Maharashtra bare feet to vibrate the land... because Sahaja Yogis will be going one day to Maharashtra and it has to be a vibrated land. In Ayodya he never took out his shoes, because he was the king there... but when he and Sita both of them went to Maharashtra... they took out their shoes to vibrate it. On the way he saw a big stone, which was nothing but a lady cursed to be a stone... Ayilia... and he made her, just by touching... come back to life (871004)

Shri Rama stands for Pranava... is for the vital air that we take in... and that vital air when it gets heated up, we have to know we are not any more with Shri Ram... it has to be the cool air to blow through your nose and your mouth. When you are angry the nostrils swell up and the hot air, the hot words and everything hot, the heated eyes and everything goes up like that... and you become ferocious like Ravana, because you have forgotten the beauty of the nature of Shri Ram (871004)

Sahajvidya - Shri Rama

Shri Rama represents the fatherhood within us... those people who are not good fathers develop problems of the right Heart... also those people who are not good husbands develop right Heart. This Right Heart is so important... especially in the West where the climate is so funny... and you have to keep inside your rooms and closed all the time... that you get all dried up inside - at that time if you don't have that sweetness, that warmth, that kindness of Shri Rama you get the trouble of asthma - so many people die of asthma in the West. On top of that you fight with your wives, you ill treat them, you take away their money, you cheat them in their money... in every way you torture them, then it becomes even worse(871004)

Because Sitaji was Shri Lakshmi... and because Sitaji was the one who was the power of Shri Rama... so this Lakshmi gets annoyed with you when you are a bad father or a bad husband... that's why the Gruhalakshmi is very important... but the woman has to be the Gruhalakshmi... she should not be a shrew... and then the husband is supposed to be kind to her. The woman has to be the Gruhalakshmi... a beautiful woman... with a very sweet nature... and talking to her husband in a very Sankoch manner... and also looking after the children, the family and the guests who come to them (871004)

In case the women have all such qualities which disqualify them from being Gruhalakshmis... of course there's no need to beat, but I mean to say that what is it that you have to drive out all these baddhas from your women... is very important... otherwise if you fail in this activity of keeping your wives on right lines, you might also get right Heart and Asthma. Those men who torture their wives have a very bad heart... in the same way those who play into the hands of their wives also have a very bad heart... you have to be in balance. You are the husband and she is your wife, and both are responsible for keeping a very good family relationship... it's not one sided... it's not the husband only or the wife... but both of them (871004)

Sahajvidya - Shri Rama

So we have to create out of Sahaja Yogis great politicians. It has been predicted that if Sahaja Yoga does not spread, then 3rd world war will be inevitable... people will suffer a lot with 3rd world war. It is possible to avoid it if people take to Sahaja Yoga in a big number... but if they do not, there will be a 3rd world war... and the effect of that will harm people so much that ultimately it is the Sahaja Yogis who will be called for a conference and not the diplomats - the Sahaja Yogis will be consulted and they will decide what is to be done for the world... and they will become the rulers of tomorrow's world. So we must have full idea how to be rulers like Shri Ram. It's a very big task... it's a great task... and sometimes you might think 'how can Mother expect us to do it'... but I think you are the people who are chosen for it... and you have to get to it... and work it out. So we have to train up ourselves to be first good rulers of ourselves... and then rulers of others... through your heart not through your mind. Go on telling your mind that 'this is not... this is not... this is not...' any thought that comes to your mind you go on telling 'this is not... not this... not this... not this...' then the inspiration starts coming. You see what I feel... people are not inspired... they have got fear, on one side... or else they go into an ego trip (820402)

So to stay in the centre, what you have to do is to go on saying 'not this thought'... then you will be a deep Sahaja Yogi... because intellect is nothing... so-called intellect is nothing... only God has Intelligence. What is intellect... all those things are good for nothing... only service to your Mother is the best... ask your intellect... 'is it serving my Mother'. The so-called intellect of human beings... it cheats... it gives you escapes... all the time the intellect is working by saying.. 'oh this may be good... that may be good'... but the real good it never sees... it's a trick of the ego you see... choices... ego likes choices you see... 'this is good... this is bad... this I don't like... this... this' - all 'I' business should be given up... 'we' should come in... not 'I'... that's how intellect will go away. The most intelligent person is the one who knows that our intellect is just an ego trip... this is the sign of Pure

Sahajvidya - Shri Rama

Intelligence... of Pure Understanding... that the heart is the ruler... there resides the Spirit which is the most intelligent thing within us... and the inspiration of the Spirit is the manifestation of the Pure Intellect of God... and what I told you today is the Intellect of the Heart... but of the brain... zero (820402); But then... what's the use of the brain... why not have only heart you see would be alright... but the brain is the one which 'acts'. Heart is the inspiration... but the brain acts on it... it's communicating... but the inspiration, the source is the heart... is the Spirit... again... connect yourself to the Spirit. Whatever you have to say, relate it to the Spirit... not to anything else (820402)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55
- 861223 Nasik - see 861221 good 15
- 850000.2 Nasik talk - see 850000.1 good 25
- 791202.1 Guru Puja/1, Dollis Hill [HH Declaration] - see 791202.1 good 20
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 791202.1 Guru Puja/1&2, Dollis Hill
- 811005 Beauty that you are - Houston good 70
- 820402 Shri Rama's birthday - Chelsham Road good 70
- 871004 Dasshera Puja/Shri Rama - Les Avants, Switzerland good 70
- 900818 Evening before Shri Krishna Puja - Hallow Tree, Ipswich good 55

Ravana

Ancient demon, with 10 heads, renowned for running after women (502269); A Realised Soul, who was spoiled by his mother, and became a devil (100039); Even after Realisation, Ravana... who had such a weakness for women... when he tried to do that... again he fell down... and he became a Rakshasa (702157); Who captured Shri Sita, and who was herself rescued by her husband, Shri Rama (908148.1)

Ravana, a false guru from India (904167); Who makes his followers jump and shout and scream... he makes them behave like animals, barking like dogs, jumping like frogs, and all sorts of things (303028); So insecure he is... so insecure... for him Rolls Royce means you become now the 'real' guru; It's a funny situation with these 'seekers'... they have paid so much money... now they don't want to disown... that's the point. I imagine... I mean he has no aesthetics, he has no knowledge, he doesn't understand anything... I don't know how these people get impressed by him (.0006)

These tantrikas have no relationship with our ancient scriptures... for example, (Ravana - Ed) will never mention any of our ancient scriptures... he has no relationship with any Deities... does he mean to say he has nothing to do with Christ... with God... with anyone... but only with sex. You people... really... are you only sex points. What is sex... any Tom, Dick or Harry can do sex... but if you do it in a wrong way... you will have diseases... you will have impotency. It's another kind of Hitlerism... another kind of cruelty to human beings... you see you will be enticed... absolutely you would not find out... you would not know that this is a mistake. You'll get into it... and then you will realise it is a mistake... it's a destruction of your own being - by wars you have destroyed others... by this you will destroy yourself (902007.1)

Sahajvidya - Ravana

This also you don't understand... that he's playing on your ego... you think you can handle him... but he's too cunning for you... you should think, why is it that Indians... the Indian Government, are anxious to oust him... if India is the place of wisdom, then why is it that he's not at all respected in this country. If anybody mentions his name... they think it's inauspicious... they think he's an Incarnation of Ravana... the one who fought against Rama... a demon... he is... 100% he is Ravana... I'm sure of it (902007.1)

He is teaching you how to insult your Mother (902007.1); Just he is telling you to go and do sex like this... I cannot understand how can you ask for a guru like this... even a dog and a bitch knows... don't debase yourselves... you are the Spirit... you are not sex points. He will lead you to impotency... he will destroy you completely (902007.1); He'll become the guru... of melting away your morality about sex (906097.3)

Even... he's trying another trick of this tantrism... in which he says... 'you wear this dress'... which announces that you are a detached person... and then 'you indulge into everything'... you see the juxtaposition... you understand the point... if you preach something and do the juxtaposition of that... you do just the opposite... to insult (906097.3)

- Jai Shri Mataji -

Reaction

Try not to react to anything... just see the drama (951224); Make your ego be challenged... not to get into temper... try that your ego doesn't react... that can be achieved very easily if you try... in the mirror, look at yourself, and laugh at yourself... make fun of yourself (860504); When we are doing work of some kind, and others do not appreciate it, or do not join in, or they maybe spoil it, then the normal thing is to react by going back into Tamoguna. We should regard work as a training for developing our immunity, and do it with detachment, and with enjoyment, and by so doing get into the Satwoguna in the centre (800517.2)

Witness state has to be projected so much... that this conditioning and ego of reaction will finish off... you will have no more reaction... but you will just witness... and the knowledge that is 'real', comes always... always... through witnessing. If you do not know how to witness, then whatever knowledge you have, is nothing but through your ego or through your conditionings... it is not Absolute Knowledge (010321)

When you can get into thoughtless awareness, your reaction will be zero... you look at something... you'll just look at it, you won't react because you are thoughtless... you won't react. When that reaction is not there then everything, you'll be surprised, is Divine (980510)

This fault finding actually comes from your brain, which is not yet enlightened... and you cannot enjoy anything because you react - what is your job is to enjoy... enjoy everything... and that enjoyment is the blessing of the Divine... even you can enjoy the turmoil... the torture... everything... if you can see the point, that nothing can happen to your spirit. In the Sahaja state, you just see... and watch... and get the joy out of it (000507)

Sahajvidya – Reaction

First you have to empty yourself... if you are already filled with these ideas... these age old ideas... and you are still carrying on with them... how can the Divine be filled. If there's a pot already full of water or anything... you cannot fill it... so you have to empty yourself... empty your mind - it's possible through Sahaja Yoga, if you can take your Kundalini beyond Agnya chakra... by not reacting. Reaction is the worst thing... because reaction comes through your Agnya. It is due to your conditioning... or due to your ego. So some people react because of their conditioning... and some react because of their ego. So why should we react to anything... why don't you enjoy, by not reacting... you just go and see how beautifully they are made... the beautiful flowers... just enjoy it... some will find some faults... some will... but the joy of his creation is there, and you should be able to see it... feel it... enjoy... and then you are a Sahaja Yogi... otherwise you are not. If you are a reacting type, you cannot be a Sahaja Yogi (001231)

Most of you have little problems... and for most of you it is the problems of the Agnya chakra... that we think... as a reaction... to anything outside... to everything. This reaction comes from our conditionings or from our ego... egoistical people are extremely sensitive... if you give them something that they think is not very dignified, they can feel hurt... they can feel hurt for anything... because they have a consciousness that they are something special... and one should behave with them... and that's how they get absolutely disturbed if they find anybody in any way degrading them... this comes from ego. The second one is your conditioning... say if you are an Indian... now the conditioning is that a person who comes to meet you should touch your feet... supposing that's your relationship... and the person doesn't touch your feet... then you are angry. Anything like that which is your conditioning gives you an idea that you are being insulted... or you have not been respected... then you feel bad (001225)

Sahajvidya – Reaction

Humility is one of the criteria of a Sahaja Yogi... a person who doesn't have humility cannot be called a Sahaja Yogi... so this humility will give you a more permanent state by which you will not react... you just watch... and that's how the new state, a witness state comes into you. When you become the witness... you are in the present... and you just watch and enjoy... the enjoyment of all the creation is not within your mind when you are thinking... so one has to learn that we should not react. But today's problem is that all human beings are very good at reacting... reaction is a basic principle of today's life. You are all Sahaja Yogis... and what you have to do is to understand why this ego is coming in my head... what have I done... who am I... once you go on asking such questions, this ego will disappear. In Sahaj culture we have a proper training for getting rid of ego... you can yourself introspect... see why you behave like this... try to see... what is this Mr Ego doing within your head. Of course the mantra of Christ is the best... but when you are doing this mantra, you should be in a very humble state... what am I after all... who am I... look at so many stars... look at so many beautiful things... who am I... what have I done... why should I be so egoistical (001225)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 001231 New Years Puja, Kalwe - see 001225.2 not good 25
- 001225 Christmas Puja, G'pule - see 001225.2
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 800517.2 Old Arlesford, Winchester - pt 2 (What is a Sahaja Yogi) good 90
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
- 980510 Meditation is the only way, Sahastrara, Cabella good 60
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good
- 001225.1 Christmas Puja, Ganapatipule good 20
- 001225.2 Christmas Puja, G'pule/New Years Eve Puja, Kale
- 010321 Mother's Birthday Puja, Delhi good 50

Reading

Does not take you to God (830128); If we start reading books, then we can go down - one of the 'snakes' in the game of 'snakes and ladders' (830204); Read only books that are supportive of Realisation, of Sahaja Yoga (870408)

So many people, when they get Realised, they hardly come a second time... and even if they come a second time, they do not develop the feeling of vibrations... they still go on being busy with their day to day work... wasting their time on things which do not give you the subtler feelings... so the subtleness, the deftness of the art of Sahaja does not develop. For example, a person who is over-read... as soon as he gets his Realisation, he starts tallying it with what he has read... this makes his attention again wasted. As it is, his attention has been fixed by these conventional ideas... some of them are correct... some are incorrect... some are absolutely false... some are useless... some are only because they wanted to make money... so they published some trash. As soon as you get Realisation... you go back to your own... gross awareness... and start tallying this 'subtle' with the 'gross' - you again start losing the vibrations. You are not to fix your attention... but you have to make your attention subtler and subtler (770126.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-770126.2 Bordi Attention - see 770126.1 poor

-770126.1 Bordi Attention - see 770126.1 poor 40

770126 Bordi Attention [2 talks]

830128 Introduction to Sahaja Yoga - Delhi good 75

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45

- end -

1 Jun 2003

Reality

The Truth, the Absolute, which has to be felt on your Central Nervous System (840708); The realm beyond Sahastrara, where we have to enter (960505); Is achieved through the heart (910728); Reality is what Reality is... it's not a concept; A concept is not Reality... it's just a mental projection (860707.1); To deal with Reality... it must be done with intensity... even love must be intense... otherwise you are just fooling yourself... playing games... it leads you nowhere (791202.3)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 860707.1 Press conference, Vienna - see 860707 good
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor
- 840708 To Know the Truth - Ilford [with 40mins Q&A] good 40
- 910728 Guru Puja, Cabella good 60
- 960505 We must feel responsible, Sahastrara, Cabella good 55

Recognition

The Recognition of our Mother, is the mental activity of the Heart. Develop it by introspection and meditation, developing those waves of gratitude, love, oneness and Joy (910505); Those who have not yet recognised, though they are Realised, will not be blessed - they will go round and round. So it is necessary to recognise... She who is presently with us (791202.2)

The time is such that we have to recognise Sahaja Yoga - if we do not, then the Sahastrara cannot be opened. Recognition is the only worship in Sahaja Yoga... ask the question, of the Deity that you worship... you must know 'Who' you are facing. Recognise in a full way, with full humility, so that your Realisation sustains (830204); Without recognition you cannot see the play, and without seeing the play you cannot have that confidence. Without confidence you cannot become Gurus, and so cannot help others, and if you cannot help others, you are not going to be happy. So this is what you all have to do - this is what you all wanted to be. So be confident and joyous and be happy (791202.1)

You know such a lot, that even many Saints do not know... but there's one thing they know... that I am that - that's one thing you do not know... they know that... this is a big difference - because I am easily available to you, you do not understand... for them I am great... how these Saints have recognised. Your recognition of me is poor. If it was not so you would not be shouting in my presence, quarrelling in my presence... you give me headaches... you tell me things which you should not tell me... 'he came there... he did this...' you should not talk like this to me (800927)

Do not think that you are ordinary... otherwise I would never have chosen you... but you have no recognition of yourself also, as you have no recognition of me - you have to recognise yourselves and respect yourselves; Do not respect material things - respect yourself first of all... and the matter within you (800927)

Sahajvidya - Recognition

Like, once, a Sahaja Yogi told me... 'Krishna never gave me Realisation... Rama did not... Ganesha did not... Shiva did not... Parvati did not... Adi Shakti did not give me... it was Shri Mataji Nirmala Devi who has given me Realisation... so She's the one I know.' Unless and until you understand this, all... Rama, Shiva, Brahmadeva, Vishnu... everyone is going to get angry with you... because they will not understand. Because you have got your Realisation... still you are denying me... means something is wrong - you might develop Ekadesha... that's the beginning of the end. Taking too much advantage of me is also like this... too much sticking onto me, also you might get this Ekadesha... too much pressurising, you will get it... answering me... not listening to me - if you start challenging me, you will catch on Sahastrara... and then don't blame me. Only, in Sahaja Yoga, if you could rise and ascend, and try to recognise me... I will have no problem... and you will have no problem (830209)

If he doesn't accept me, he cannot feel the cool breeze from me. That means he has to accept me... he has to accept me... much more - that's then how he'll get it you see... when he'll meet me. He has to accept me... if he doesn't accept me, he cannot get the cool breeze... the Deities know about it. You see they have to accept me... that's the only thing is (791202.3); He's not feeling... on the head... on the head you're not feeling... you have to have faith in me also isn't it little bit... otherwise you'll not feel in the head... ha... better now (840622); If you raise their Kundalini... gradually they'll come... but you see... they have to be aware of their Realisation... that is a compulsion (791202.3)

If anyone, say your wife, your husband, anybody... talks against Sahaja Yoga... close your eyes... you are not to hear. Know that I have given you Realisation... and you should not try to challenge me... because God Himself will be against you. You have to keep Prasanna... keep the Devi pleased. Here 'I' am the one... you have to leave things into 'my' hands... don't try to play tricks with me. So as Sahaja Yogis, I have to warn you... new people won't understand this... for them it will look like egoistical... all that... they won't understand... forget it (830209)

Sahajvidya - Recognition

In these modern times you must know that all these evil things are also lingering in your heads little bit, here and there. So the Sahaja Yogis which are today here, have to realise that all these things are surrounding us... and these evil forces are also there. There are some within us... some are without... so it looks to be a very difficult task... but it's not... because one condition, if you can understand... is that you have to recognise me. I know, I'm Mahamaya... I'm really very clever at it... but I'm truthful... but still I'm Mahamaya... so to recognise me what should we do... if we recognise, then you are protected. And the cleansing is the simplest thing in Sahaja Yoga... is to be collective. If you are not collective... then know that something wrong with you... if you are collective... if you are enjoying the collective, then you should know that you are clean... no blemish is there... you are absolutely alright (911013)

Now the second part of this Mahamaya business... I had to be very close to you... I had to be extremely close... to talk to you... to have a rapport... to tell you everything about Sahaja Yoga... to make you absolutely aware of yourself. This had to be done... and with all these complications within your mind... within your heart... within your body... I had to work it out. To come close in the real form would have been very dangerous... so one had to be a Mahamaya. But despite that, if you could recognise me... to understand me... that I am Divine Personality... an Incarnation... that's all the Deities want. Then they'll look after you in every way (911013)

Then how you behave is very important... you should not be artificial... or superficial... but best is to put your hand on your heart... both the hands... and just try to feel... your Mother is Adi Shakti... she has created all this Universe... she has created all this world... and she is for your protection - as soon as I come to know about your problems, my attention can work it out. All this protection is given to you because you are seekers of truth... and the truth is that I am the Adi Shakti Incarnated. Once this truth becomes one with your self, there's nothing to fear... because all

Sahajvidya - Recognition

the Deities know this fact... they know about this Incarnation very well... they'll do anything to substantiate your belief in every way... my photographs... in the sky... they are so anxious. They are on all sides of the stage... listening to me... feeling very happy that I am telling you the truth. But the way they recognise... the way they act... they never disobey. Once you have recognised, you will have no fear from anyone... and the more you show that recognition, the more you realise it, you get higher and higher... not only spiritually, but every way, mentally, socially, economically, politically... is very remarkable... that not only that you recognise me as a Mother who loves you very much... but a Mother who is powerful to protect you (911013)

Supposing I correct you sometimes... instead of feeling sad, you should see that how fortunate I am that Adi Shakti herself is correcting me... she is taking interest in me... how fortunate I am... to be born at this time, to be with her in her great work (911013)

So just behind this recognition is all the powers... but if you are doubting... still half way this that, then things won't be alright. You shouldn't worry about your reputation... just go full speed into any direction, knowing one thing... that you are my child, and that I am Adi Shakti... everything that looks horrible will become better... you have seen it now... don't worry about anything... just know that I am the Adi Shakti... that all the powers of Gods and Goddesses... and all that are within me... and they 'are' within me... and they are all looking after. But if that recognition is not there... they are not going to recognise you either (911013)

- Jai Shri Mataji -

Sahajvidya - Recognition

Tape References:

Date/Ref - Title - Qual - mins

- 910505 Sahastrara Puja, I schina, I taly - see 910915 good 40
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 791202.2 Guru Puja/2, Dollis Hill - see 791202.1 [incomplete] good 30
- 791202.1 Guru Puja/1, Dollis Hill [Mother's Declaration] see 791202.1 good 20
- 791202.1 Guru Puja/1&2, Dollis Hill
- 791202.2 Guru Puja Pts 3 & 4, Dollis Hill
- 800927 Lethargy - Chelsham Road good 75
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 840622 South Bank Polytechnic, London good 40
- 910505 Sahastrara Puja, I schia, I taly
- 911013 Navaratri Puja - Cabella good 25

Reddening of the Eyes

Krodh, which starts from the liver but is expressed through the Vishuddhi... the face becomes red, the eyes become red, and from the mouth all kinds of horrible things are said. The whole expression is so different, when you are angry. So this anger is to be seen... where it is - the liver; To master it you have to face yourself clearly. Krodh is the worst enemy, according to Shri Krishna (910001)

Some people have a habit of keeping the eyes in an angle all the time... they never see you straight... they think sometimes it's fashionable... and some of them have such eyes that they'll go on looking and pouring their greedy eyes onto others, or their lusty eyes onto others... this is the worst thing you can do to your eyes... because such people easily can become blind. Such people may have trouble of the eyes... specially reddening of the eyes can come to such people very much (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

Relationships

In relationships, both right and left Vishuddhi, play a very big part - left Vishuddhi, when we don't understand the purity of relationships in social life, and the right Vishuddhi, when we are aggressive or oppressive towards others (801116); The relationship of a daughter, of a sister, of a mother is a very pure relationship; If you look at the green of Mother Earth, you will be saved from these errors of adultery - looking at others' sisters, others' wives, others' daughters (850901); Vishnumaya will see that husband and wife sit together (850901)

Your 'kith and kin' are Sahaja Yogis... they are your brothers... and they are your sisters (860818); Your 'relations' are Sahaja Yogis... no other. You are born on this tree of life, whilst they (your earthly relatives - Ed) are not... so we cannot identify with them (871220); These relationships of our father, wife, children etc. are 'worldly'. For your ascent, it is important first of all to have no desire to 'create a desire' in your kith and kin... this is especially so in India, where people are too much attached to family. It doesn't mean that you give up your family, but that you witness them... see them as you would anybody else. Don't force Sahaja Yoga on any of your relations (821219); Sahaja Yogis are your 'real' relations (810524)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 880106 Swimming in the sky of joy - G'pule - see 871220 good 25
- 871220 Attention on Quality, Rahuri - see 871220 good 20
- 860818 Raksha Bandhan, Hampstead - see 860823.1 good 20
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 801116 New Age - Plaw Hatch Seminar good 70
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 871220 Attention on quality - India 87/88

Relationship to Mother

You all can directly write to me... you can all send me flowers directly. Who are these leaders... one should not in any way think that they stand in between you and me... not at all; There should be no barrier between you and me... I'll not stand for it at any cost... no barrier between any one of you and me... and you should never feel shy to tell me.. you should always tell me what your problems are. I'm always available for you... for every one of you... each one of you. One should never just decide... that alright Mother may not like... I may like... or not like... is not the point... you have to tell me. I will like it more that you tell me, than not to tell me and hide things from me. There's no official relationship between me and you... it is a protocol after all... but protocol doesn't mean official (881221)

Anybody who thinks... 'I can work it out on my own, I have a 'special relationship' with Mother' should know that they are... 'going out' - you cannot... work it out on your own (810524)
- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

810524 Subconscious, Supraconscious, Chelsham Road not good 70

- end -

8 May 2003

Religion

Has strayed far from the original ideas of it's founders, who appeared like flowers on the one tree, at different times nourished by the same sap of Divinity, and that were plucked by humans for their own use. It is meant to prepare human beings, to make them worthy for their transformation from their basic tribal condition, to enlightened complete human beings, conscious of their connection to God Almighty (900000; 781005)

In all the Religions people have diverted from the right path... and have come to the wrong path... and are indulging into self created Religions which have no relationship with Reality... or with the incarnations (those who started the Religions... or who gave the ideas of Religions) - I hope you won't do that to me... because you are Gnostic people... you are the ones who know... who have had Self Realisation... without Self Realisation you cannot have a complete personality (871219)

How they form different groups... for example, if you get the essence of the tree... the essence, or the sap of the tree goes to every flower... it doesn't discriminate... but the flowers are different. Now what these people have done... they have plucked the flowers, like somebody says 'this is my religion'... they plucked the flower... the flowers are dead now... so they are carrying on with dead flowers... the religions are dead now... but they are flowering on the same tree. So you see that everything is the same... it is just a manifestation of the same. Like electricity flowing... it is giving you there... it is working the air conditioning... it is also working out there... but the electricity is the same. You see... because you become the essence... but when you see from outside, they look different. You cannot become fanatic now... you cannot... even if you try to be, you cannot... because you see... the essence is the same (860707.1)

Fanaticism comes from the word 'finite', we should say - when you go into infinity, how can you have fanaticism. In fanaticism, you 'finite' yourselves... I am this... I am this... that is 'clubbing'... actually it is nothing but ordinary clubbing... like we have clubs like... somebody puts the tableware on the left side... is one of the clubs...

Sahajvidya - Religion

another puts on the right side... is another club... it's just like stupid clubbing, that's all. So you cannot 'club' out God, or Christ, or any one of these Incarnations... they are all relations of each other... they are all related to each other (860707.1)

On one side we have the doubting people... and on the other side, the fanatics - those who try to adhere more and more, to the teachings, had to become fanatics. The 'real' Religion in man collapsed... Religion is a continuous living process within, which is our sustenance... it's like a ladder, on which we climb, step by step... but not leaving the ladder. So... these two types... one doubting... another fanatic... both had not known God... both had not achieved Reality... and they criticised each other... because both of them did not know what truth was (800505)

Formerly, those people who came on this Earth, tried to teach people about dharma, to bring them to the central path, to the straight forward path of ascent. They tried everything, whatever way they thought was good for a particular community, area or country... they talked about it, and lots of books came out of it. But instead of these books creating people of a religious and spiritual and united nature, they created people who were all against each other - it's an absurd thing, but it happened. So all these books, all this knowledge was all misused by human beings, just to get their own power... so it was all a power and money oriented game going on... they talk of love, of compassion... but it is all for a purpose... it's all a political game sometimes because they all still feel that they should have power... a worldly power so that they can dominate the whole world... and this started working so much in the human mind that we had lots of wars, killings and all kinds of things. So when all this subsided, Mother felt that now maybe, opening the Sahastrara might help people to see the truth (980510)

Now why these religions look so separate... because the integrating point was not there... otherwise they are all flowers on the same tree... and they are taken away by people who say 'this is my religion... this is my religion'... so they become dead and ugly... that is how the religions are formed you see. But the basic point is that all the great Incarnations who came on this Earth, exist within

Sahajvidya - Religion

us on all these centres (790618); The essence of all religions, if you go to the essence of it, not to the outside that you see... but to the essence of it, is this... that you should seek the Eternal (890617.2)

That which is falsely made is not religion - religion is in your stomach, is within you (790507); It was meant to stabilise you - the religion within you (781115)... dharma (830202); Religion is simply an accident of birth... which one we are born into - all are related. There is only one God... but who manifests in many Aspects (810328); In Sahaja Yoga, we respect all the Incarnations... all the prophets... and all the Religions in their essence... this is something so great in Sahaja Yoga (971230)

Mohammed talked more about the Resurrection time than the Doomsday, but Muslims are using more the Doomsday. It is the same with Christians, who don't want to talk about the Counsellor but about the last Kalki... just to frighten the people so they will stick on - so it's a business proposition (0.0005); In the name of religion, so many wrong things have taken place... is all anti-religious activity (871230.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 971230 Evening before Shakti Puja, Kale good 5
- 871230.1 Marriage, Kolapur - see 871219 good 45
- 871220 Attention on Quality, Rahuri - see 871220 good 20
- 871219 Complete your Realisation, Aurangabad - see 871219 Good 25
- 860707.1 Press conference, Vienna - see 860707 good
- 781115 Evolution - see 780911 good 45
- 0.0005 Airport Talk poor
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 790507 Sahaja Yoga Introduction good 60
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 800505 Sahastrara Day, Dollis Hill Good
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 830202 Vishuddhi Chakra, Delhi (+ Q&A: 5 mins) good 80
- 871219 Complete your Realisation - India
- 871220 Attention on quality - India 87/88
- 900000 State of the Planet / Water Music good 30
- 980510 Meditation is the only way, Sahastrara, Cabella good 60

Reputation

You shouldn't worry about your reputation... just go full speed into any direction, knowing one thing... that you are my child, and that I am Adi Shakti... everything that looks horrible will become better... you have seen it now... don't worry about anything... just know that I am the Adi Shakti... that all the powers of Gods and Goddesses... and all that are within me... and they 'are' within me... and they are all looking after. But if that recognition is not there... they are not going to recognise you either (911013)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

911013 Navaratri Puja, Cabella good 25

- end -

4 Oct 2002

Respect

That which is missing in the UK - the respect for others and their cultures, and for the Adi Shakti; Respect produces 'thoughtless awareness'... because then there is no thought (890524); In Sahaja Yoga, we respect all the Incarnations... all the prophets... and all the Religions in their essence... this is something so great in Sahaja Yoga (971230); Respectful behaviour towards others, and towards others' things, is part of the Mahalakshmi Principle. When this dignity, and respect, and desire to rise higher, manifests in a genuine inner way, then this helps to build the bridge of the Sushumna over the void, for the Kundalini to pass properly, which otherwise would continue to get lost in the void (860921.1)

If you are not innocent, you cannot have respect... so innocence has to be developed, to have that respect (840902); Between two Sahaja Yogis there should always be tremendous respect... not only respect, but tremendous respect (840118); Why we are suffering in this beautiful planet, is because we do not respect what we have to respect the most... Mother Earth is to be respected... meaning that whatever is created on this Mother Earth by the movement of the Earth, by the sea, by all the elements, has to be respected (970525)

I feel the whole West suffers from one simple disease... that is they do not know how to respect anyone... with their ego, they want to judge everyone, and condemn everyone... so get out of it, and tell yourself 'I don't know anything'; Don't think that you know everything... respect each and every person... not for what he has read, or what he has learnt, but because he is a great Soul; Respect every Sahaja Yogi from your heart, because they are made in the form of Shri Ganesha... we'll not make fun of them... we'll not laugh at them... as long as they're in Sahaja Yoga, we have to respect (840902)

Sahajvidya - Respect

Husbands also must respect their wives... is very important. Where women are not respected... calamities come in... like Bangladesh is full of calamities, because they don't respect their women. Pakistan is full of calamities... now the wars are going on, this is going on... they don't respect their women. What about Saudi Arabia... always the threat of war... what about Iran... all these countries... where women are not respected... they are in trouble. But women also must respect themselves... not like the women in the 'west'... the way they throw themselves at men... why should you try to attract men all the time... why should you try to be all the time dressed up that they should run after you. You see this one is a culture which really debases women, to I don't know what level... you are not prostitutes... so we should have our own self respect. We should respect our body... respect our husbands... respect our children... respect everyone... that's important... but also the society, and the family, and the husband... all of them must respect women... it's very important... they are complimentary... men and women are complimentary (950625)

In Hindi language, there is 'Adub'... means modesty and... respect... but more than respect... a style of saying things... not in Urdu, but in Hindi, of day-to-day talking... there's respect, and a way to address others. You can learn Hindi in no time. All this will give you... a kind of a more flexible vehicle to express your love (971225)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 971230 Evening before Shakti Puja, Kale good 5
- 840118 Spontaneous talk - Vaitarna not good 35
- 840902 Ganesha Puja talk - Switzerland [French translation] good 55
- 860921.1 Mahalakshmi/Jaladevata - Mechelen not good 45
- 890524 Integration of Athena - Athens, Greece good 45
- 950625 Richmond Park talk - Richmond Not good 45
- 970525 Respect the Mother Earth, Cabella good

Responsibility

That we feel very responsible about Sahaja Yoga, pleases Shri Adi Shakti... that we feel we have to spread Sahaja Yoga everywhere... responsibility without feeling 'in charge' - we say 'not I, but the Divine that is doing it', or... 'I am not doing anything'... then the ego does not come up, and we become humble (960505)

I think people must take it more seriously about the whole thing... and should understand it... and learn it - we are Gurus. The main thing is that we do not take any money you see... so people think, you see... 'that we are not bound... that we are absolutely free to come and go'... but this freedom sometimes makes a person a little superficial... or sometimes a little frivolous... but, this is so precious... so invaluable... that you cannot charge... any money for this knowledge (821008)

You have to take up the responsibility... those who do not, are not the people who are yet matured... every type of responsibility that you can take... think of what responsibilities you can take up (830821); Responsibility is a quality of the Vishuddhi (831001)... that's why most of us have bad Vishuddhis, because we do not take responsibility... and we have to be much much more responsible than even ordinary government servants are (830821); This Vishuddhi centre can also catch, if we feel 'too responsible', and can result in tensions and headaches - the remedy is to witness, and realise that everything is done by the Divine (890801); We should also be responsible in the Ashram, switching off electricity, not wasting food, being alert to the vibrations of the children etc. (850421); Krishna... whose qualities include Collectivity, and Responsibility (960929)

But you do not understand your responsibility. What you are doing... you are playing into the hands of satanics... by not paying attention to your cleaning. By not paying attention to your spiritual growth, you are not helping me at all... because these vibrations do not flow out - they have to flow through you... you are the channels. If you do not keep yourselves clean and humble and meek about it, it doesn't work out (800927)

Sahajvidya - Responsibility

Start seeing what are the bad things that are being accepted in your own country, which are very dangerous and detrimental, even destructive, that have trickled down into your own personality. If we all see that point very clearly within ourselves (try to note it down, and watch yourself... where is it lurking), I think you will do the greatest service to your own country, because whatever goes out of you, goes out of that country (860705)

You have to do the work of God, you have to fight the anti-God elements, the satanic elements... now, the forces are gathering in such a way that the sorting out will start. You are not responsible for your families any more. Your responsibility is to yourself, to be the Spirit... your responsibility is to Sahaja Yoga, is to understand Mother better, is to understand this mechanism within you, how it works out everything, to understand how to become the Guru yourself, how to be a dignified and a glorified personality, to be a respectable person, and not a cheap personality. Everyone of you is worth the whole Universe - if you want to rise to that height, to that magnitude, it is within you to prosper - but those people who still want to live on a very low level cannot (821219)

So now we have to be wise, and see what is destroying us... what is destroying our inner being. For Sahaja Yogis it is very important... because if they can hold it... with their wisdom, and firm faith in Sahaja Yoga... after some time the whole thing can subside... and this is what has to happen actually to the world... otherwise they can be blown off also - if they are not rightly placed... if they are not grounded. If they are not fixed to their own enlightened faith of Sahaja Yoga, they can be blown off with this wind, which is there to torture... to destroy the whole world. So the responsibility of Sahaja Yogis is very important... that their Ganesha principle is alright... if it is not alright then the whole Sahaja Yoga movement can collapse (930721); For ladies and for men, I have to make a humble request, that they should try to put their Shri Ganesha in a respectable position in their lifestyle... that it should be the highest... the most important (930721)

Sahajvidya - Responsibility

What is the knack, then of being a good Sahaja Yogi... in one word, that you can understand... one small thing... is to be responsible... if you are a responsible Sahaja Yogi... you will find your own way... if you are not, you will go to doom... because if you are responsible... then only God is going to give you more (770126.1); You have to give Realisation... you have to take responsibility of Sahaja Yoga now... you have to become responsible for it, in your own way. You have to do it, because you are doing it for the greater good - the more you think of the greater good it is doing... the better it will be for you (.0011)

When you are responsible, you will be amazed... you will drop out most of your habits... automatically. Once you take the responsibility of Sahaja Yoga on your shoulders... immediately all the dimensions of your new life will open out... knowledge will pour into you... a new style of understanding will develop... the subtleties of life will open out before you... the joy will pour onto you... you will feel as if the Ganges is flowing over your Sahastrara... but you have to be responsible. Responsible also means that others should be given a chance... and when you start leading a responsible Sahaja Yogi life... thousands of evolved Souls will hang around you... you'll have a different light on your face... you will be amazed... when you speak, you will be amazed at how you are speaking... how things are happening... how things are working out. You are very few people on the stage... behind the stage there are thousands. The sense of responsibility can only come through your freedom... this is the problem of Sahaja Yoga. Is it that human beings are not that evolved to be responsible - that they must be dominated by somebody... or driven... otherwise they cannot do something responsibly? So in Sahaja Yoga... we have to be responsible (770126.1)

- Jai Shri Mataji -

Sahajvidya - Responsibility

Tape References:

Date/Ref - Title - Qual - mins

- 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
- 860705 Pre Guru Puja talk, Gmunden - see 860706 good 25
- 850421 Ganesha Puja, Children, B'ham - see 850408 not good 25
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 770126.1 Bordi Attention - see 770126.1 poor 40
- 800927 Lethargy - Chelsham Road good 75
- 821219 Mahakali & Mahalakshmi Pujas, Lonavala/Kolapur
- 830821 Mother Earth - Surbiton good 50
- 831001 Santa Cruz interview good 45
- 850421 Mooladhara + Meditation - B'ham [length of talk?] good 40
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 960505 We must feel responsible, Sahastrara, Cabella good 55

Resurrection

Resurrection is the message of Christ's life... the Spirit cannot be killed by anyone... it is eternal... and he had to prove it. To prove it, there had to be somebody here on this Earth... to come in, with a body, to act like a human being, to live like a human being, and to go through the drama of death. To show that he overcomes death... that he resurrects himself... he had to die, and he had to be resurrected (811006); This was the true message of Christ (811005), the reason for the crucifixion, that Christ had to undergo (871023)

Because I have said now, I am the Holy Ghost... everybody seems to be over happy, and joyous - I have told you whatever was needed for your counselling... I have taught you how to redeem others, and comfort them... you know everything... now just become masters in this art... forgetting your past... you are all great people, all of you. Declare to all the nations now... that I am the Holy Ghost... and I have come for this special time... that this is the resurrection time (830321)

The 'Resurrection time', also known as the 'Last Judgement' in the Bible, and as Kiyama in the Koran (MME); Mohammed talked more about the Resurrection time than the Doomsday, but Muslims are using more the Doomsday. It is the same with Christians, who don't want to talk about the Counsellor but about the last Kalki... just to frighten the people so they will stick on... so it's a business proposition (.0005)

- Jai Shri Mataji -

ape References

Date/Ref - Title - Qual - mins

-871023 Press Interview, Piacenza, Milan - see 871024 good 25

0.0005 Airport Talk poor -

790608.2 Maria's House Tape 2 poor -

811005 Beauty that you are - Houston good 70

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

830321 Overcoming the 6 enemies, Ma's 60th B'day Puja, Sydney good 50

871023.1 Press Conference, Xavier's Flat - -

871023.2 Press Conference, Rotary Club, Piacenza - see also 871024 - -

- end -

5 Apr 2003

Reverence

The auspiciousness of sitting... for example... is... have you Reverence in your mind... when you are sitting... there should be reverence... are you sitting in a surrendering mood. So again I tell you... auspiciousness is what is within you... what you think about it... what is happening to you... are you feeling reverence within you. Auspiciousness is very important for Sahaja Yogis... because all that they do should be auspicious. When you speak, it should be auspicious (781002)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

781002 Knots in the 3 channels, Caxton Hall poor 90

Rice

Now you give rice to the Devi... rice should be put in her lap... now what is a little rice to a Devi... is that by putting rice... in you the satisfaction... of getting food that gives satisfaction is enlightened; But it should be done with dignity and understanding... it is for you to get the advantage (800927)

Do your jobs... have money... money is needed for this work... you have to earn... you have to give money. Some are not even willing to give £10... such people... with them where am I going to do Sahaja Yoga - in a subtler way, for your own betterment you have to give money. For solving this problem you have to give me rice... you put it in my sari (800927)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800927 Lethargy, Chelsham Road good 75

- end -

4 Oct 2002

Right

In India, nobody thinks 'I am right' - nobody thinks like that. Once you start thinking 'I am right, and that person is wrong, I am doing alright, he's wrong'... finished. The worst thing that can happen to human beings is ego... the worst thing. 'Possession' is better... at least you feel the pinch of it... but ego you never feel the pinch... you never feel there is ego in you... and you feel you are the most correct person (800927)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800927 Lethargy, Chelsham Road good 75

- end -

28 Jun 2003

Right Sided

If there are no vibrations on right side, or if right side is heavy, or hot, then this means that you are right sided. Also, if there are more vibrations on the left side, and none on the right side, this also means that you are right sided. If the left side is numb, this also means right sided (830202; 830512); In an intellectual or futuristic person, where the right hand is burning, and there is nothing in the left hand, that means that the right hand is not getting proper vibrations, so you raise the left to the right (830512); If we have ego, we should raise the left side, and put it to the right side... there's no other way out... you have to work it out with your hands (830121)

Those who have too much ambition, are extremely ambitious people and want to win the whole world, want to become something independent, on their own, malignant and cancerous, and don't want to keep their relationship to the whole (790928); A right sided person (someone who is too much on the right side), does not allow others to enjoy collectivity (890806); Right side catching means we are on an ego trip, and with right side, we may have health problems (800517.1); Over-thinking also gives you liver (791118)

More Right sided... put his Left to the Right... for Right sided, Left to the Right... raise Left to the Right... what work do you do... some physical... that's why... Left to the Right... no no... other way round... because you do physical work too much that's why... now it's better (840622)

Supposing you are a right sided person, then what happens to you... you become overactive. Overactivity gives you fatigue... gives you all kinds of diseases... such a person is very speedy... he cannot sit in one place for two minutes, all the time jumping, and he creates problems for himself and his family. This is Rajoguna. The Rajoguni has an opinion of his own about everything... he goes on forcing it onto others. But if you see his own life, he is a complete misery... he cannot carry on with people... he cannot talk to people, and there is a very big gap between himself, his Spirit, and his being (980712)

Sahajvidya - Right Sided

Right sided people have a very very overactive personality. Such a person eats too much of proteins... all the time, meat... and receives a blessing of ego. Such a man aggressively destroys others... the images of others... pulls them down... criticises others... jumps on them... he can be hot tempered... can be absolutely demonic - Hitler is the example. These people who eat too much meat, and heavy foods... they develop muscular capacities too much. They will be very quarrelsome and aggressive... snappy and sharp in their language; They look brilliant, and consider themselves to be very intelligent... but actually they are stupid people; Those who indulge too much into life... and so-called 'enjoy life'... and waste their time in drinking, and being with women and all that... they all can be ruined... not only by money, but by their very bad health. They may have a bad time with their children... with their parents... with their wives. They may have money, but they can never enjoy that money, or think of living a life which is comfortable (830209)

The right sided person becomes very hot tempered and obnoxious... he can be so cruel... so troublesome that he would be really a challenge to the whole family... to the whole society, and he will be very miserable. Now he may not look mentally upset... but when he grows old, he will just talk... he'll go on talking so much... so egotistical that he just goes on talking... he doesn't allow anybody to speak. This is very injurious to a proper social life (830209)

An ego oriented person has another very big problem... that he asserts his ideas above everything else. So always such a man... because he's stupid and idiotic... the idiotic ideas survive... and because of these idiotic ideas, every planning that is done by such people is a failure. A stupid man is a very big problem to the whole society, though he never realises it... he thinks 'I have managed the show'... I am the most successful person (830209)

People that are extremely ego oriented, become very miserly... extremely... so money oriented... they spend all their money on themselves... and not on others. Even when it is their due, they will try to save... which we see among so many... even in Sahaja Yoga - that they have to pay something, but they will not pay... they want it

Sahajvidya - Right Sided

even free, whatever it is, for which people are paying. These money oriented people are horrifyingly, surprisingly... are rich... there's nothing like generosity in them (830209)

If you think too much... and you think of the future... and you plan out everything... you start becoming sometimes possessed... and then you become a person who is very cocksure... very high handed... all are suffering from this possession - from the right side. Especially people who are very austere type... extremely fanatical type... they enter into this area, and get possessed by these spirits... and then they become very powerful... because right side is physical and mental... they can be very powerful people, in the sense that they can mesmerise people into the ideas that they are higher people... like Hitler did... he did it with this Supraconscious (831001)

To correct a right side catch, we can use the Chandra mantra (800517.2); If ego is still there, then raise the left side, to push it (the ego) back to the right side - with your hand push the left side higher, and the right side lower, so the ego and superego get into balance - do it 7 times (791118; 830121); Also as a correction, put left hand up and right hand towards the Mother, or towards the Photo (791118); If the right hand is shaking, put the left hand on your stomach, with your right hand towards [Shri Mataji - Ed] (830302); For right side problems, beat yourself with shoes (870408); Right sided people should not do exercises which are backward bending (840313); Right side activity: too much mental activity, which develops the ego (790616)

A right sided person has all the elements which give heat... you can say the light and the fire... so to correct it, light is not going to help very much. What is going to work out is the Mother Earth and the water element which is cooling... even ice is very helpful to people who are right sided. So all cooling effects should be used for correcting your right sidedness. The same with food... those who are right sided should take to foods which are left sided i.e. carbohydrates, and should become partly vegetarian, and should eat things at the most like chickens, but not fishes or sea food, because they are all hot (830121); If you have right side problems, then you have to say 'I forgive' (811006)

Sahajvidya - Right Sided

Lead Oxide is alright for people who are very right sided... for them if it is put on their Agnya it cools them down... they are cooled down... their anger goes down... their temper goes down... and it's a very good thing; Red Lead Oxide... is extremely cold... is a very cool thing... so we call it in Sanskrit language is called as Sindhura... and in Marathi as Shindura (900831)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
 - 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
 - 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
 - 791118 Where... stand in SY/How get in Med'n, Dollis Hill see 791009.1 good 45
 - 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
 - 790616 Dr Johnson House, Birmingham not good 55
 - 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
 - 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
 - 800517.1 Old Arlesford, Winchester pt 1 (Preparation for Becoming) good 50
 - 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
 - 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
 - 830202 Vishuddhi Chakra, Delhi (+ Q&A: 5 mins) good 80
 - 830209 Problems of Left, Right and Centre, Bombay good 65
 - 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
 - 831001 Santa Cruz interview good 45
 - 840313 Intro Talks - Delhi and Hampstead
 - 840622 South Bank Polytechnic, London good 40
 - 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
 - 890806 Shri Bhairavnath Puja - Garlate, Italy good 25
 - 980510 Meditation is the only way, Sahastrara, Cabella good 60
 - 980712 To be obedient to the Guru, Cabella
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Right Side

Right side or Sun channel (811005), which works for our physical and intellectual activities (MME); The right side sympathetic nervous system (810928), the power of action, that acts through the 5 elements (810928); Yellow in colour becoming golden, orange and then red; Becomes heated up, aggressive (800526); Is the side which is hot and needs cooling down (800517.2); The side of the Supraconscious (820711); The side of creativity, and of thinking (781115); In Indian tradition, is the Rajoguna. The side of our mental and physical activity, the future, our planning, the ego (840313)

Fumes from the activity on the right side collect in the balloon of ego, which together with those from the left side collected in the superego, cause us to be cut off or separated, from the main (790616)

To get into 'balance' from the right side, we do so not with the left side, but by getting into the centre, by developing the witness state. We indulge into work in thoughtless awareness, saying 'I am not doing it' (800517.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 781115 Evolution - see 780911 good 45
- 790616 Dr Johnson House, Birmingham not good 55
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800526 Attention, Dollis Hill
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 811005 Beauty that you are - Houston good 70
- 820711 Nabhi to Sahastrara, Derby good 90
- 840313 Intro Talks - Delhi and Hampstead
- 840718 Chiswick Town Hall [+33mins Q&A + incomp. Experience] good 55
- 890806 Shri Bhairavnath Puja - Garlate, Italy good 25

- end -

10 May 2003

Ritualism

A ritualistic nature makes you very constricted, and can be either very docile or even aggressive, troubling others a lot. For example a vegetarian must have special utensils etc., and can be very demanding (980321); Because of ritualism, growth in Sahaja Yoga can be slow (980320); This ritualism is not allowed in Sahaja Yoga... you must know what you are - first of all introspect... and accordingly you should work it out... if you are hot-tempered, alright go and beat yourself with shoes... but if you are not, then you need not (971225)

Even in Puja when I see people doing Puja I know how far they are dedicated... because the way they do it with caution, with care, with awe, with understanding... everything is so beautiful... but if somebody is doing just a ritual thing, I get a fright... like they'll do my Puja alright... mechanically... but some people may not even do any Puja... but they sit before the photograph... and talk to me heart to heart... without saying anything... but... to put it in the heart for some people is very difficult (850310)

Now for Sahaja Yogis as I say there should be no ritual... ritualistic things always make you absolutely dead... like early in the morning you start with a mantra... and go on repeating mantra like a mechanical thing... it's absolutely paying no respect to the Deity. But in a proper way... whichever Deity you want to awaken... think of that Deity, try to cleanse it, with all the understanding and deliberations... with respect... with a protocol... and not just to take somebody's name and just go on chanting any mantra you feel... it's not a mechanical thing. Sahaja Yoga is a thing which has to come from the heart... it is heart felt... if you do not do it from your heart it has no meaning (810511)

Sahajvidya - Ritualism

You may carry on like that, but you'll find after some time you have lost your vibrations... you have lost the cool breeze... because heart doesn't like mechanical things... every day it does new things... it never sticks onto habits... it never sticks on the same routine of things... it's bubbling every day with new appearances... one has to do it with complete love towards yourself and toward others... with complete esteem of your being and others (810511)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 971225.2 Christmas Puja, G'pule - see 971225.2
- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 850310 Public programme, Masonic Hall, Sydney, see 850310.1 good 25
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe
- 971225.2 Christmas Puja, G'pule/New Year Puja, Kale - see sub
- 980320 Felicitations, Delhi good 55
- 980321 75th Birthday Puja, Delhi good 55

- end -

4 Oct 2002

Romanticism

In Sahaj Dharma, the husband/wife relationship should be really romantic... should be really beautiful... but it is not... no, we talk of love, and all that... but very rarely people fall in love, and carry on with it... it's a blessing if you really get that kind of a feeling... but mostly it is a curse. So to fall in love is very good... but that doesn't mean that you forget that you are a Sahaja Yogi (970823.1); You may not 'fall into love' ... you may not... it may not be... and it's not necessary... because those who fall in love also rise into divorces... so best thing is to have a balanced idea about marriage. You see marriage cannot be decided, like you are 'Romeo and Juliet' - it's practical... it should be based on rock... so you won't lose your balance. If you understand that point, then the marriage will be successful... but if you try to think of romanticism and all that, it just breaks... at the same time it's not some kind of asceticism... but you lead a nice healthy married life, in a very friendly manner in every way (891203); The love of husband and wife is a very special sort of love, with no adultery nor adulterous eyes (820711); Romanticism is another kind of an emotional artificiality... the next day they go for the divorce... you see it's so artificial (840118)

After marriage, some of the people just get lost... and this is the worst type of thing that can happen to you... they get into their honeymoon mood... all their romantic ideas come back... they get just lost... you are marrying here for Sahaja Yoga - your marriage is for your ascent (891203); In marriages, we have to decide that we are getting married... because... we have to do Sahaja Yoga. Romanticism, when they get married, where they go crazy with each other, and forget Sahaja Yoga, forget Mother and forget God, is of no use in Sahaja Yoga. There is no need to rush into honeymoon (871230.1)

No unmarried girl has to go with an unmarried man... it's not done in Sahaja Yoga (810904); No Sahaja Yogi is going to marry another Sahaja Yogi... you are all brothers and sisters... nobody

Sahajvidya - Romanticism

should come to me, and tell me 'I want to marry this or that'... if I say you marry, that's different... but you don't come to me, and tell me... 'I've fallen in love with another Sahaja Yogi' (810904); If you feel attracted for any man... think that that man has a bhoot, and I also have a bhoot... only the bhoots attract bhoots... it's as simple as that... it's only the bhoots attract (810904)

Any man who is older than you... any girl should not talk to him much... but if they are younger than you... then they are your brothers. Any man that is older than your husband, you need not talk to him... but with younger people you can... you must have innocence about it. You are all brothers and sisters... no more romanticism now... you are not going to marry each other... dedicate yourself to your Sahaja Yoga (810904)

Coughs and colds are a left side problem and indicate emotional problems... in girls, crying, whilst in men coughing or sneezing for no reason at all - coughing and sneezing to show our pitiable condition. To cure the cold, look into your emotional life. Any attachment that makes you foolish, or hankering after someone, creates similar troubles, especially with the 'Romeos'. It can be corrected by getting proper understanding... that we should be detached, and not get these romantic feelings. On the other side, if we move to the right side more, we get dry feelings, a dry throat - we cannot speak (800517.2)

Adogati is the downward movement (860224)... descent... to go down is easy; Human awareness grows downwards, in the opposite direction to the Divine... finally we reach 'Mooladhara', where we become depraved and perverted, with funny ideas about sex. This is decadence... and with one step we are in Hell. On the other hand if we try to go up, without going by Mahalakshmi... we end up at the 'Heart'... and start giving our heart to this person, that person... get into romance... and once again we go down (860303)

Sahajvidya - Romanticism

Tape References

Date/Ref - Title - Qual - mins

- 970823.1 Primordial Taboos, S Dharma, Krishna Puja, Cabella see good 65
- 891203 Farewell talk, Shudy camps - see 891008 good 35
- 871230.1 Marriage, Kolapur - see 871219 good 45
- 860303 Brompton Square Address - see 860305 good 15
- 860224 Delhi University address - see 860504.2 not good 15
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 810904 Advice given by Shri Mataji, Brahman Court poor
- 820711 Nabhi to Sahastrara, Derby good 90
- 840118 Spontaneous talk, Vaitarna not good 35

- Jai Shri Mataji -

Roving Eyes

If present, in the husband... then this may result firstly in insecurity in the wife... which then leads to breast cancer (820711); When we develop the left Vishuddhi very strongly, and if we have a bad Agnya, or if there are eyes which are roving, then this left Vishuddhi causes a lot of trouble (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

820711 Nabhi to Sahastrara, Derby good 90

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

- end -

5 Apr 2003

Russia

In Russia, the scientists are very open hearted. At the time of Stalin they were all arrested, and whilst in confinement they developed the subtler side, and found out about the auras of human beings... that human beings have auras... and from auras you can diagnose their diseases. One scientist there came forward and said... I've seen your photo... and he said he'd proved it... you have to go to a physical vacuum state, which Jung has described as 'thoughtless awareness', for Reality to be understood. The scientists have said that they have seen the Cosmic Energy emitting out of my head; They call the All Pervading Power of Divine Love as the Cosmic Energy... they may call it by any name... and that it is this Divine Love of God which is the energy that runs this whole Universe (980705)

This country is already blessed... you have so many things here. Firstly this country has got such a lot of petrol, and if discoveries are made, there is much more. Secondly, you have got beautiful timber... and thirdly you've got a lot of tea, good tea. Also you have diamonds... so many things you have. Apart from that, you have so much of heart. Also gold you have. So all these things are in abundance in this country. Only thing is, you don't have somebody who will manage... to get to you people - I am sure it will work out (960716); In Russia... they make such beautiful things (950625)

The Russian women are very satisfied souls... they want very little... they are not greedy... the extremities of communism have thrown them into that area, where they don't have any sense of possession... they are not the sort of people who are even conscious of possessing (971004)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 850528 Kundalini Power and Creation, Los Angeles good 45
- 950625 Richmond Park talk, Richmond Not good 45
- 971004.1 Nature & Balance, evening before Navaratri, Cabella good
- 971004.2 MUSIC - Evening Program, Cabella
- 980705 Royal Albert Hall 1998 good 50

Rutumbhara Pragnya

Is the new state made possible by our Mother, and which results from maturing into the third Samadhi state of meditation, and in which we see and feel, and experience everywhere, the manifestation of that Deity, the object of our worship, in everything that we do, and in all that we experience in our life (830723.1); The One who looks after the seasons (920719); The Power of the Adi Shakti, that does all the creation (960609); All happens according to the Rutumbhara Pragnya (830725)

It exists in the Divine, the capacity to manifest it's love, to show that you are Saints, that you are the chosen ones of God - but you must accept that situation first. But if you behave like all other normal people, it will never happen. Know that you are Saints, chosen and given birth by the Adi Shakti, the 'Form' and the 'Formless.' So this Pragnya is going to manifest, is manifesting every moment - be prepared, be happy, welcome it and accept that you are there (830723.1)

Rutumbhara is the name of 'Nature' - the whole of Nature is enlightened. When Rutumbhara Pragnya starts expressing itself for Sahaja Yogis - for nobody else - you are amazed how things work out suddenly, automatically. Is a special state where you feel the oneness with Nature, and the Nature feels the oneness with you - the Divine itself is expressing through Nature, the various happenings and incidents, the love, the protection, the attention that the Divine is feeling. There is no end to it - it just happens... people don't know how it happens... is the state of Samadhi. Some will find objection... 'oh no Mother, the shop will be closed... no this won't... ' Others will say "Let's see... if Mother has said... maybe..." (830723.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 830723.1 Rutumbhara Pragnya, pt 1, Lodge Hill Seminar good 25
- 830723.3 Purnima Seminar, Assume your position, pt 3 Lodge Hill good 65
- 830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50
- 920719 Guru Puja - Cabella good 65
- 960609 Dissolve into the Divine Power, Adi Shakti Puja, Cabella good 50

Sacrum Bone

Kundalini resides in the Sacrum bone in 3½ coils (811005), in every human being, in a dormant state (790616) above the Mooladhara Chakra - 3½ coils has a special coefficient, being also used in watch springs, and if bisected yields 7 points (810928); The Sacrum Bone... is the triangular (MME) 'sacred' bone, which does not burn readily, at the base of the spine (830302; 810928)... is a Greek word (821008) meaning that the Greeks knew that this is a sacred bone (980705)

The process... of Giving Realisation... takes just 10 minutes, the journey is very small, from sacrum bone to Fontanelle bone, just 3 to 4 feet, that's all (871023); In the triangular bone... the pulsation will start... and will rise higher... and if you have a stethoscope... you can even feel the beat, much like you feel the heart beat (790722)

Sahaja Yoga... is the Spontaneous Union of the individual consciousness with the All Pervading Divine Power, through the awakening of the residual power of the Kundalini which lies dormant within all human beings in the triangular bone at the base of the spine, called the sacrum - the sacred bone (MME)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790616 Dr Johnson House, Birmingham not good 55
- 790722 Leeds at Jim's House poor 45
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 811005 Beauty that you are - Houston good 70
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
- 980705 Royal Albert Hall 1998 good 50
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Sadashiva

God Almighty... or Sadashiva, who does not incarnate (810928); Raheem; Pawarvikar; Niranjan; Nirahamkar (830204); The Father of the Trinity, Christ being the Son, and the Holy Ghost being the Primordial Mother (871023); When Parabrahma first awakens, Adi Shakti and Sadashiva (God Almighty) arise, and it is the Adi Shakti that is the desire power of God Almighty, and which does all the creation (850528); Parabrahma... is that form of God Almighty, when all Creation has merged together into the one sleeping state; When creation commences, it does so on the periphery, with God Almighty remaining in the centre, dividing into Sadashiva and Adi Shakti, who nonetheless remain in unison (810829)

The All Powerful... Adi Shakti, the Goddess... who is the source of all the Powers, who is beyond all the Powers... who is the pure Power of Sadashiva, of God Almighty, who alone gives Moksha or Self Realisation, and who destroys the demons to protect and save Her children from negativity (900923); When the Adi Shakti created this Universe, and Sadashiva was watching, the first thing She created was Innocence, which was embodied as Shri Ganesha, and was called as Omkar (860907)... created when Sadashiva and Adi Shakti separated, to form the Creation, and that contains the 'causal' of all the elements on the right side, the power of emotions on the left side, and the power of ascent in the centre (900828)

Adi Shakti... who is Parashakti, beyond all these powers (900923; 890524)... is the entire power of Sadashiva, of God Almighty... He cannot do anything without Her powers... She first created Kundalini in Mother Earth itself, and then She created Shri Ganesha out of Mother Earth... so the Mother Earth becomes very important for us... if we do not know how to respect Mother Earth, we do not know how to respect ourselves; The expression of Adi Shakti within us is the Kundalini, and within the Mother Earth is expressed in different places, in different countries and cities as the manifestation of chakras. So the reflection of the Adi Shakti as Kundalini, was first on the Mother Earth. Kundalini is... a wee part of the Adi Shakti... is the pure desire of Adi Shakti. So Adi Shakti is the complete desire of Sadashiva, and Adi Kundalini is the complete desire of Adi Shakti (970525)

Sahajvidya - Sadashiva

The Kundalini itself rises through the Sushumna Nadi... she is the Principle, she is the Tattwa of Shiva... and she rises through the channel that is made by Vishnu, out of the evolutionary process. One is the road... another is the destination. So I hope you understand how important it is that your centres should be corrected... your road should be alright... that your Sushumna should be cleared... because we are Madyamargis... we have to go by the centre... by the central path... til you reach your Talubhag... where sits Sadashiva. So keep your road, the Madyamarga clean... and let the Kundalini pass through it. When the Kundalini will pass through it... you will be amazed that... the same Kundalini is going through the Vishnu path and reaching at the Lotus Feet... of Shiva (000206)

The Himalayas are regarded as the real abode of Sadashiva, and which is 'on top'. The 'on top' are the Himalayas, and the Himalayas are beyond the Sahastrara (850000.2)... & where exists Sadashiva, at Kailasha (830725); England... is Sadashiva's Country (850806), which has to become Jerusalem (801027)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 871023 Press Interview, Piacenza, Milan - see 871024 good 25
- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 850000.2 Nasik talk - see 850000.1 good 25
- 801027 What happens after Realisation, Caxton hall good 60
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50
- 850528 Kundalini Power and Creation, Los Angeles good 45
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 871023.1 Press Conference, Xavier's Flat
- 871023.2 Press Conference, Rotary Club, Piacenza - see also 871024
- 890524 Integration of Athena - Athens, Greece good 45
- 900828 Ganesha Puja - Austria good 30
- 900923 Navaratri Puja - Geneva, Switzerland good 75
- 970525 Respect the Mother Earth, Cabella good
- 000206 Shri Shivaratri Puja, Pune, India good 15

- end -

12 May 2003

Sadhaka

Seeker (830128); In the olden days when the Goddess had to fight the Rakshasas, the Rakshasas were not involved in human beings as such... they didn't become Gurus or anything. And so now we find , in Kali Yuga they have gone into the brains of the Sadhakas... of their devotees. It's very difficult to remove them... and once they go into the brains of the Sadhakas... then the Sadhakas become of course possessed... they suffer... they have all kinds of problems - but despite that they stick on to that person, because they are mesmerised. Main thing is that in this Kali Yuga there are so many Sadhakas... they are running helter and skelter... they are running all over, trying to find out some way of finding the truth (911209)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-911209 Bangalore Puja - see 911206.2

830128 Introduction to Sahaja Yoga - Delhi good 75

911209 Public Program, Bangalore good 15

- end -

27 Oct 2003

Sahaja Culture

Where attention is not given to material things, like worrying about our carpets, or having all the different types of glasses, or of cutlery. Where we no longer say things like "I hate... I like... I don't like... I believe in..."; Where we appreciate everything, and especially others. Where we enjoy, and give to others... we speak well of and help each other... we care for others' possessions. Where we compete in loving... in being kind... in being humble... in doing for others... and in saying sweet things (800613); So with humility, one should know that now you belong to Sahaja Culture, and Sahaja Culture is that of humility... if you are not humble, then you have not yet achieved your Sahaja Yoga (880921)

Is a culture of temperance, not of extremes, or of overdoing anything. The fruits of Sahaja culture should be that we feel joyous (800613); Where we dress up decently, talk decently, speak sweet words, are very gentle, dignified personalities, with no anger or temper. Where we are auspicious, emitting vibrations that are blissful, and where we are what we stand for, with no hypocrisy (860305); Where we respect both ourselves and others, and also respect all that is Godly, or auspicious, or beautiful, where we are smiling, enjoying personalities, making others happy (871016)

Sahaja Vasta

The Sahaja State... where you know for definite that you are on the right path... you are on the right state of mind... and in which you do not react... you just see, and appreciate... you just see... it's a drama... you just see and watch... and get the joy out of it. So my own effort was to take you into that beautiful arena of Sahaja... where you will be absolutely one with yourself... one with the nature... with all the people who are around you... with your own Country and countries. Everywhere

Sahajvidya - Sahaja Culture

the whole atmosphere, as they say the whole Brahmanda, becomes part and parcel of you... and you're not separated from that (000507)

Sahaja

Spontaneous; Born with, or Inborn (811004), from Saha/with, and Ja/born (840313); Is an ancient name (831001); Easy (840718); Simple (851128); Everything that is living is spontaneous (851128); Nothing to be 'done' (891008.1); Meditation is the most Sahaja method (760330); Shri Ganesha is the one who creates spontaneity, who is Sahaj (860907)

Sahaj

You have got everything in a Sahaj manner... and in the same Sahaj manner, you can give it to others. You got it Sahaj... in a very simple manner... you didn't do anything about it... absolutely Sahaj. Without doing anything... without saying anything, you got your Realisation... if somebody is coming to you for Realisation, you must do it in the same manner. So now we are in a Sahaj style... you have to be Sahaj (920719)

Sahaj has a very special meaning... spontaneously... you do not have to exert... you do not have to go into a penance, or work it out... in a Sahaj way you can do it; Sahaj also means easy (920229)

Some people have a habit of coming forward too much all the time... to be in the public...to be there all the time - tell yourself... 'there's no need... this is not the way... it's not sahaj... why are you going forward all the time... why are you trying to show off... if you are called, better go'. Ok... is done... is done... don't worry about it... but next time... 'why did I do it... alright, next time I'm not going to do it (850310)

Sahajvidya - Sahaja Culture

Tape References:

Date/Ref - Title - Qual - mins

Sahaja Culture

- 871016 Mahakali Puja, Germany - see 871016 good 25
- 860305 Wimbledon Address - see 860305 good 45
- 800613 Essence within Innocence good 40
- 800613.2 Seeking that which lies beyond, Stratford, London
- 860305 Wimbledon address/Brompton Square
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 871106.1 Materialism, Shri Ganesha Puja - Spain [+ translation] good 55
- 880921 Speech at Ammonk Ashram, New York good 35

Sahaja Vasta

- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Sahaja

- 891008.1 Destroy those demons within, Margate - see 891008 good 45
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 811004 Becoming the Truth - Houston [+PP video set 5/3] good 30
- 840313 Intro Talks - Delhi and Hampstead
- 840718 Chiswick Town Hall, [+33 mins Q&A + partial Experience] good 55
- 851128 William Blake - Hammersmith (C100) Not good 60
- 860907 Establishing Shri Ganesha Principle, San Diego good 55

Sahaj

- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 920229 Shivaratri Puja, Glenrock, Australia good 60
- 920719 Guru Puja - Cabella good 65

- Jai Shri Mataji -

Sahaja Vasta

The Sahaja State... where you know for definite that you are on the right path... you are on the right state of mind... and in which you do not react... you just see, and appreciate... you just see... it's a drama... you just see and watch... and get the joy out of it. So my own effort was to take you into that beautiful arena of Sahaja... where you will be absolutely one with yourself... one with the nature... with all the people who are around you... with your own Country and countries. Everywhere the whole atmosphere, as they say the whole Brahmanda, becomes part and parcel of you... and you're not separated from that (000507)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

- end -

17 Jun 2003

Sahaja Yoga

The Spontaneous Union of the individual consciousness with the All Pervading Divine Power, through the awakening of the residual power of the Kundalini which lies dormant within all human beings in the triangular bone at the base of the spine, called the sacrum - the sacred bone (MME); The innate pure religion within us (900807); The innate universal religion of Divine Love, which when enlightened within, produces in the seeker quite spontaneously, a truly religious, moral, peaceful, compassionate and powerful, enlightened personality (MME/p175); This Sahaja Yoga, the communion with the Divine, is your birthright as a human being (821007); Sahaja Yoga is the union between you and God (800505)

Is the only way to get Self Realisation... there is no other way out (790616); To be worked out not on the mental level, but on the spiritual level; Work it out through the heart not the brain (830121); The culmination, the integration of all the Scriptures, of all the Deities (840702); Now, en masse, it becomes Maha Yoga (831001); Is a living process (820710); An aspect of the Adi Shakti, which works in Collectivity (830113)

Is a living process, just like the sprouting of a seed, and is therefore God's work - He has to do it (800517.1); Sahaja Yoga is a very different type of a living process - when you get Realisation, it starts transforming you, and then others. By your presence you start transforming other people. First you receive the light, then you generate the light. With your 'Will' you can generate Sahaja Yoga to go further (801116)

Sahaja Yoga is for the emancipation of all the humanity. It's not for one country, another country... it's not for one person, another person... it's for the whole humanity (980706); Sahaja Yoga is a global movement. There are millions, millions in Russia... and in India we have too, maybe, millions. Also in Austria and in Italy, people have awakened... so why not in England... (980705)

Sahajvidya - Sahaja Yoga

Sahaja Yoga is the Last Judgement - it is fantastic to hear this, but it is a fact, it is the truth. Our Mother's love makes it very easy for us to get our Realisation, and the whole story of the Last Judgement, which looks such a horrifying experience, has been made very beautiful, tender and delicate, and doesn't disturb us. But this is the Last Judgement - and we all are going to be judged, through Sahaja Yoga, whether we can enter into the Kingdom of God or not (790928)

Is a precious diamond... you cannot give it to every person... they have to come to Sahaja Yoga... they have to ask for it... they have to beg for it... then only they can get their Realisation. We don't want quantity... we want quality (880710); The essence of Sahaja Yoga is protocol - if we understand protocol, we will automatically grow. Know the protocol, ask others, get their advice, how to improve the protocol, what do we do wrong (830725)

Sahaja Yoga is a spontaneous system built within us... naturally... through nature... by which Kundalini Shakti rises... and you become the Spirit. As a result, the Spirit starts manifesting through your central nervous system... and because the Spirit is the knowledge of the Joy... and the Truth... and the Attention... you become that... means your central nervous system becomes that... capable of knowing that (0.0012)

- Jai Shri Mataji -

Sahajvidya - Sahaja Yoga

Tape References:

Date/Ref - Title - Qual - mins

- 880710.2 Discretion of Hamsa, second talk - see 880710 good 10
- 880710.1 Discretion of Hamsa - see 880710 good 55
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 830113 Saraswati Puja, Dhulia. see 830113.1(5 Pujas from India) good 25
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790616 Dr Johnson House, Birmingham not good 55
- 790928 Kundalini/Kalki Shakti/How Realisation should be allowed... develop
- 790928.2 Kalki/Talk all chakras [duplicate, better quality not complete]
- 800505 Sahastrara Day, Dollis Hill Good
- 801116 New Age - Plaw Hatch Seminar good 70
- 820710 Derby PP [PP video set 4/3,4] good 55
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara, Supraconscious, Dhulia (incl. 30 min med'tn) good 60
- 830725 Guru Puja, Why in England, part 4 - Lodge Hill good 50
- 831001 Santa Cruz interview good 45
- 840702 Hampstead Public Programme - [sound quality very poor] poor 40
- 851128 William Blake - Hammersmith (C100) Not good 60
- 880710 Discretion of Hamsa, Munich
- 900807 Raksha Bandhan Puja - Los Angeles good 50
- 980705 Royal Albert Hall 1998 good 50
- 980706 Holland Park School, London 1998 good
- MME Meta Modern Era by Shri Mataji

Sahaja Yogis

Are lights of joy, of compassion, of love (960505); Are there, for the Adi Shakti to reveal the Truth to the whole world - so it is a very important role for Sahaja Yogis (850528); In your own way, when you are doing Sahaja Yoga, there also you have to be a mother... more mother's qualities than the father's qualities... that there is no ambition, there's no competition, there's no jealousy, nothing... just you want your children to come up and to grow into their spirituality (980510)

First and foremost thing for a Sahaja Yogi is he must have introspection... he must watch himself... if he changes because some fashion has come... or because some people have suppressed him... or just asked him to... or just to please people of cheap values, then he cannot be a guru. He has to station himself properly on the values of Sahaja Yoga (980712)

Sahaja Yogis are Realised Souls, are knowledgeable. You are different to others. Not to put down or discard anyone, but to know that they are not the same as you are. They have to become like you... they can become like you. They are not your enemies... they can come to this side... but, they are not the same as you are. This must come into you so that collectivity becomes strong. So discretion is very important. One of the very great basics for our growth is to discriminate. Trust Sahaja Yogis... a Sahaja Yogi is your brother, your sister, your companion, is everything (801116)

Sahaja Yogis are channels for the working of the Paramchaitanya, in giving Self Realisation to people, who are seeking the truth (970316), and have to be strong (800630); Sahaja Yogis are definitely connected with the Divine (960505); You are transmitters. Everywhere that you are sitting in meditation, you are transmitting vibrations - do you know that. Think of love, think of the whole country, think of the whole world at that time. You are transmitters of these waves of love, and love will flow from you (791015); Sahaja Yogis are unique, there is no parallel... never before existed... so no analogies... Athula, which cannot be compared; We are in unison... all do the same thing... if one gets fish and chips, all get fish and chips (801116)

Sahajvidya - Sahaja Yogis

We have to understand our own dignity, and the first thing is to understand that Sahaja Yogis are the ones that God has chosen. When you are chosen the first, you must also realise that you are the foundations - you have to be strong... and forbearing. Sahaja Yogis are the first lamps... that are going to enlighten other lamps in the world (760330); Are people who are chosen by God (821219)

Some think that whatever we do, we are Sahaja Yogis - you do not become Sahaja Yogis at all... those who do not meditate. You see, Sahaja Yogis are to be decided by the Divine... not by you. If you are genuine, if you are simple, God knows you are alright... you will be there - if you are not, He will throw you out (800907)

No Sahaja Yogi is going to marry another Sahaja Yogi... you are all brothers and sisters... nobody should come to me, and tell me 'I want to marry this or that'... if I say you marry, that's different... but you don't come to me, and tell me... 'I've fallen in love with another Sahaja Yogi' (810904); When you are very good brothers and sisters, first of all your left Vishuddhi improves - we get this left Vishuddhi, because we don't have proper brother and sister relationship... it's not that we should have our 'own' sister... but 'any' woman who is a Sahaja Yogini is your sister... except for your own wife. Unless and until we develop that pure feeling within ourselves, we cannot work out Sahaja Yoga... I know it's rather difficult to digest... but it's a fact (860818)

The quality of 'standing for the truth', at any cost, is so easy for Sahaja Yogis. If you stand for the right, for the righteous, for the truth, then all kinds of help 'to protect you', will be given (890423); In Sahaja Yoga, you have to be really dedicated and honest - you should enjoy your honesty... you should enjoy your love... your generosity... everything. First and foremost quality of a Sahaja Yogi is that he has to be absolutely honest... he has not come here to make money... or to make power... but he has come to rise into the new, beautiful world that we are creating. You have overcome so many things I know... you have achieved so many things I know... which is not possible... humanly impossible things you have done... you have got over all this nonsense... but still there are some people among you, who still are in the stinking mud of nonsense (010321)

Sahajvidya - Sahaja Yogis

No Sahaja Yogi is going to take any money... nor anybody is going to bow to them... nor are they going to take any kind of special attention; A Guru has to suffer the most - that's how he can command. He has to be the example of austerity, and of detachment... that's how he is going to get respect... the quality has to be that of Gold (860706)

The depth of a Sahaja Yogi is to be measured by the way he keeps joyous and happy. A Sahaja Yogi may not be a 'real' Sahaja Yogi... it only depends on... if you are joyous... if you are anxious to give Realisation to others... and you want to share your Realisation... and you just don't want to keep it to yourself... if that is not your condition, then you are still not a full Sahaja Yogi (001231)

When the attention goes to the Spirit, it just happens that you become Gunatit, and are no more concerned with your own conveniences, or comforts. You just go beyond all these three gunas which have been dominating you, like the Tamoguna, Rajoguna and Satwoguna. Now you don't want to see whether you are right sided, or left sided or centred - you are a Sahaja Yogi, and a Sahaja Yogi is beyond all these things, you are Gunatit (980321)... beyond the three gunas (800526)

When your attention is on the Spirit, then you don't feel the discomfort of nature, or of worldly things; That is the first sign... when a Sahaja Yogi starts complaining about comforts, that is the first sign that he is not a Sahaja Yogi as yet (861225); A Sahaja Yogi is to be known by his character... by his righteousness... by his behaviour... the behaviour of a Sahaja Yogi should be extremely peaceful... Sahaja Yogis who are just rushing up and down... upset... are not Sahaja Yogis (850310)

A person who is frightful... who is very strict... who talks very rudely... is not a Sahaja Yogi... no way... but the one who looks out... cares... loves... and is very generous is the real Sahaja Yogi. You are people of special qualities and those qualities must be shown in your life. I have never put any restrictions on you... do what you like... whatever way you want to do it, you can do it... I have never been bothering... even about money or anything... but that is a testing ground where you are standing (010321)

Sahajvidya - Sahaja Yogis

Tape References

Date/Ref - Title - Qual - mins

- 001231 New Years Puja, Kalwe - see 001225.2 not good 25
 - 861225 Pawana Dam - see 861221 good 10
 - 860818 Raksha Bandhan, Hampstead - see 860823.1 good 20
 - 860706 Guru Puja, Gmunden - see 860706 good 55
 - 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
 - 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
 - 821219 Mahakali Puja, Lonavala - see 821219 good 35
 - 800630 What is happening in other Locas, Caxton Hall, see 800630 good 25
 - 791015 How Realisation should.. develop, Caxton Hall - see 790928 good 30
 - 760330.2 Deities on various Chakras, Delhi - see 800102
 - 760330.1 Gudi Padwa, Delhi - see 760330 good 30
 - 760330 Gudi Padwa, Delhi/Transformation, Bordi
 - 800526 Attention, Dollis Hill
 - 800630 What happening in other Locas/How.. prove existence of God
 - 800907 How to know where you are - Chelsham Road good 120
 - 801116 New Age - Plaw Hatch Seminar good 70
 - 810904 Advice given by Shri Mataji, Brahman Court poor
 - 821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
 - 850310.1 2 Public programmes, Sydney
 - 850310.2 Shri Devi Puja, Sydney good 40
 - 850528 Kundalini Power and Creation, Los Angeles good 45
 - 860706 Guru Puja talk/Pre Puja talk - Gmunden, Austria
 - 890423 Archangel Shri Hanumana - Margate good 45
 - 960505 We must feel responsible, Sahastrara, Cabella good 55
 - 970316 Power of Rudras and desirelessness, Delhi good 15
 - 980321 75th Birthday Puja, Delhi good 55
 - 980510 Meditation is the only way, Sahastrara, Cabella good 60
 - 980712 To be obedient to the Guru, Cabella
 - 010321 Mother's Birthday Puja, Delhi good 50
- Jai Shri Mataji -

Sahaj

You have got everything in a Sahaj manner... and in the same Sahaj manner, you can give it to others. You got it Sahaj... in a very simple manner... you didn't do anything about it... absolutely Sahaj. Without doing anything... without saying anything, you got your Realisation... if somebody is coming to you for Realisation, you must do it in the same manner. So now we are in a Sahaj style... you have to be Sahaj (920719)

Sahaj has a very special meaning... spontaneously... you do not have to exert... you do not have to go into a penance, or work it out... in a Sahaj way you can do it; Sahaj also means easy (920229)

Some people have a habit of coming forward too much all the time... to be in the public...to be there all the time - tell yourself... 'there's no need... this is not the way... it's not sahaj... why are you going forward all the time... why are you trying to show off... if you are called, better go'. Ok... is done... is done... don't worry about it... but next time... 'why did I do it... alright, next time I'm not going to do it (850310)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

850310.1 2 Public programmes - Sydney

850310.2 Shri Devi Puja, Sydney good 40

920229 Shivaratri Puja, Glenrock, Australia good 60

920719 Guru Puja - Cabella good 65

Sahastrara Chakra

The 7th and last Chakra, opened by Shri Mataji Nirmala Devi, on May 5th 1970, in the morning time in India; The topmost chakra is the brain; Where is the Satya; Whose essence is integration; The Sahastrara is open in a large hearted person, and catches with a 'my/mine' attitude; Beyond the Sahastrara is the realm, where is Reality, and into which we have to enter; Nobody has described Sahastrara... except that it has a thousand petals; The Kingdom of God, which is the Sahastrara... is the 1000 petalled lotus... that round place called as limbic area in the gross level. At Sahastrara, no sound is made by the passage of the Kundalini, and one becomes thoughtless; In terms of evolution, the Sahastrara is at the stage of the present day.

The Kundalini... when She rises, enters the Limbic area, after penetrating the 6 chakras, and there enlightens the 7 Peetas or seats of the 7 chakras. The Peetas for each chakra are placed along the mid-line of the Limbic area, starting at the back of the head with the Mooladhara, then around it the Swadisthan, then proceeding along the mid-line next is the Nabhi, followed by Heart, Vishuddhi, and finally Agnya. All these 6 combine to make the 7th, the Sahastrara, which is a hollow space. The limbic area... is that area which the Kundalini enters, when She passes through the Agnya Chakra... that area of the Kingdom of God within us, between the Agnya and the Fontanelle bone area, and which actually represents the heart.

On the sides are 1000 nadis, which when enlightened look like gentle flames burning, but with no heat... extremely cooling and soothing... in all the 7 colours, and which finally integrate to become a crystal clear flame. In transverse section, the appearance is like that of petals. We feel the Cool Breeze in the hands, when the Kundalini comes out of the Sahastrara, at the Fontanelle bone area, and joins with the All Pervading Power.

Sahajvidya - Sahastrara Chakra

The area of the soft bone at the crown of an infant's head... the Fontanelle bone area, or Brahmastrara... through which passes the Kundalini, linking the human awareness to the All Pervading Power of Divine Love... is at the point where the Heart chakra is, so there is a direct connection with the Heart chakra; This is the hole through which the Kundalini pierces; You are so built that the Brahmastrara is also your heart.

Reality... the Truth, the Absolute, which has to be felt on your Central Nervous System... the realm beyond Sahastrara, where we have to enter... is achieved through the heart; Reality is what Reality is... it's not a concept; To deal with Reality... it must be done with intensity... even love must be intense... otherwise you are just fooling yourself... playing games... it leads you nowhere.

Also, as you are Realised Souls, all the Divine forces... all the Divine Deities... all of them are looking after you... but they know one thing... those who are surrendered... and those who are not. You just surrender the problem... and you will be surprised... the answer will come in such a miracle. Just surrender... do not take any responsibility upon yourself... just surrender.

When something that you want doesn't work out, then you should accept it as the Will of God - that it is what He desires, that it is the Desire of God; Now you are one with His Desires. You are here to communicate the Desires of God, to the whole world. At this stage, if you start having your own desires and ideas about yourself, then when will you become the Desire of God.

Now in your freedom you must understand what is glorious for you... then you tell yourself that I have to become something more... and the only thing I have to do is to completely co-ordinate, co-operate and surrender to His Will... so that I become. In that surrendering you do the greatest thing, because by that you do not interfere with His work... you do not obstruct the Will of God - He wants to give you the highest... which you cannot achieve for yourself... it is His gift to you.

Problems with Sahastrara

If a Sahaja Yogi finds the Sahastrara catching, he should take a bath in the sea I think... because Sahastrara is my place as you know... and to catch the Sahastrara is a very serious thing... he might develop Ekadesha with that, and he'll be in trouble. The reason is... when you are a Sahaja Yogi... you have to recognise me... that's the condition. If you do not, you will develop this Ekadesha, and I tell you then it is not possible to allow this Kundalini to come up. Eka Desha Rudra... is one of the greatest hurdles to the Kundalini entering the Sahastrara, and comes from Void, and covers the Medha, the plate of the brain, so the Kundalini cannot enter into the Limbic area.

The limbic area... is affected by strong things like 'Crack' which have within them sulphur dioxide, which does not go anywhere, but just rushes into the limbic area. This limbic area is a hollow space, having within it cells sensitive to joy and happiness. These cells now become numb, and so ordinary music cannot be heard - it becomes necessary to shout and scream. As soon as the Kundalini enters the limbic area, She soothes it down - we feel the Cool Breeze, when the Kundalini comes out of the top, at the Sahastrara.

Because you have got your Realisation... and still you are denying me... means something is wrong - you might develop Ekadesha... that's the beginning of the end. Taking too much advantage of me is also like this... too much sticking onto me, also you might get this Ekadesha... too much pressurising, you will get it... answering me... not listening to me - if you start challenging me, you will catch on Sahastrara... and then don't blame me. In Sahaja Yoga, if you could rise and ascend, and try to recognise me... I will have no problem... and you will have no problem. You see they have to accept me... that's the only thing is.

Try to keep this lotus open. Sometimes we fail, because of some lingering human feelings that remain. These 2 balloons of ego and superego try to close the Sahastrara. We have to be on guard to see what is closing the Sahastrara.

Sahajvidya - Problems with Sahastrara

So just behind this recognition is all the powers... but if you are doubting... still half way this that, then things won't be alright. You shouldn't worry about your reputation... just go full speed into any direction, knowing one thing... that you are my child, and that I am Adi Shakti... everything that looks horrible will become better... you have seen it now... don't worry about anything... just know that I am the Adi Shakti... that all the powers of Gods and Goddesses... and all that are within me... and they 'are' within me... and they are all looking after. But if that recognition is not there... they are not going to recognise you either.

- Jai Shri Mataji -

Correcting the Sahastrara Chakra

The only way to be able to keep the Sahastrara open... has to be complete surrender. Surrendering is the opening of the Sahastrara - keep it completely open so that the Nirvikalpa is established within us. The area of the Sahastrara is the realm of God. When the Brahmarastra opens fully, then the heavens open within yourself; To keep Sahastrara absolutely clear cut, we must listen to whatever I have told you, and obey it, as absolutely an ordained thing. To keep the Sahastrara clean is to open your heart... if your hearts are not open, how will I fill it up with my love... open your hearts to your fellow Yogis and Yoginis. Your quality will be known by how much you are surrendered to me... Christ has said that; 'Mother, the way you keep it, that way we accept it'.

Now in your freedom you must understand what is glorious for you... then you tell yourself that I have to become something more... and the only thing I have to do is to completely co-ordinate, co-operate and surrender to His Will... so that I become. In that surrendering you do the greatest thing, because by that you do not interfere with His work... you do not obstruct the Will of God. He wants to give you the highest... which you cannot achieve for yourself... it is His gift to you.

Also, as you are Realised Souls, all the Divine forces... all the Divine Deities... all of them are looking after you... but they know one thing... those who are surrendered... and those who are not. You just surrender the problem... and you will be surprised... the answer will come in such a miracle. Just surrender... do not take any responsibility upon yourself... just surrender.

When something that you want doesn't work out, then you should accept it as the Will of God - that it is what He desires, that it is the Desire of God; Now you are one with His Desires. You are here to communicate the Desires of God, to the whole world. At this stage, if you start having your own desires and ideas about yourself, then when will you become the Desire of God.

Correcting the Sahastrara Chakra

The Recognition of our Mother, is the mental activity of the Heart. Develop it by introspection and meditation, developing those waves of gratitude, love, oneness and Joy; Those who have not yet recognised, though they are Realised, will not be blessed - they will go round and round. So it is necessary to recognise... She who is presently with us. The time is such that we have to recognise Sahaja Yoga - if we do not, then the Sahastrara cannot be opened. Recognition is the only worship in Sahaja Yoga... ask the question, of the Deity that you worship... you must know 'Who' you are facing. Recognise in a full way, with full humility, so that your Realisation sustains.

One condition, if you can understand... is that you have to recognise me. I know, I'm Mahamaya... I'm really very clever at it... but I'm truthful... but still I'm Mahamaya... so to recognise me what should we do... if we recognise, then you are protected. And the cleansing is the simplest thing in Sahaja Yoga... is to be collective. If you are not collective... then know that something wrong with you... if you are collective... if you are enjoying the collective, then you should know that you are clean... no blemish is there... you are absolutely alright.

Once you have recognised, you will have no fear from anyone... and the more you show that recognition, the more you realise it, you get higher and higher... not only spiritually, but every way, mentally, socially, economically, politically... is very remarkable... that not only that you recognise me as a Mother who loves you very much... but a Mother who is powerful to protect you.

To come close in the real form would have been very dangerous... so one had to be a Mahamaya. But despite that, if you could recognise me... to understand me... that I am Divine Personality... an Incarnation... that's all the Deities want... then they'll look after you in every way.

- Jai Shri Mataji -

Sahastrara Chakra - Aspect or Deity

The Adi Shakti, the Primordial Mother, the Holy Ghost... who has come to save the humanity, who has incarnated on this Earth to give it's meaning to itself... has come in the Mahamaya form so that the seekers will not be frightened. The Adi Shakti... the Feminine, Pure Desire Power... the Pure Love and Compassion of God Almighty, which does all the work of Creation... who destroys the evil forces to save Her children from negativity... who is Parashakti, beyond all the powers, the Power of Sadashiva, of God Almighty. The Devi, the Goddess... who integrates and unites everything. The All Pervading Power, of God's Love... the Ruh... the Paramchaitanya... the Rutumbhara... the 'Power' of God, who does all the Divine Play, and which is witnessed by the Father aspect of God.

She who first created Shri Ganesha, the source of wisdom and innocence - the Eternal Child; The Primordial Mother, the Adi Shakti came 12000 years back in more than 1000 Incarnations, to protect Her children, the devotees, from those negative forces, that were trying to destroy them.

The time is such that we have to recognise - if we do not, then the Sahastrara cannot be opened. Recognition is the only worship in Sahaja Yoga... ask the question, of the Deity that you worship... you must know 'Who' you are facing. Recognise in a full way, with full humility, so that your Realisation sustains. The Recognition of our Mother, is the mental activity of the Heart. Develop it by introspection and meditation, developing those waves of gratitude, love, oneness and Joy; Those who have not yet recognised, though they are Realised, will not be blessed - they will go round and round. So it is necessary to recognise... She who is presently with us.

- Jai Shri Mataji -

Sahastrara Chakra - Summary

<u>Chakra:</u>	Sahastrara – 7 th & Last Chakra
<u>Deity:</u>	The Mother, The Goddess, Adi Shakti, Holy Ghost, Mahamaya
<u>Physical:</u>	Limbic Area, Brain, Fontanelle bone area, Brahmarandra
<u>Functions:</u>	Kingdom of God, Yoga
<u>Qualities:</u>	Integration, Open Hearted, Satya or Truth, Thoughtless, Cool, Nirvikalpa, Recognition, Surrender, Collectivity, Yoga or Union
<u>Catch:</u>	Denying or challenging Adi Shakti, Doubting, My/Mine feelings, Balloons of ego and superego, Crack
<u>Diseases:</u>	Ekadesha
<u>Treatments:</u>	Listen to the Mother, Obey Her, Complete Surrender, Recognition, Collectivity, Open your heart
<u>Affirmations:</u>	Mother, please give me my Self Realisation, Mother, is this the Cool Breeze of the Holy Ghost, Mother, is this the Brahma Shakti, Mother, is this the All Pervading Power of God's Love, Mother are you the Holy Ghost
<u>Mantras:</u>	Shri Moksha Dayini, Shri Adi Shakti, Mataji Shri Nirmala Devi Namoh Namaha
<u>Petals:</u>	One thousand
<u>Colour:</u>	All the 7 colours, becoming crystal clear
<u>Day:</u>	Monday
<u>Position:</u>	Crown of the Head, Centre of the Palms
<u>Country:</u>	India, Himalayas

- Jai Shri Mataji -

Sahastrara

The 7th and last Chakra, opened... on May 5th 1970 (910505), in the morning time in India (930606); The topmost chakra is the brain (830121); Where is the Satya (860303); Whose essence is integration (830204); The Sahastrara is open in a large hearted person, and catches with a 'my/mine' attitude (920621); Beyond the Sahastrara is the realm, where is Reality, and into which we have to enter (960505); Nobody has described Sahastrara... except that it has a thousand petals (000507); The Kingdom of God, which is the Sahastrara... is the 1000 petalled lotus... that round place called as limbic area in the gross level (810511)

(Is spoken and spelt by the Adi Shakti, the Absolute Authority of the Sahastrara, with a 't' (ref: the many tapes that have been recorded, and a drawing of the chakras on hand and head made by the Adi Shakti - see appendices) - Ed); At Sahastrara, no sound is made by the passage of the Kundalini, and one becomes thoughtless (790000.1); Is the Limbic area (830129); In terms of evolution, the Sahastrara is at the stage of the present day (830129); The day of the Sahastrara is a Monday (860504)

The first 6 chakras are represented in the Sahastrara, at their respective peetas or seats, along the mid line, starting at the back with the Mooladhara, surrounded by the Swadisthan, and then followed along the mid-line by the Nabhi, Heart, Vishuddhi, and finally the Agnya. All 6 combine to make the 7th, the Sahastrara, which is a hollow space. On the sides are 1000 nadis, which when enlightened look like gentle flames burning, in all the 7 colours, and which finally integrate to become a crystal clear flame. In transverse section, the appearance is like that of petals (830204)

When the Kundalini enters the limbic area, the lotus opens, and looks like flames but with no heat, but extremely cooling and soothing (960505); There are 1000 petals to this centre, the 1000 petal lotus, with silent flames of all colours looking like petals, peace giving and beautiful. We feel the Cool Breeze in the hands, when the Kundalini comes out of the Sahastrara, at the Fontanelle bone area, and joins with the All Pervading Power (890801)

Sahajvidya - Sahastrara

Try to keep this lotus open. Sometimes we fail, because of some lingering human feelings that remain. The 2 balloons of ego and superego try to close the Sahastrara. We have to be on guard to see what is closing the Sahastrara (960505); To keep Sahastrara absolutely clear cut, we must listen to whatever I have told you, and obey it, as absolutely an ordained thing. To keep the Sahastrara clean is to open your heart... if your hearts are not open, how will I fill it up with my love... open your hearts to your fellow Yogis and Yoginis (870503.1)

The only way to be able to keep the Sahastrara open... has to be complete surrender. Surrendering is the opening of the Sahastrara - keep it completely open so that the Nirvikalpa is established within us. The area of the Sahastrara is the realm of God. When the Brahmaandra opens fully, then the heavens open within yourself (850504)

If a Sahaja Yogi finds the Sahastrara catching, he should take a bath in the sea I think... I don't know where he should take a bath... because Sahastrara is my place as you know... and to catch the Sahastrara is a very serious thing... he might develop Ekadesha with that, and he'll be in trouble. Even if he's praying to the photograph and all that, and still he gets this trouble... the reason is... when you are a Sahaja Yogi... you have to recognise me... that's the condition. So far you have never recognised anyone, but now you have to recognise me... if you do not, you will develop this Ekadesha, and I tell you then it is not possible to allow this Kundalini to come up. So Sahaja Yogis who are very doubtful should not be called as Sahaja Yogis... they should be kept out as far as possible - let them learn... let them know that this Realisation was given by me... and nobody else (830209); I can write a chapter, like a book, on Sahastrara because that's my place... I know it so well (811006)

Mantras for the Sahastrara include: Om Twamewa Sakshat Shri Moksha Dayini Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha (791009.1)

- Jai Shri Mataji -

Sahajvidya - Sahastrara

Tape References

Date/Ref - Title - Qual - mins

- 910505 Sahastrara Puja, I schina, I taly - see 910915 good 40
- 870503.1 Sahastrara Puja, Australia - see 870503 good 45
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 860303 Brompton Square Address - see 860305 good 15
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 790000.1 Bija Mantras and Shaktis on Kundalini - Ashley Gdns good 40
- 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 850504 You have to be in Nirvikalpa, Vienna good 50
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 910505 Sahastrara Puja, I schia, I taly
- 920621 Kundalini Puja, Cabella good 55
- 930606 Shri Adi Shakti Puja - Cabella good 55
- 960505 We must feel responsible, Sahastrara, Cabella good 55
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Sai Nath of Shirdi

The last Incarnation of the Primordial Master or Guru, about 100 years back (810928), who was a real prophet, and who talked of Sahaja Yoga, and who has done a lot of work for me (830302)

If you see how the Brahmins from Hammed Nagar tortured him, you'd be surprised... they brought a snake charmer with a snake to kill him... but he caught hold of the snake, and he talked to the snake. So the snake went away, and bit the charmer. Then, he was the one who got up and saved the charmer... and said 'now don't do all this'... the charmer said that he would not have, but... they had given him money (790608.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

790608.1 Maria's House Tape 1 not good 50

810928 Shri Mataji in America, NY, day 5, good 80

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

- end -

8 May 2003

Saints

In ancient times... the Saints... established the importance of virtue in life... and how it can give you health, wealth and prosperity... which is glorified... and not which is degrading. They established schools and Universities... especially in India, where even today the families... carry the name of that University as their Ghotra... and the families belonging to one Ghotra cannot marry. They prepared young children, educated them... that they led a very dharmic life... enjoyed their married life fully... and matured in such a manner that they got their Realisation... and lived a life of complete enjoyment. And thus they, by their example, distracted the attention of the people which was outside, to inner deeper values (800505)

All this permeated a kind of confidence in God, Religion and a very balanced life - they have really done a great job of building the scaffolding... of the huge, great building of Sahaja Yoga... which is going to come now. Their desire to establish Dharma was so great, that the complete Divine force of Mahakali was working through them... and they put it to action with such understanding and such wisdom. Great scriptures were written by them... and for thousands of years, they were the guiding light for people (800505)

In India, a saint is respected above all - higher than any artists or painters, kings or governments. The highest of all is the saint (860921.1); We are the people... we are not to be afraid of any society... we have to come out of it... we have to teach them... whatever is good we are going to do... whether you like it or not... that's the sign of a Saint (880710); First and foremost, all the great Saints have praised their guru... for example... Gyaneshwara in India has written a complete chapter about the guru... they have translated it into English, as Preceptor... guru is the Preceptor (980712)

Sahajvidya - Saints

There exists in the Divine the capacity to manifest it's Love, to show that you are the Saints, you are the chosen ones of God - through the expression of Rutumbhara Pragnya - but you have to accept that situation first. But if you behave like any normal person, it will never happen (830723.1); The Divine cannot make Saints - Saints are made by their own efforts. Angels are made by the Divine... and are always protected (890423)

The understanding of Mother Earth about Saints is very great... she knows who is a Saint... she knows the feet of a Saint. That's why so many things were created - like Moses... he went to the sea, and the Mother Earth came up for them to walk through... it was for Moses, and his saintliness, that the Mother Earth came up and helped... if people are saintly, they will always be protected by Mother Earth... she will always try to give them whatever they want (970525)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880710.2 Discretion of Hamsa, second talk - see 880710 good 10

-880710.1 Discretion of Hamsa - see 880710 good 55

800505 Sahastrara Day, Dollis Hill Good

830723.1 Rutumbhara Pragnya, part 1, Lodge Hill Seminar good 25

860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45

880710 Discretion of Hamsa, Munich

890423 Archangel Shri Hanumana - Margate good 45

970525 Respect the Mother Earth, Cabella good

980712 To be obedient to the Guru, Cabella

- end -

1 Jun 2003

Saleelum Saleelum

Said by Adi Shankaracharya, meaning that 'a cool breeze starts flowing' (791203); The Cool Breeze which starts flowing... the Vibrations which start flowing... when you get your Realisation... and the Kundalini rises, and passes through the Brahma Nadi... and pierces the Fontanelle Bone Area, which is called as Brahmarandhra... and you become one, with the All Pervading Power (800102)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-800102 God's Love, Patkar Hall - see 800102 Poor 50

791203 When You meet Me - Caxton Hall good 35

800102 God's Love, Patkar Hall/Deities on various Chakras, Delhi

- end -

27 Mar 2003

Salt

Salt that is vibrated helps with the stomach area, absorbing all that is mobile. The 5 left side dharmas are helped by taking vibrated salt. Salt represents the dharma in the void area, which is the ocean within us (781005); Is the quality of the Guru (810330); Vibrated salt is the best thing to give with water for a person to drink, who has a problem of possession by one of the guru bhoots (800517.2); Is useful for correcting left side problems of the Nabhi Chakra (830121), and is also used for gargling (810330); Left sided people should take salt more, and with salt they can solve many problems, because salt gives them a personality a composure, by which they can express themselves, in a way that is dignified and not lethargic (830121); Salt is so important for our breathing (871213)

People who have teeth which are troubling them, must look after them. It's no good just going to the dentist... simple thing is to use some olive oil and some salt... rub it on your gums nicely every day before sleeping... that will keep your teeth alright. You will be amazed... that til today, I have not been to any dentist... but one thing is there... that I brush my teeth quite a lot. Don't use electrical toothbrushes and all that... but use brushes, or use your fingers. The best way is to rub with salt and oil... is very good for you... and allow the whole thing to come out (860504)

For throat, gargling is a very good thing... with salt, every night. Gargling is something... is a must... for all the Sahaja Yogis... is a must (.0012); Is to be done every morning, using salt, as a treatment for Vishuddhi (830202; 810330), with a little warm water (881221)

- Jai Shri Mataji -

Sahajvidya - Salt

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 871213 Announcing the New Age, Ali Bag - see 871213 not good 20
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- .0012 Weekend seminar in Pune, Tape 2 good 50
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 871213 Announcing the New Age - India 87/88

Chakras affected: Left Side; Nabhi; Void

Samadhi

From 'Sama'/Enlightened, and 'Dhi'/Awareness or Consciousness (810926); In older times, where the Yogi would sit for great periods of time oblivious to all around him... but not so now (820130), and also could be that the Yogi would choose his death, by taking his Samadhi, as did Nyaneshwara who went into a room and died (870408)

That state where you start feeling the joy and the bliss of God's blessings, and start saying 'Oh God... what a blessing...' At this time you have to realise 'who am I... what am I... I am the Spirit...'; After establishing your sustained attention on the Spirit, you then will develop a complete state of witnessing - with joy (830723.3); Where your attention is completely drowned into the experiencing (830107)

The third of three steps in meditation, preceded by Dhyana and Dharna, and is the state of maturity of our meditation, in which we see, in whatever we do, the manifestations of the Deity, who is the object of our worship. So whatever we see or hear or read, or whatever we do with our eyes, or our nose etc., it is the Deity whom we worship, who is bringing that to us. It is a kind of manifestation of that Deity, that comes automatically - if we have a problem, it must be there to teach us some experience, or some lesson, and is the manifestation of the Deity itself. We will find that problems get solved automatically. This new state awakened in us is called as Rutumbhara Pragnya (830723.1)

In the Samadhi state, first is the thoughtless awareness as you know called Nirvichara Samadhi and then into the other state called as Nirvikalpa Samadhi, which is doubtless awareness... and which is 2 states... Sirvikalpa and Nirvikalpa. Most of the Sahaja Yogis now are on the Sirvikalpa, not yet at the Nirvikalpa... and to rise up to the Nirvikalpa we must understand that we have to do little more about it (850310)

- Jai Shri Mataji -

Sahajvidya - Samadhi

Tape References:

Date/Ref - Title - Qual - mins

- 850310 Public programme - Masonic Hall, Sydney - see 850310.1 good 25
- 830107 Ganesha Puja - Rahuri - see 830113.1 - (5 Pujas in India) good 20
- 810926 Shri Mataji in America, NY day 3 [+PP video set 2/1,2]
- 820130 Predictions on Sahaja Yoga, Durga Puja, Sholapur good 25
- 830723.1 Rutumbhara Pragnya, part 1, Lodge Hill Seminar good 25
- 830723.3 Purnima Seminar, Assume your position pt 3, Lodge Hill good 65
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 870408 Talk to Sahaja Yogis - St.Martins Lane, London good 45

Sankoch

Shri Rama... is the embodiment of all the good qualities in a man... like Sankoch... you see there is a Sankoch... like not... sort of... to go to somebody's house... and then... to start demanding... this and that... rather...you should be... worried... how far to go with a person... how far to talk to a person... how far to go with your wife... with your children... you see... all that is Sankoch. Sankoch means... restraint... in a wise way... enlightened restraint... how far to go is the question (0.0012)

Shri Rama being Sankochi... means he's a man full of Grace (850000.2); Shri Rama was known to be a very formal person... Sankoch... that he would go to any extent to bear upon himself the problems, than to tell others to do something... this is one of the greatest qualities of Shri Rama... that he would not order anyone do anything for him. The softness of Shri Rama goes to the extremes... which I call the Sankoch (871004; 861223)

Rama was on the right side of the heart... means the heart put to activity... do you understand that. When you are in the left heart that's your sincerity... your heart felt thing... but the heart felt thing... what's the use you see. There are many Sahaja Yogis who really feel this world is horrible and something must be done... Sahaja Yoga must be brought in... but how many of you are really putting that to action... absolutely into action. Without that your Rama's tattwa cannot be improved. Rama's tattwa is only improved when you put all the things into action... that's exactly what Shri Rama did (820402)

There's no word in English language... because you have 'formality'... which is a very insipid word to describe Sankoch... because there is no 'integration' between your 'heart' and 'formality'... but if you can think of a 'formality of the heart', what do you call that... sweet formality... it's an action... formality of the heart... in action you see. Not to say something in such a way that you touch the wrong side of a person... is Sankoch. The delicacy of understanding. You see... this arrogance and rudeness comes to us because we have no Sankoch. That Sankoch, that understanding comes if you love someone and understand (820402)

Sahajvidya - Sankoch

Now you have to love all the seekers of the world... they have done wrong... they have done all kinds of ego trips... they have done all kinds of mistakes... but your Mother loves them... and you have to love them. If they have to be corrected, I'll do that... you just don't do that way that they feel hurt. So we have a Sahaja Yoga tradition also in which when we speak to each other, we have that Sankoch within us of Shri Ram... and if you don't have that Sankoch you get right heart... and that right heart is a very dangerous thing in the country like England where the climate is so bad... because it gives you the horrible thing called Asthma. You get Asthma if your right heart is caught... not necessarily that asthma will come only from right heart... can also come from centre heart... but if you get right heart, you definitely get asthma. So this Sankoch one has to learn... the Mariadas... means the boundaries of your relationships. Shri Rama is known for his boundaries... he doesn't cross the limit... in everything... discretion of the heart should be there. Now there is no word for discretion of the heart in English language... which is Mariada... discretion of the heart is... how far to go (820402)

Those people who are obedient to me are very powerful Sahaja Yogis... you know that... and those who are not, go down very fast. I have seen those who are disobedient, who don't listen to me, who are rude to me, who do not understand the protocol... go down very much in Sahaja Yoga... because what is lacking in you is the discretion, the Mariada... how far to go. You have to be powerful people and the power of a person increases by putting Mariadas - supposing you have wheat, and you spread it, it will spread all over and anybody, birds will come and eat it up... it will be finished. But if you put it in a sack, it will have a weight... it will have a size... it will rise in height... is useful... and it will have respect. But the thing that is all spread all over will never be respected. Nothing works out without Mariadas... you have to keep your Mariadas. All our ideas of freedom are to be bound by Mariadas... if the freedom has no Mariadas, it is abandonment... it is a nonsense... it is not going to help (820402)

Sahajvidya - Sankoch

Tape References

Date/Ref - Title - Qual - mins

-861223 Nasik - see 861221 good 15

-850000.2 Nasik talk - see 850000.1 good 25

0.0012 Weekend seminar in Pune, Tape 2 good 50

820402 Shri Rama's birthday - Chelsham Road good 70

871004 Dassehra Puja/Shri Rama - Les Avants, Switzerland good 70

Chakras affected: Right Heart

- Jai Shri Mataji -

Sanskrit

Now you should not get upset with these Sanskrit names... it has nothing to do with any particular community... they were found out by Saints who were meditating in India, and they knew Sanskrit... so Sanskrit was used. As science has developed here, so in India a science of the Kundalini was developed... of the germinating power... the residual power within us. This science actually experimented with the movement of the Kundalini... where it moves... the sound it makes... and these sounds are different on the different centres... and these sounds have been taken by those people in the ancient days, as the phonetic sounds for forming the Sanskrit language... and that's why Sanskrit is used for controlling the Kundalini... the movement of Kundalini (790608.1); These names like 'Ida Nadi' are in Sanskrit. All this was discovered thousands of years back by Seers, who gave them a Sanskrit name. Also it has some meaning... that these names they got from the Unconscious... so that they are not 'Sanskrit' names, but are the names 'actually' of those things (800809)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

790608.1 Maria's House Tape 1 not good 50

800809 What are we inside - B'ham good 30

- end -

20 Jun 2003

Saptashringi

Near Nasik, on the way to Dhulia (850000.2), is the great shrine of Saptashringi, which has got the seven chakras, of the limbic area, representing the Sahastrara. Her face and body are beautifully made and she emits vibrations for miles around. It is a miraculous place that has come out of Mother Earth, and since ancient times it has been there. Nobody knows when it first appeared (830118)

Ancient Swayambhu (830118), representing the 7 peaks (7 chakras) at Sahastrara (900923), in the brain (850000.2); Which is the Sahastrara of Maharashtra, and of the Universe in a way, though the Himalayas are regarded as the real abode of Sadashiva, which is on top. But the Sahastrara part, which is the limbic area, should be here, because we have got 3½ coils settled here, and as Sapta Shringi has come out of Mother Earth, this is the place where we can say resides the Sahastrara. Then the 'on top' is the Himalayas, and the Himalayas are beyond the Sahastrara; This is the Adi Shakti Herself (850000.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850000.2 Nasik talk - see 850000.1 good 25

-830118 Ganesha Puja - Nasik - see 830113.1 - (5 Pujas in India) good 10

900923 Navaratri Puja - Geneva, Switzerland good 75

- end -

28 May 2003

Saraswati

The Saraswati power within us which I have not talked to you so far, because you are already using it too much. We have 3 powers within us... the one power which is... is the Left side power of desire, the Mahakali power... whatever you desire the desire comes true. After some time you find you do not desire anything that is not wanted... you only desire something that is good for your spirit, and the spirit of others. The another power which is enlightened within us is the Right hand side power... the power of action... called as Mahasaraswati. Physically and mentally we are overactive... specially in the society where we are supposed to be 'developed' - we develop through using this power of action (810511)

Becomes Shri Mahasaraswati and then Shri Vishnumaya. Saraswati is the Goddess of learning, whilst Mahasaraswati is the Goddess of knowledge. She has 4 arms, wears white, the sign of purity, and has in her hands the vina, roses and a book. She gives the power to understand the subtle meaning behind the words. Also she gives the power to speak... to communicate by writing... and drama (900811.1); She is the sister to Shri Shiva (850901)... She gives us Subuddhi, wisdom (830113); She also corrects excessive attention to money, and does not therefore go hand in hand with Shri Lakshmi. Her qualities include creativity, art, music, communication, comprehension (900811.1)

The basis of all the creativity of Shri Saraswati is love - if there is no love, then there is no creativity. All the great creative works of the world have vibrations, and only those that have vibrations have been sustained by time; The quality of Saraswati is that she ends up into subtler things. So the Mother Earth ends up in fragrance, and music ends up in melody, matter in aesthetics, whilst water becomes the River Ganges, and air becomes the Vibrations (830113)

Sahajvidya - Saraswati

Now for Sahaja Yogis as I say there should be no ritual... ritualistic things always make you absolutely dead... there should not be... like early in the morning you start with a mantra... and go on repeating mantra like a mechanical thing... it's absolutely paying no respect to the Deity. But in a proper way... whichever deity you want to awaken... think of that deity, try to cleanse it, with all the understanding and deliberations... with respect... with a protocol... and not just to take somebody's name and just go on chanting any mantra you feel... it's not a mechanical thing. Sahaja Yoga is a thing which has to come from the heart... it is heart felt... if you do not do it from your heart it has no meaning (810511)

You may carry on like that, but you'll find after some time you have lost your vibrations... you have lost the cool breeze... because heart doesn't like mechanical things... every day it does new things... it never sticks onto habits... it never sticks on the same routine of things... it's bubbling every day with new appearances... and so the mechanical things that you do deaden this power of Saraswati... one has to do it with complete love towards yourself and toward others... with complete esteem of your being and others (810511)

Sahaja Yoga should be in the centre. There is a difference between childish and childlike... you can be innocent like a child, but you're matured... and both the things make a special dignified personality of such a person. All these things come from this Right side power, when you use it properly. Unless and until you have this established, you cannot impress other people by your behaviour. Other people, new people who come to you should see this majesty... this royalty within you... which you are enjoying as a blessing from God Almighty (810511)

Mahasaraswati & Her Powers

The second, the Action Power of God (791115), manifested by Mahabrahmadeva, called as Hirenyagarbha (900811.1), that emanates from the Adi Shakti (900923); The right side creative power, the power of thinking... of our mental and physical effort (791203); The Adi Shakti with the force of Mahasaraswati, created the whole Universe... and in that she created this world (890617.2)

Now by your second power, you will automatically meet people who are learned, and who are Sahaja... you will also read books which are Sahaja... even if you have to read some 'other' books, you will be able to know that 'this' is not correct, and 'this' is correct... and by that you will enrich your mind... when you will start speaking, people would be amazed... that those who have never spoken would be speaking very well... those who have never known poetry will be writing poetry. Lots of things will happen on the field of art also... those who did not know art, will do marvellously in art (800127.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

-830113 Saraswati Puja, Dhulia, see 830113.1(5 Pujas from India) good 25

-800127.2 Deep Meditation - see 800127.1

791115 Significance of Brighton

791203 When You meet Me - Caxton Hall good 35

800127.2 Powers bestowed on S Yogis, how maintain them, Bordi good 30

810511 Lord Jesus, Forgiveness, Caxton Hall not good

830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India

830113.2 L. Mooladhara, Supraconscious, Dhulia (+ 30min med'n) good 60

850901 Vishnumaya Puja/Brompton Sq. Puja - Wimbledon/Brompton Sq

900811.1 Shri Saraswati Puja, Vancouver, Canada good 40

900923 Navaratri Puja - Geneva, Switzerland good 75

Sarcasm

The most gruesome of behaviours, which is the essence of the English character, and comes from left Vishuddhi (850806)... those who never talk straight forwardly, who think that to talk straight forwardly is stupid, is unintelligent... who never appreciate another person (850901); It's not a sign of good breeding... that you talk sarcastically to others... in a sharp way... but if you talk sweetly, what's the harm (970823.1); Some people will not say straight forwardly, 'I'm sorry'... they'll say in sarcasm... in a sarcastic way, so that 'sorry' has no meaning (800927); Sarcasm can be cured... by being straightforward and speaking sweetly... with no more harshness towards others (850806)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-970823.1 Primordial Taboos, S Dharma, Krishna Puja, Cabella good 65

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

800927 Lethargy, Chelsham Road good 75

850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90

850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

Sat Chit Ananda

God is Sat Chit Anand (880106)... Truth, Attention, Joy, or together, the Spirit (810928); It is the Joy, and it is the Truth (it tells you the truth all the time... it gives you discretion), and it is the Chit, the Attention, that acts, that works, that gives you all the information; The manifestation of the Spirit is Hitakari - it is benevolent, it gives benevolence to you, and to others also... the second part of it, i.e. what benevolence we have done for others, is very important (881226)

Sat Chit Ananda... these are Sanskrit words... is the Superconsciousness... the All Pervading Power; In between the thoughts is a space, called Vilumba... and in that Vilumba if you can stop... then you get to the conscious mind... and there... the Sat Chit Ananda is the condition of mind, you can say, or the state of mind where there is no thought... but you are aware... Nirvichara. That is the first stage... the first thing that happens when your Kundalini rises above the Agnya chakra... when it enters into the Limbic area... at that time the attention just touches the 'Sat' point (770215); I am giving you a very slow picture... as it happens... but normally the Kundalini shoots off, in most people... but in some it does not; Now... when the Kundalini crosses the door of Agnya chakra... then you get into the state of thoughtless awareness... but at this state, to leave the Kundalini is not a good thing... because the Kundalini can start moving to this side or to that side... can go to the Supraconscious... or to the Subconscious... where they can get into the Siddhis... like they can predict... or, they can see me as light... or as a waterfall... or as an iceberg, if they have been to the Supraconscious... or if they have been to the Subconscious... they can start seeing things... like they see me as who I was - but at this stage, you just touch the Sat point; So at that state, I would not like to leave your Kundalini... I am very anxious always that it should come out of the Brahmastrand... at that state, you start getting the Vibrations (770215)

Sahajvidya - Sat Chit Anand

When the Kundalini... touches the Spirit... the light of the Spirit spreads in the central nervous system... but only the chitta part... the outer part is the chitta part... means the attention part. At that stage, when the Kundalini opens the Brahmrandhra... at that time you feel the vibrations... from your own hands... and from the another person also... because you become collectively conscious... collectively conscious only... because... out of Sat Chit Ananda, you just touch the Chit point... so you start feeling your Chitta becoming the Chitta of the collective consciousness... and then you can feel another person's Kundalini... you can feel it on the fingers, what is happening... which chakras are catching... you can diagnose yourself... so you just feel the Chitta part, not the Ananda part (770215)

Then... at the Nirvikalpa state... the collective consciousness becomes very subtle... at that state you can understand the very deep significance of something... the Reality starts becoming clearer... you start understanding the working of the Kundalini. In Nirvikalpa, you need not put your hands towards a person... you know where it is... what is happening - you have no doubts... mastery starts. Such people are very satisfied people... they do not grumble about small things... they live in a big way... they have no time for outside gross things... such people are the ones who are going to create a pillar for Sahaja Yoga. They cannot tolerate anything against your Mother... or Sahaja Yoga... and they can get into a tremendous temper... if somebody tries to do something like that. After Nirvikalpa, the Ganesha becomes really Jagrut... and such a person is beyond temptation. Once you get into the Nirvikalpa state... the Ananda starts working also... your consciousness becomes that Ananda... and at that stage, the complete Realisation takes place... and then you can control everything; Now beyond that... is God Realisation... and there are three stages to that also... but just now, I have told you the Sat Chit Ananda state (770215)

Sahajvidya - Sat Chit Anand

Tape References:

Date/Ref - Title - Qual - mins

-881226 Value systems, G'pule - see 881217 good 10

-880106 Swimming in the sky of joy - G'pule - see 871220 good 25

770215 Talks about Sat Chit Anand, Delhi poor 65

810928 Shri Mataji in America, NY, day 5 good 80

- Jai Shri Mataji -

Satisfaction

If you have Lakshmi Principle in you, you will feel extremely satisfied with everything that is materialistic... if you have something, well and good... if you don't have, well and good. We have to be satisfied with what we have... and we should express our love by giving something, whatever it is, to the needy person. I have seen myself... I find it difficult to buy anything for myself - if it's expensive, I think I should not buy (960716)

Without satisfaction, you cannot have compassion... you have to be satisfied Souls... then your compassion will act. Now try to see that you don't 'want' anything any more... now, lets give... we've had enough of it... that's very important to understand - give to others... your friends... it's very touching you know (960710)

So be satisfied... and if you are satisfied, you will really enjoy your family life. The woman who is not satisfied, always finds faults with others... always is demanding something... can never make a good wife... and can never make a good society (971231); Given to us by the principle of Lakshmi (960716)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-971231.2 New Years Puja, Kale - see 971225.2

-971231.1 Shakti Puja, Kalwe - see 971225.1 good 10

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

-960710 Airport Talk, Vienna - see 960710 good 40

960710 Airport Talk/Mahalakshmi Puja '96 Vienna/Moscow

- end -

27 Apr 2003

Satwoguni

The central of the three types of people, the Trigunas, and who are characterised by their problem of too much 'gas' (i.e. wind) (840906); Centred person who eats honey, ghee, Channa, lean meat (830131); Those who get out of the extreme kinds of behaviour, and start seeking... this also is finished when we become Gunatit (980321)

Satwogunis are the people who believe in righteousness... but when they are righteous, they have a contempt for others who are not righteous... so they become aloof... they can go to the Himalayas, sit there and not to meet anybody... and just to establish themselves as a big guru somewhere (980712)

The Satwoguna... is the central channel (800517.2), which gives us the temperature that we have and is lukewarm, as opposed to the hot right side and the cool left side (800517.2); We should take to Satwo Guna... the Sacred path... where... we must evolve (781002)

In India, medicine is based on the Trigunas, the three types of people, with the three types of problems: the Tamo, Rajo and Satwo Gunis, being of the left, right and centre respectively. Each is treated accordingly, in order to bring them back to a balanced state (840906)

When the attention goes to the Spirit, it just happens that you become Gunatit, and are no more concerned with your own conveniences, or comforts. You just go beyond all these three gunas which have been dominating you, like the Tamoguna, Rajoguna and Satwoguna. Now you don't want to see whether you are right sided, or left sided or centred - you are a Sahaja Yogi, and a Sahaja Yogi is beyond all these things, you are Gunatit (980321)... beyond the three gunas (800526)

Sahajvidya - Satwoguni

Tape References

Date/Ref - Title - Qual - mins

781002 Knots in the 3 channels, Caxton Hall poor 90

800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

800526 Attention, Dollis Hill

830131 Nabhi Chakra, Delhi good 80

840906 Talk at Gregoire's House - Vienna [German translation] good 65

980321 75th Birthday Puja, Delhi good 55

980712 To be obedient to the Guru, Cabella

- Jai Shri Mataji -

Satya Yuga

The final Yuga or Age in the cycle of Yugas or Ages, each of thousands of years in length, when people have emerged from the preceding Yugas, into their full glory once more. Also called the Golden Age, and which becomes the first Yuga of the next cycle (MME)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

MME = Meta Modern Era by Shri Mataji Nirmala Devi

Scabies

The Neem trees that grow in India, are very good for driving out all the baddhas. It has a very bitter taste and the baddhas run away from it. If you have scabies or any skin trouble, then boil the water with this and take a bath. It's a very bitter thing... if you don't allow the water to go in your mouth, then it's perfectly alright... it's very good... it's a very medicinal thing. It's called as Neem (881207)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881207 Mooladhara - Aurangabad - see 881207 good 30

881207 Why do we come to India-Dec 88/1 - India

- end -

5 Oct 2002

Schizophrenia

A left sided person may become schizophrenic... that he hibernates in the house... he becomes like a cabbage (830209); Schizophrenia... a Left side diseases (830209); All incurable diseases come from disturbances in the Mooladhara - e.g. myelitis, cancers, schizophrenia etc. (860907)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830209 Problems of Left, Right and Centre - Bombay good 65

860907 Establishing Shri Ganesha Principle, San Diego good 55

Chakras affected: Mooladhara; Left Side

- end -

5 Oct 2002

Science

Is given to us by God, so that we may save time... have more time for our inner life, for meditation (781115); Scientific people deal only with a wee part of life... that which science is... is that part where you are dealing with that which is dead (790720); Which has done nothing so far, only dead work... which has made you ego oriented (790928); The whole of science is subservient to Sahaja Yoga (790928); Science is amoral, meaning that it is not bothered (about morality - Ed), but when it comes to Divine Force, the science is perfect - you cannot challenge it, and you can easily verify it; There are many doctors in Sahaja Yoga, and they have seen with their own experiences that many patients who were supposed to be incurable are cured, and many drug addicts got alright overnight without paying for it, and without taking any medicines, but just they got alright through their own power of Kundalini (980705)

Science has given us an understanding that there is a power which we cannot comprehend through our rationality... even Einstein says that 'I could not find the Theory of Relativity in the laboratory'... but that when he was lying down playing with the soap bubbles, then the whole 'Theory of Relativity' dawned upon him... so whatever knowledge has come to us, has not come through so-called scientific research, but through the Grace of some Power. Science cannot explain many things (790608.1)

Science originates from a right side form of seeking, where mantras and shlokas were recited to excite the elements, to gain their benediction, and also to gain a control over them. In this way, 12000 years back in India, there was an advanced technology of weapons and missiles. In Columbia also, they used a similar right sided approach, in conjunction with the use of a non-habit forming intoxicant, that took them into states where they knew there was something beyond - they kept all the time the assumption that there was God, and so did not deviate too much. This type of seeking led to discoveries, coming through the Unconscious, through which Science has come about (790530)

Sahajvidya - Science

In Russia, the scientists are very open hearted. At the time of Stalin they were all arrested, and whilst in confinement they developed the subtler side, and found out about the auras of human beings... that human beings have auras... and from their auras you can diagnose their diseases; One scientist there came forward and said... I've seen your photo... he said he'd proved it... you have to go to a physical vacuum state, which Jung has described as 'thoughtless awareness', for Reality to be understood. They have said that they have seen the Cosmic Energy emitting out of my head; They call the All Pervading Power of Divine Love as the Cosmic Energy... they may call it by any name... and that it is this Divine Love of God which is the energy that runs this whole Universe (980705)

It is predicted by an astrologer, Bujandar that after the birth of a great Mahayogi, that Science will establish the existence of God, that the Divine Knowledge and the Science will become one (820130)

When talking to scientists... to Nuclear Physicists... they must be told in their own language only... and so we can talk to them. They think that... 'physical laws act - there are so many physical laws which act, in the physics'... now... 'who has made those laws'! They see what laws are acting... that's what they see... but who has made the laws! Or, we can say... 'we have to see where have we reached... when we started discovering science... the science has produced we can say... the atomic bomb... or... the computer... but we have not been able to produce any computer like say a human being' - this is the second point. But... 'by scientific advancement... we have created people who are very imbalanced... they are so volcanic... so criminal. Human beings are fighting amongst themselves... even the animals do not fight the way human beings fight. So why has scientific research gone on towards destructive research... why we always end up like this... there must be some reason - that the controlling point within us is missing'. So there has been no integrated progress... no 'all-sided' progress... so we have not

Sahajvidya - Science

progressed at all... because progress is to be known by... how we relate to each other. 'In any evolutionary process... everything manifests on the central nervous system... and so this... also manifests... and you really become collectively conscious' (860707.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 781115 Evolution - see 780911 good 45
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790608.1 Maria's House Tape 1 not good 50
- 790720 Cardiff Public Program good 30
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate, better quality but incomplete]
- 820130 Predictions on Sahaja Yoga, Durga Puja, Sholapur good 25
- 980705 Royal Albert Hall 1998 good 50

- end -

28 May 2003

Secrecy

What is secret in Nature... have you seen anything. See the ocean, the flowers... the best is open... absolutely the whole Brahma, the whole truth is open... if it is not open it is not truth. If it is hidden how can it be the truth. Truth is light... it has to be transparent... absolutely clear-cut. This secrecy business can be only with thugs and mafia and things like that... because they are afraid of the statutes of God... of His laws... that's why it is a secret (800809)

Secretiveness

You must be open hearted... no secretiveness (800927); If it is freedom, it should be open... why is there secrecy about it. They'll hide from the man with whom they are connected, and just do... secretly... this is not good... they are deceiving themselves... and they are deceiving another person. Deception... this is not freedom. When you put your eyes on somebody who belongs to someone else, then you are thieving (791202.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0

800809 What are we inside - B'ham good 30

800927 Lethargy - Chelsham Road good 75

- end -

5 Oct 2002

Security

Breast cancer... is caused by insecurity in women... which results when the husband is unfaithful (810829), or has roving eyes (820711); If motherhood in a woman is challenged, by her husband flirting with other women, she can develop breast cancer (890801; 820711); The centre of security... if it is blocked you get problems... like breast problems and things like that... and also breathing sometimes... is the sense of security. There is a Deity there... the Deity which is the Mother of the Universe... you have to awaken her... if she is awakened, you don't have these problems... it's very simple (810511)

The Centre Heart... the centre of security and confidence (MME)... the fourth Chakra, controlled by Jagadamba (810829)... manifests in the gross as the cardiac plexus (830302); The Mother of the Universe... who gives security, and controls the sternum and antibody production (811005)... controls our immune system (MME)... where til the age of twelve years, we develop our antibodies... which later on in life go into the whole body... into the circulation and fight our diseases... and to fight our emotions (790722); Jagadamba... first incarnated 14000 years back... and who incarnates many times to kill and destroy the evil forces, the Rakshasas, or devilish people; The Mother of the Universe residing in the centre heart; Part of Adi Shakti, the Desire Power of God (941009; 810829; 811005)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

790722 Leeds at Jim's House poor 45

810511 Lord Jesus, Forgiveness, Caxton Hall not good

811005 Beauty that you are - Houston good 70

820711 Nabhi to Sahastrara, Derby good 90

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

941009 Navaratri Puja, Cabella - [put onto better tape!!][video says 941008] good 55

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

10 Nov 2002

Seeing Things

If you start 'seeing things'... that means you are not 'there' - if say, I am on top of the mountain, then I'm there... but if... I am not there... if I'm away from the mountain... then I can see it. The more you 'see' something... that means you are away from that (971005); If you see things before Realisation... that means you are a possessed person... somebody else is giving you ideas. After Realisation... if you start seeing certain things... then it has some meaning (770215)

A person who has moved out to the Subconscious areas... if he comes to me... he can see who I was in my previous life... I do not have to convince him... he can be very enamoured by me... this happens to people if they move out onto the left hand side... that is, into the past (770215); If they have moved out to the Supraconscious areas... they can see me as light. They see all the five elements... they may see me as a waterfall... or as an iceberg - they start seeing the Tanmatra... or you can say the causal essence of the elements (770215); There are three areas, which are very dangerous... where we should not enter into... the Supraconscious... the Subconscious... and down below... is the Hell (831001)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

770215 Talks about Sat Chit Anand, Delhi poor 65

831001 Santa Cruz interview good 45

971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

Seekers

There is a special category of people who are born in these modern times... they are a very special category... those who are 'seekers'... and Blake has called them as 'men of God' (821007); Those people who are seeking that which is beyond, that which is higher, that which is their purpose, their meaning. It starts with food, power, money but ultimately becomes the seeking for God (820710); Those who have been seeking for long do not want to give up their seeking - it is like a habit. Even after they have found that which they seek, they still continue with their seeking (791203); We are seekers, we are born as seekers... we cannot get out of it. Seekers are seekers (801116); We are born in this world to seek... we have taken our birth especially at this time to seek... we have been seekers all our lives (790608.1)

In modern times many seekers of truth are born... it's a special category of people born in these modern times... which sees beyond... tries to find something beyond what they can perceive through their sense organs. The truth as we see... is through our sense organs... whatever we perceive through our sense organs, whatever is communicated to us through our central nervous system we accept as truth... and we should accept that only as truth... and not something that is told to us... or which we have read in books... or which we can project our mind to and can think about (840622) - that doesn't mean that I deny any one of the Scriptures... or anything that you have known so far. All the scriptures which are true scriptures have said one thing... that to know the truth, you are to be born again (840622)

The people who go to Sahaja Yoga meetings are those who have one thing in common, that they are Seekers - they are seeking God, Peace, Love (800630); More seekers are born in the West than in the East, but they have lost their sensitivity to seeking because of Guru shopping, jumping from one to another. This has been very wrong, and has disturbed the Kundalini (790530)

Sahajvidya - Seekers

That's a very subtle thing that we do not understand... that in the realm of God, those who enter, can only be initiated... not those who do not enter. First of all we must know that they have to be the citizen of God's Kingdom... so unless and until we give them Realisation, take them to that level, they are not entitled (850310)

Now you have to love all the seekers of the world... they have done wrong... they have done all kinds of ego trips... they have done all kinds of mistakes... but your Mother loves them... and you have to love them. If they have to be corrected, I'll do that... you just don't do that way that they feel hurt. So we have a Sahaja Yoga tradition also in which when we speak to each other, we have that Sankoch within us of Shri Ram... and if you don't have that Sankoch you get right heart... and that right heart is a very dangerous thing in the country like England where the climate is so bad... because it gives you the horrible thing called Asthma. You get Asthma if your right heart is caught... not necessarily that asthma will come only from right heart... can also come from centre heart... but if you get right heart, you definitely get asthma (820402)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)
- 800630 What is happening in other Locas, Caxton Hall, see 800630 good 25
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790608.1 Maria's House Tape 1 not good 50
- 791203 When You meet Me - Caxton Hall good 35
- 800630 What happening in other Locas/How.. prove existence of God
- 801116 New Age - Plaw Hatch Seminar good 70
- 820402 Shri Rama's birthday - Chelsham Road good 70
- 820710 Derby PP [PP video set 4/3,4] good 55
- 840622 South Bank Polytechnic, London good 40
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40

Seeking

The basic seeking power is humility... if you think you know everything, you cannot humble down... and you cannot seek. Even if you seek, you don't want to follow anybody else's path... you'll have your 'own' path... you'll do whatever 'you' want to do (000507); Starts with seeking firstly for food, and for primitive things, then for sex life, for women, for men, then for power, for money, and ultimately for Spiritual satisfaction - when the Spiritual seeking starts we do not know, why we are seeking (781005); Forms of seeking include also: politics, love from one's children etc. (830131); Our seeking is in the centre, but it is over now (811103; 790616)

Seeking is a fashion in the West, but is also genuine in many (790507); The people in India are not seeking as you people are seeking. This is their big problem, because they think that they know everything about God and they don't have to bother, while you are really seekers of truth... no doubt about it (881203); This is what you have been seeking isn't it... you wanted to change the world... do you know why you wanted that... because you have been seekers in previous lives of very high quality. That's why you have been seeking... alright some mistakes, doesn't matter... but don't forget your calibre... and don't stoop down to lower level... and you took birth in this country (England - Ed)... feel that confidence (791111)

The by-products of the activity of the 2 side channels, the left and right sympathetics, form two balloons, of ego and superego, which close over at the top of the head, and separate us off from the Divine - and so we start seeking, like a small chick seeks it's mother when she is hidden from it's view. We are seeking the Spirit, the Self, that which is beyond, which lies in the heart, and which has to come into our conscious understanding. This feeling that we have to seek something, comes from the Unconscious - because we are to be born again (791203)

- Jai Shri Mataji -

Sahajvidya - Seeking

Tape References

Date/Ref - Title - Qual - mins

- 881203 Ascent - Vaitarna - see 881207 not good 15
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 790507 Sahaja Yoga Introduction good 60
- 790616 Dr Johnson House, Birmingham not good 55
- 791111 Meaning of Yoga, Dollis Hill good 50
- 791203 When You meet Me - Caxton Hall good 35
- 811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75
- 830131 Nabhi Chakra, Delhi good 80
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Self Esteem

What is needed for a guru is self esteem... and to achieve it we have to introspect... and to know that 'I am a Realised Soul... I have got powers of love... powers of compassion... of grasping things... of creativity... of giving Realisation to others' - nobody has these powers. But somehow in Sahaja Yoga, you are not conscious of it... and we should not be... because that can give you ego... but we should have self esteem... I am a guru... I am not an ordinary person... I am on the shores of truth... I have to salvage the people who are blind... who are mad... and in the most chaotic conditions that this world is in today. So at that time a kind of a silence will come into you (920719)

Your self esteem should be such that nothing should make you unhappy... it's all a drama going on; Let these three points settle down on your intelligence... that I am a Realised Soul... that nothing can make me unhappy... that nothing can befool me... then you'll be amazed, you'll become a very loving person, extremely considerate of others... it will all work out automatically (800517.1)

Dignity

Live with your dignity... cheapish things, frivolous things, useless things should not be there (860504); We have to understand our own dignity, and the first thing is to understand that Sahaja Yogis are the ones that God has chosen. When you are chosen the first, you must also realise that you are the foundations - you have to be strong... and forbearing. Sahaja Yogis are the first lamps... that are going to enlighten other lamps in the world (760330); Pratishta (800102)

Sahajvidya - Self Esteem

Sahaja Yoga should be in the centre. There is a difference between childish and childlike... you can be innocent like a child, but you're matured... and both the things make a special dignified personality of such a person. All these things come from this Right side power, when you use it properly. Unless and until you have this established, you cannot impress other people by your behaviour. Other people, new people who come to you should see this majesty... this royalty within you... which you are enjoying as a blessing from God Almighty (810511)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

Self Esteem

800517.1 Old Arlesford, Winchester pt 1 (Preparation for Becoming) good 50
920719 Guru Puja, Cabella good 65

Dignity

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
-800102 God's Love, Patkar Hall - see 800102 Poor 50
-760330.2 Deities on various Chakras, Delhi - see 800102
-760330.1 Gudi Padwa, Delhi - see 760330 good 30
760330 Gudi Padwa, Delhi/Transformation, Bordi
800102 God's Love, Patkar Hall/Deities on various Chakras, Delhi
810511 Lord Jesus, Forgiveness, Caxton Hall not good
860504.1 Sahastrara Puja talk - Alpe Motta, Milan good 85
860504.2 Second Sahastrara Talk - Milan/Delhi University address

Self Importance

There may be some... in Sahaja Yoga today... who think they are great Sahaja Yogis, big people... but maybe they are not... and those who do not think that they are anything great... that they want to increase and improve their shakti... they may be the people who are occupying very high places. So, under these circumstances... one should never boast... and should not have wrong, false estimation about oneself... that is the way you can preserve your powers much better, of your Vishuddhi (800127.2)

So that's how your Vishuddhi Chakra's problems are increasing... and they go on increasing, especially when you try to confuse yourself... and quarrel with yourself... and think that Sahaja Yoga has gained by your coming... then you catch on Vishuddhi. 'You' have gained, not Sahaja. By accepting truth, 'you' are enhanced... 'your' position has gone up... not the position of the truth. So this idea, from you head must go, right away... that you have any way obliged Sahaja Yoga... or that you have obliged God by coming to him (800127.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed on S Yogis and how maintain them, Bordi good 30

- end -

17 Jun 2003

Self

The reflection of God Almighty (810829); The Spirit (840708); Is the one that is in your heart... which you 'Realise'... means you know your Self (790524)

Self is absolutely self satisfied... it does not need anything to satisfy itself... it is satisfaction personified... it just sees... watches... witnesses... it knows. And you don't have to tell or to express too much... it is self-expressing... if... if you are a clean person... if your desires are clean... and that you just have pure desire to ascend. So again I have to talk about Kundalini... that you must have a Kundalini completely establishing itself within you... completely expressing within you... and enlightening your Self. Such a Kundalini should be there... and only possible if you do not put hurdles in her growth - if you allow it to grow... it grows and it works out. I see sometimes when you are overjoyed, you dance and sing... that's something really very good... but all the time your Spirit should dance, at the smallest things... at a little thing that is made... say something artistic that you see... a gesture of kindness... a gesture of gratitude... you feel it - that depth of feeling (010321)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

790524 Seeking & Rationality good 40

840708 To Know the Truth, Ilford [with 40mins Q&A] good 40

010321 Mother's Birthday Puja, Delhi good 50

Self Realisation

The first stage of Realisation (870513), Moksha, which can be given by the Goddess, the Divine Mother alone (900923); Which is beyond the mind (970600); Self Realisation is a simple thing... in very simple words, is the connection... of your attention... into the Divine (790524); Here, when you got your Realisation, I conceived you in my heart, and gave you Realisation through my Sahastrara - there must be something special about me... and about the way it is done (811006)

The First stage is 'thoughtless awareness'... the Second stage is when Kundalini rises above the Fontanelle bone, and we start giving to others, and we become collectively aware... the Third stage is doubtless awareness, Nirvikalpa, where it is not rational (790616)

That's a very subtle thing that we do not understand... that in the realm of God, those who enter, can only be initiated... not those who do not enter. First of all we must know that they have to be the citizen of God's Kingdom... so unless and until we give them Realisation, take them to that level, they are not entitled (850310); Getting Realisation is not possible for everyone - perhaps there is some understanding is needed (860707.1); We cannot have the whole world to get Self Realisation... this is the Last Judgement... at this time, people have to decide what is the most important thing... they have to know themselves. It's not just having a big number that would help us... but really solid Sahaja Yogis (000507); If you raise their Kundalini... gradually they'll come... but you see... they have to be aware of their Realisation... that is a compulsion (791202.3)

- Jai Shri Mataji -

Sahajvidya - Self Realisation

Tape References

Date/Ref - Title - Qual - mins

- 860707.1 Press conference, Vienna - see 860707 good
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor
- 790524 Seeking & Rationality good 40
- 790616 Dr Johnson House, Birmingham not good 55
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 870513 Melbourne PP [PP video set 4/5,6] good
- 900923 Navaratri Puja - Geneva, Switzerland good 75
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Sensitivity

We have to find out what is our problem, where is the Kundalini stopping. We can feel it within ourselves - if not within ourselves, then on our fingers (791118); The cool breeze is all around us... and we can feel it in our hands, if the Vishuddhi centre is alright (821008); You can feel the Vibrations of others also. Their problems can show on their vibrations - you can see. If you work on a person's Vishuddhi which is in problem, then he will start to feel the vibrations. You may also feel vibrations coming out of the top of a person's head, but he may even so, still have problems (790416)

When the attention is absolutely 'one' with the Atman, with the Spirit, then there is a manifestation of Vibrations... you start getting the Cool Breeze in your hands (781002); If you start to think, you will lose it (791203); Societies which are more 'natural', have more sensitivity in Spirituality, than those in an artificially, brainwashed or materialistic atmosphere (790530)

Now how will you know that these vibrations are telling you the truth... it's very simple if you understand the common sense of 'relativity'... like... bring two mad people, absolutely certified as mad... and two sane people... now you put your hands towards the people who are mad... you will get horrible burning... maybe in the whole hand... on the left hand side. You get maybe ten cases like that. Now you ask the question... 'is there God'... and you start getting Cool Breeze flowing into you... or... 'is this power... All Pervading'... you start getting Cool Breeze flowing into you. That is how you find out which is the truth (800721)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 791118 Where... stand in SY/How get into Med'n, Dollis Hill see 791009.1 good 45
- 781002 Knots in the 3 channels, Caxton Hall poor 90
- 790416 Living work of God, Easter, Putney good 45
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 791203 When You meet Me - Caxton Hall good 35
- 800721 Auspiciousness - Caxton Hall good

Settling Down

Is very important. What is the need to go to the Moon... so many people are starved... what is the need to go to Mars... what are you going to get from there. It is... because they formed a habit... first they came to India... then to China... then to this... then to that... they can't sit down... they can't settle down in the house also... especially the men. Now in meditation, you have to sit down in one place. Women have other problems... they have no time... they have their friends... they have to go shopping... to buy things... and fill the house with all kinds of rubbish. They have no time for anything... they're also very adventurous... they want to do this... to do that... for meditation they have no time. So settling down is very important. You will be amazed... when there is a crisis say in my family... or in Sahaja Yoga... immediately I become thoughtless... spontaneously... because the problem will be solved by Paramchaitanya. If you don't depend on Paramchaitanya, it doesn't help you... it doesn't give you any solutions (971005)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

- end -

17 Jun 2003

Sex

There is a sanctity about it. It is meant for a happy married life... and for having children. For leading a very happy and a good life, you must have a good sex life. In India... we never think of sex, and all this nonsense... it's spontaneous... we do not read about it. Sex is a very sacred relationship with your wife... when you are with your wife, you see, you indulge into it... that's all (790200.1)

All these people who came on this Earth... said that you lead a clean life and a sensible married life... it is not permitted to have adulterous life in any religion whatsoever... because adulterous life brings forth all kinds of problems for the sex... for spoiling the last chakra - people can become impotent... or, over excited... or could become suffering from all the troubles of this centre... for which you know the diseases... so one has to lead a very clean wonderful married life. Marriage is supported and sanctioned by the collective... it is sanctioned by God Almighty... so, that kind of a life, that kind of a sexual life, is a sensible one... one should not get a shock out of it. When I say this in the west, people really don't like it... but I am your Mother... I have to tell you the truth. Whatever you have done is done... finished... doesn't matter... but now you should come to your sanity... because there are all these horrible satanic diseases waiting just to work it out. All the great Saints of India were married and had children... except for some people like Buddha, who died very early... he had to take a Sanyasa because of his work. Then we had Kabira, Nanaka... all of them were married people (821008)

If you go towards sex... and try to come to God... it is absolutely the wrong thing... it is the most dangerous thing - if you go through sex... then you open yourself absolutely to Hell (831001); Sex plays no part in Kundalini awakening, being a function controlled by the Mooladhara chakra, situated below the Kundalini (811005); Is a wholly private function (810928); Interest in the other sex all the time is not a sign of chastity - it's horrid, it's ridiculous... you become stupid (850901); Any Guru who is interested in women or sex is not a real Guru, but is an anti-Guru (790530)

Sahajvidya - Sex

If somebody has planted into you that Kundalini can be only risen through sex... he's a Tantrika... sex has nothing to do with Kundalini... at all... it's a wrong idea... she is your mother... the Eternal Mother that you have... she knows everything about you... you are the only child she has... and she is born again and again with you... how many of you would like to connect your mother with sex... that's the worst thing that you can do to your mother (771024.1; 771024.3)

What is sex... any Tom, Dick or Harry can do sex... are you now sex points... if you do it in a wrong way... you will have diseases... you will have impotency... no children will be born to you if you misuse it; It's another kind of Hitlerism... another kind of cruelty to human beings, you see... you will be enticed... absolutely, you would not find out... you would not know, that this is a mistake. You'll get into it... and then you will realise it is a mistake... it's a destruction of your own being. By wars you have destroyed others... by this you will destroy yourself; Alright, I don't say suppress it... that's all nonsense, I agree... but this is another extreme - one is the suppression of sex... but the other is even worse. God is in the centre (790200.1)

Like you will be amazed... that in the western countries, the percentage of impotent people is so high... unbelievably it is like that... they talk so much about sex... and do 'other' things... it's all talking... so much of impotency is settled in these western countries... and the diseases, the dirty diseases... which are caused by these indiscriminate sex activities are so much... that they have to be guarded against (791202.3)

You see... if somebody says 'give me the freedom to put both my hands into the electricity socket'... is this freedom. And I don't understand what is the freedom they enjoy like this... because then, there is jealousy... you cannot go about with many girls, because there is jealousy... you cannot go about with many boys, because there can be murders. You see... why people murder... their ego is hurt... nobody says 'alright you go ahead, have a boyfriend... I am very happy' - no-one likes it... it hurts. They do it secretly... they cannot do it openly (791202.3)

Sahajvidya - Sex

If it is freedom, it should be open... why is there secrecy about it. They'll hide from the man with whom they are connected, and just do it secretly... this is not good... they are deceiving themselves... and they are deceiving another person. Deception... this is not freedom. When you put your eyes on somebody who belongs to someone else, then you are thieving. In the registration office, it is said... that you are the wife of such and such... then... your husband is the owner... or you are the owner of your husband... I mean this relationship is between the two... but if some sort of a relationship is to be established like a thief... then you do it secretly... it is not registered anywhere... you understand my point... otherwise, they become absolutely shameless... abandoned (791202.3)

The reason that people are so sex oriented, and are so sensitive to the touch of another... so that anybody touches them they get a funny feeling, is that the 'other' sensations (i.e. the sensations of relationships with others - Ed) are not developed within them... and that is because you always cuddle your 'own' child - the child only knows the mother, or the father. As a result of that, what happens is the child never feels the 'other' sublime relationships, with 'others'. Then when you grow up, and you suddenly touch somebody... then... you cannot see... the 'sublime' thing (850421)

In India, people give their children to sleep with their relatives... not with themselves. The psychological reason was that the child gets used to another man, another woman, whilst they are innocent... so then the relationship of innocence is developed, and nobody feels anything funny if somebody touches you (850421)

- Jai Shri Mataji -

Sahajvidya - Sex

Tape References:

Date/Ref - Title - Qual - mins

- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 850421 Ganesha Puja, Children, B'ham - see 850408 not good 25
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 771024.1 Caxton Hall tape 1 poor
- 771024.3 Caxton Hall tape 3 poor
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 810928 Shri Mataji in America, NY, day 5 good 80
- 811005 Beauty that you are - Houston good 70
- 831001 Santa Cruz interview good 45
- 850421 Mooladhara + Meditation - B'ham good 35
- 850901 Vishnumaya Puja/Brompton Sq. Puja - Wimbledon/Brompton Sq.

Sex Points

Shri Krishna said, thousands of years back that the human awareness, the Chaitana, grows downwards... and the roots of the Chaitana or awareness, is in the brain. In our Sahaja Yoga, we consider three chakras as the lower chakras, or centres... the Nabhi... the Swadisthan... and the Mooladhara. First one is the Nabhi Chakra, where a person starts seeking... food, shelter, all life's necessities... and either he can go upwards or downwards. The essence of this centre is Swaha, meaning the consumption. So all those people who started developing... started consuming. Then they went to the second chakra, the Swadisthan... where they started entering into space... that is Antariksha... and tried to find out what is on the Moon... what is on Jupiter. Now the third awareness has grown... into the Mooladhara... and so the attention went to this horrid thing called sex... and in the west, people have become nothing but sex points. I've seen it everywhere... that just filth exists. With this downward movement... what do we expect people to be - they have to be violent. If you make them worse than animals... what will happen... they have to be cruel, despotic... and after this... the next step is Hell... Nagasaki... or anything (860224)

The Tantrikas in India... all these who are nowadays (the False - Ed) Gurus, were tantrikas once upon a time... in the 6th century. I ask you... they think that human beings are nothing but sex points... that they have nothing else, in them. Even an amoeba has something more than that (790608.1); These tantrikas have no relationship with our ancient scriptures... for example, Ravana will never mention any of our ancient scriptures... he has no relationship with any Deities... does he mean to say he has nothing to do with Christ... with God... with anyone... but only with sex (790200.1)

Sahajvidya - Sex Points

Ravana... is teaching you how to insult your Mother (790200.1); Just he is telling you to go and do sex like this... I cannot understand how can you ask for a guru like this... even a dog and a bitch knows... don't debase yourselves... you are the Spirit... you are not sex points. He will lead you to impotency... he will destroy you completely (790200.1)

You people... really... are you only sex points. What is sex... any Tom, Dick or Harry can do sex... are you now sex points... if you do it in a wrong way... you will have diseases... you will have impotency... no children will be born to you if you misuse it; It's another kind of Hitlerism... another kind of cruelty to human beings, you see... you will be enticed... absolutely, you would not find out... you would not know, that this is a mistake. You'll get into it... and then you will realise it is a mistake... it's a destruction of your own being. By wars you have destroyed others... by this you will destroy yourself; Alright, I don't say suppress it... that's all nonsense, I agree... but this is another extreme - one is the suppression of sex... but the other is even worse. God is in the centre (790200.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860224 Delhi University address - see 860504.2 not good 15

-790200.1 Talk to westerners & about negativity - see 790200 poor 65

790608.1 Maria's House Tape 1 not good 50

Chakras affected: Mooladhara

Shakespeare

A great evolved Soul (851128); A Realised Soul, and poet, whose poetry is not just to read, but to read between the lines, to see what is being said (980705); Who always praised women (950625); I wonder if Shakespeare was one man, or many people put together (800721); Shakespeare... was according to me an Avadhuta... means a person who has gone beyond all human destructive habits... Avadhuta is a very high quality Yogi (000423)
- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800721 Auspiciousness - Caxton Hall good
851128 William Blake, Hammersmith (C100) Not good
950625 Richmond Park talk, Richmond Not good 45
980705 Royal Albert Hall 1998 good 50
000423 Easter Puja, Istanbul, Turkey good 60

Shaking

If you are a possessed person, you won't accept that you are possessed... but, the body knows me... and when you come before me, the whole body shakes... just like that (791111); If the hands or body are shaking, then there is a problem, of negativity (820711); If there is shaking of the hands, open the hands (790507); If the eyelids are flickering, then keep the eyes open, and look at the Forehead of the Mother; To reduce the shaking, and soothe the individual, put the left hand on the centre of the stomach and the right hand towards Mother (801027); Watch your hands, to see if they are shaking, or if there is heat on one of the hands. If the left hand is shaking, put the right hand on your heart. If the right hand is shaking, put the left hand on your stomach - with the right hand towards Mother (830302); To see your own vibrations... how are you moving... put a paper on your hand, and you'll see... it will start shaking, before my photograph (971225)

When you reach the state of 'Atit', where you go 'beyond', where you do what is to be done, without paying attention to it, where you are indifferent to the body, in this state you can be angry with someone one moment, and the next moment it is forgotten. In this state, when someone who is not a good man comes before you, he will tremble before you - a man who is a liar, who has cheated others, will lose his tongue, a person who has adulterous eyes will, with no control over the mind as far as men and women are concerned, will have shaking in his eyes. Some will shake very much. All will be exposed before the light of a Satguru. When you reach this state, you don't have to do anything about it, or fight them - they will just start shaking and jumping. Even if you lift your eyes, they will get into problems (830725); Lunatics who come before the pure Divine Vibrations also shake (820711)

Some people go on shaking their heads continuously to show that they understand... to say 'yes'... when Mother is talking to you... it is a big ego business, and also is a big right Vishuddhi problem. You have to be very careful with your neck... should not move your neck too much... shrug your shoulders too much... whilst talking... that spoils your Vishuddhi completely (871230.1)

Sahajvidya - Shaking

Tape References:

Date/Ref - Title - Qual - mins

Christmas Puja, G'pule - see 971225.2

Christmas Puja, Ganapatipule - see 971225.1 good 30

Marriage, Kolapur - see 871219 good 45

Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

Sahaja Yoga Introduction good 60

Meaning of Yoga, Dollis Hill good 50

What happens after Realisation, Caxton hall good 60

Nabhi to Sahastrara, Derby good 90

False Gurus and Satgurus - Dalkeith (Q & A) good 160

Guru Puja, Why in England, pt 4 - Lodge Hill good 50

Christmas Puja, G'pule/Shakti Puja, Kalwe

Christmas Puja, G'pule/New Year Puja, Kalwe - see sub

- Jai Shri Mataji -

Sharing

When the aesthetics of matter starts giving you joy... you do not want to possess it... even if you want to possess it, it would be just to enjoy it and give it away to somebody else. When you develop your witness state, this will come to you that you will not keep things to yourself, but you would like to give and share. Sharing... that is the time you should know, you have become a witness... because you are enjoying (800927); Sharing of your things is an extremely joy giving thing... that is how all of us have to live... sharing things. Don't think about yourself... think of others... think what others like; It is such a joy-giving thing... to cook for others. So the Principle of Lakshmi is only enjoyed, when you share with others... we have to learn to share (960716)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40
800927 Lethargy, Chelsham Road good 75

- end -

20 Apr 2003

Shesha

Shesha as they call it, the Serpent which sleeps in the Bhavasagara... on which Shri Vishnu rests... the same Shesha had taken birth as Lakshmana... one of 2 brothers that Shri Rama had... I mean he had other brothers also... but Bharat and Lakshmana... these were 2 brothers... they show the 2 sides of a human being... and one was Lakshmana... he was the fiery type... he couldn't bear anybody misbehaving towards Rama, even Parashurama... a contemporary Incarnation of Shri Rama. Now for a western mind... to them snakes are sort of... they can't understand why people worship snakes. You see snakes are like cobra... cobra and all that are like the kings you see... they are the kings of the underground... and Shesha is the one who supports the whole Universe... so this Shesha is worshipped, as the cobras are worshipped in many villages in India even today. You see they don't trouble anyone... sometimes they do... but mostly they do not bite a good religious man. Shesha is the one who is sometimes expressed in Sahaja Yogis I have seen as anger when you try to be non-protocolish... or when you try to be funny, or you don't behave yourself... that's the Shesha in them... that is also sometimes needed - you have to be a Shesha sometimes because otherwise people will start misbehaving, and by that they will be harmed... not that I will be harmed, but that they will be harmed (820402)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

820402 Shri Rama's birthday - Chelsham Road good 70

- end -

19 Oct 2003

Shivaji Maharaj

A great soul... who had such great principles... and such a beautifying life... in his language... in his attitude, and everything. With all that he was a very brave person. Once you have this, you will not deter from doing anything that is important... you will not go round and round... but you will know how to find the solution, and how to work it out. This will happen to you, if you really know yourself... you will have such powers of courage - you will not be daredevil, but with wisdom - courage and wisdom you will have... your Spirit will give you lots of wisdom and lots of courage. There's no struggle... and no fight... just standing with courage and doing whatever is right... and that is possible because you have now the connection with the Almighty... you have the connection with the Paramchaitanya... and that will work out everything (010321)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

010321 Mother's Birthday Puja, Delhi good 50

- end -

1 Jun 2003

Shiva

Who is unlimited compassion, and whose wife is Shri Parvati (950226), the sister of Shri Vishnu; Shiva's sister is Shri Saraswati (850901); Is the Destroyer, is Innocence personified, who beautifies, and gives joy. He who puts lights into Mother's Photos, who creates aesthetics, makes the vibrations; Who resides in our heart (910002); Who can neutralise poisons (890527); Who gives Sat Chit Anand; Who gives longevity and who teaches, by receding from the heart (830211); Shiva is the Guru... Parvati is the Shakti. Shiva is to be taken as Guru... Shiva is the one who is our Guru... he is our Spirit (810904); The Unity, or as called in Sanskrit, Yukti... of your attention, called as Jiva... and your Spirit, called as Shiva... is the Yoga. These two must meet... unless and until they meet, you cannot reach your Absolute (791009.1); Ham Sakshat Shiva Parvati (800809)

He is a God who is full of love... full of tremendous compassion... but also the another extreme of very destroying character. His anger, if it starts... showing wrath on people of that character and that type... who are trying to create all kinds of violence, corruption and immoral behaviour... all these criminalities that are going on around us... I don't know how anyone can save from his wrath. He can destroy the whole world... if he gets into a temper (000206)

You must be knowing the story how he went into ecstasy... there was a devil who had taken the form of a child... and a mother cannot kill the child... she cannot... and she thought she won't be able to save the world from the wrath of Shiva, if he sees the whole world destroyed by this devil... so she withdrew from her act of sacrificing the child... and it was Shiva who took over... and he just stood on the back of the child, and killed him. The child was a devil... and so he saved the world from the

Sahajvidya - Shiva

destruction of this horrible Rakshasa... and then he danced with joy... what they call the cosmic joy. Many people don't understand why he is standing on top of a little child... but the reason was this. So even people can camouflage today as small children... as very innocent people... as very 'holy' gurus... Shiva can destroy all of them (000206)

This destruction has already started, and is going with full speed I think all over... through the so many things that are happening. We have got hurricanes... storms... earthquakes... many accidents... and so many destructive things are working out... which are the outcome of Kalki incarnation. But at the same time, there is another work going on, of the same incarnation... is the resurrection of the people... such people can never be hurt... nothing can happen to them... they will always be saved... because they are under the protection of their Mother (000206)

Now the problem is... how can we the Sahaja Yogis deal with such people... to see that they go out of the circulation of evolution... only solution is... to 'Raise the Kundalini'. If you raise the Kundalini of human beings who are even very bad and 'gone cases'... either they will be destroyed... or they will be saved, and they will become good people. If Sahaja Yogis meditate and keep themselves in complete peace... and also completely surrendered... nothing can happen to them... they are always protected... and you all have experiences of that protection... but first you should have faith in yourself... and complete surrendering to Sahaja Yoga (000206)

Sahajvidya - Shiva

Every country is today under the control of these negative forces... what we have to do is to make people positive through Kundalini awakening... this you all can do... this you can achieve. For this you don't have to do something special... in day to day life you can achieve it... and you should do it... and you all can do it... all of you... in a very sincere and good manner... so that this wrathful temperament of Shiva... as they say the third eye of Shiva won't open... because that's something horrible. We all can do it in a very constructive manner. What we should do is first of all establish our own Shiva Principle... is the principle of joy... principle of love... and principle of truth I should say (000206)

Now Vishnu is there... his power is there for you to rise up to the Shiva Principle... one is supplementary for another... you cannot reach Shiva without Vishnu... and you cannot stick to Shiva's Principle, if you have not understood Vishnu's Principle. Kundalini itself rises through the Sushumna Nadi... and she is the Principle, she is the Tattwa of Shiva... and she rises through the channel that is made by Vishnu, out of the evolutionary process. So how can you do away with one of them... one is the road... another is the destination (000206)

So I hope you understand how important it is that your centres should be corrected... your road should be alright... that your Sushumna should be cleared... because we are Madyamargis... we have to go by the centre... by the central path... til you reach your Talubhag... where sits Sadashiva. When these two powers meet... or when you reach Shiva Principle through the Vishnu Principle, then you realise that these two powers are so complimentary... and so much related to each other... there's no difference in a way between the two powers. So keep your road, the Madyamarga clean... and let the Kundalini pass through it. When the Kundalini will pass through it... you will be amazed that... the same Kundalini is going through the Vishnu path and reaching at the Lotus Feet of Shiva (000206)

Sahajvidya - Shiva

Tape References:

Date/Ref - Title - Qual - mins

- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
- 800809 What are we inside - B'ham good 30
- 810904.1 Advice given by Shri Mataji, Brahman Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 830211 Mahashivaratri Puja - Delhi good 50
- 850901 Vishnumaya Puja/Brompton Sq. Puja, Wimbledon/Brompton Sq
- 890527 Essence of Self respect, Devi Puja - I stanbul, Turkey good 30
- 950226 How to get detached and ascend, Shivaratri - Sydney good 55
- 000206 Shri Shivaratri Puja, Pune, India good 15

- Jai Shri Mataji -

Shoebeating

Technique, taught by Mohammed, and is used to combat the ego (970316); Never be proud of your ego... beat yourself 108 times... shoebeat 108 times (810524); If you feel angry and aggressive, take a chapel (an Indian term for the footwear that they wear - Ed) and shoebeat yourself (951224); For right side problems, beat with shoes (870408); Is to be used for all fanatics (781005); Every morning you must beat yourself with shoes... if you have a chance, do it... that's how you cleanse... that's a part (800907); Beat the false gurus with shoes (791118)

If you start to feel negative, you should go and shoebeat yourself, or take a pillow and beat it hard (781005); When I tell to some people, they'll say 'I know Mother... I know I do that'. Then why do you do it... that means you are possessed... you are a possessed person. That you know this is wrong... still you are doing it... then you are a possessed person. Then it's better you beat yourself with shoes (800927); After so many years, if you are possessed, then I think you should beat yourselves every day 108 times... it's a very low grade behaviour (830821)

As far as possible, elders should not be beaten with shoes... you can ask somebody older than them, to beat them with shoes (801205)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-791118 Where stand in SY/How get in Med'n, Dollis Hill see 791009.1 good 45
781005 Dharma [+ further 30 mins - Qual. not good] good 40
800907 How to know where you are - Chelsham Road good 120
800927 Lethargy - Chelsham Road good 75
801205 Marriage & Collectivity, Chelsham Road poor 20
810524 Subconscious, Supraconscious, Chelsham Road not good 70
830821 Mother Earth - Surbiton good 50
870408 Talk to Sahaja Yogis - St.Martins Lane, London good 45
951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
970316 Power of Rudras and desirelessness, Delhi good 15

Shopping

Christ only once went into temper, which he had a right to do... when he saw people selling things in the temple... same thing we have here (Ganapatipule - Ed). If you don't go and buy things from them, they will be lost... but you only go and buy things from there because you have a habit of shopping; Anywhere people go they must shop... it's a habit... shopping they must do. They will not see the greenery... the beauty of the Nature... nothing; I never used to shop... but, when I have so many children, then I have to shop... but not the way that every place is for shopping. What is there to shop here... when you have come here for your Spiritual growth - in Mecca do they have shops. This is the Holier than Holy - why should you go to these shops I can't understand. I've told them not to have shops... but you people are the ones who encourage them to make money out of us. Nothing essential to buy there. You have come to the Holy occasion... here you have come for your worship. As it is we went to Delhi... you could have bought there... or at Bombay... but not in this place. We cannot make this place Bombay or Delhi... otherwise, why should we come here. That's why Christ took a hunter and beat them, who were selling things near the church (971225)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-971225.2 Christmas Puja, G'pule - see 971225.2

-971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30

971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe

971225.2 Christmas Puja, G'pule/New Year Puja, Kalwe - see sub

- end -

27 Apr 2003

Showing Off

Comes from left Vishuddhi... because you want to overcome your left Vishuddhi, so you do it... and then it is added to (850901); The showing off of the body is a subtle type of prostitution (790422); If you start talking too much to others, showing off about the powers that you have got, then these powers will be disappearing gradually (830113)

Somebody who is a show-off... you see he must say something to show off all the time... now another show-off should run away from him... he should sit with a person who is a shy person - this is very different style from that of the negative people... because in negativity, two negatives must join together... nicely... to become real negative. But in Sahaja Yoga, two opposites must meet... to be good Sahaja Yogis - but this must be done in complete freedom... in complete understanding (770126.1)

Some people have a habit of coming forward too much all the time... to be in the public...to be there all the time - tell yourself... 'there's no need... this is not the way... it's not sahaj... why are you going forward all the time... why are you trying to show off... if you are called, better go'. Ok... is done... is done... don't worry about it... but next time... 'why did I do it... alright, next time I'm not going to do it (850310); Use your right Vishuddhi to shout at yourself: 'Now will you please stop talking all this nonsense... stop showing-off' (830113)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

-830113 Saraswati Puja, Dhulia see 830113.1 (5 Pujas from India) good 25

-770126.1 Bordi Attention - see 770126.1 poor 40

830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India

830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60

850310.1 2 Public programmes - Sydney

850310.2 Shri Devi Puja, Sydney good 40

850901 Vishnumaya Puja/Brompton Sq. Puja, Wimbledon/Brompton Sq

Shri Chakra

A right side chakra; Right side power (830204); On 5th May 1970... the collective phenomenon started working... and the greatest of these was that the Shri Chakra, being on this Earth, could be felt through your fingers... this was never before so - nobody felt the vibrations on the fingers as such... but they felt it within themselves. Now, because the Sahastrara of the Universe was opened out, everybody started feeling the vibrations around them with their own hands - now the fingers... could feel the vibrations... that means the sensitivity of the Divine which was in the chakras spread out to the periphery to such an extent that a human being could feel it on the fingers... this was fantastic (800505)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800505 Sahastrara Day, Dollis Hill Good

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

- end -

10 May 2003

Shri Mataji

Born 21st March 1923 (820130), on a Wednesday at 12 o'clock (890524) in the day time (971230), on the cusp of Pisces and Aries (820130); Who on Sunday December 2nd 1979, declared Herself to be the One who is the Adi Shakti, the Primordial Mother, who has come to save the humanity, who has incarnated on this Earth to give it's meaning to itself (791202.1); Shri Ganesha worships our Mother (850629)

Who has come in the Mahamaya form so that the seekers will not be frightened (890524); Who has come to complete the work of all the Incarnations that came before (890801); A very ancient personality, who has no need for any Guru - rather the Primordial Guru, Dattatreya resides within Her (790530); Whose nature is not to receive, but to give (791203); Who is like the Mother Earth who sprouts the seeds (890423); Who came to find out a method, by which en-masse Realisation can be given (MME); Who says... 'I did not discover it... I know it... there is no discovery at all... I know... everything... somehow I know... which you should find out... about me... how I know - it is a discovery for you... but for me it is not... alright (831001)

Who studied in Lahore Medical College... because she wanted to know, in medicine, what people called such and such thing... because she knew all about the body... about everything... about the complete Central Nervous System... but did not know the vocabulary attached to it. So she studied there for two years. When the war broke out... she discontinued her studies... and then she married Mr C P Shrivastava. During all this time... her only full time work was to find out about human beings... what were the problems they had... how they avoided Reality... how they shunned it. Then in 1970, on the 5th May... 'I was a little hesitant at that time... I thought I should wait... but certain circumstances made me to open the last Centre... and when I opened the last Centre... it started working with others, on an en-masse scale'. But first... she gave Realisation to one lady who came to her house (831001)

Sahajvidya - Shri Mataji

Who started Her work in 1970 with 1 lady (790616; 980321), and later worked with 6 people in England for 4 years (790616); Who came to England in 1973-74 (820711; 851128), and who put the maximum effort into this land of England (821101), until Her farewell, when She left England, following the retirement of Mr CP in 1989 (891203); One of whose homes was on the Twyburn Brook, mentioned by William Blake (830128); Who was tortured by the English (in India - Ed), yet spent so much time in England (860305) where She worked the most... 'because England is the heart, and the heart should not fail' (891203)

Who sleeps very little, in fact who even when She is sleeping, She is working (821101); Who is not a vegetarian... not at all (811006); Whose every movement and everything is nothing but Vibrations (800609); The Vibrations are more at the Feet; 'I am a fixed quantity... you must see how far you move towards Me - that depends on you'; 'Don't worry about Me... I am not an ordinary Human Being. No-one can harm Me... No-one can kill Me' (890527); Every word spoken by the Mother is a Mantra, every word chosen for its effect (850806); Here, when you got your Realisation, I conceived you in my heart, and gave you Realisation through my Sahastrara - there must be something special about me... and about the way it is done (811006)

I was with Mahatma Gandhi as a child... because he liked me very much... he used to call me Nepali, because I have a 'Nepali face'... and he used to talk to me as if he's talking to his grandmother sometimes... he was extremely sweet person to children... strict with himself... and straight with others... with elderly people (831001; 830128)

Who chose Her own earthly father (800517.1); Who had 11 brothers and sisters; Whose mother, who was president of the Congress in Nagpur and went to jail 5 times... who was a very correct woman... would not tolerate any nonsense from her children (850421); Until May 1989, She did not have Pujas, and did not normally travel on Wednesdays (890524); Who can't wear any nylon... or anything artificial (971004); Whose interest in money is zero, but who has never had a problem (980320); I don't know

Sahajvidya - Shri Mataji

about money, I should say... but I am good at mathematics (971004);
Who was at one time, chairman of a 'blind school' (980320)

We have to be careful, and not say any indecent things to the
Mother, nor to use any bad words (790416); Who hates to hear any
criticism of anyone from any of us (800927)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 971230 Evening before Shakti Puja, Kale good 5
- 891203 Farewell talk, Shudy camps - see 891008 good 35
- 881221 Hygiene - Sangli - see 881217 good 45
- 860305 Wimbledon Address - see 860305 good 45
- 850421 Ganesha Puja, Children, B'ham - see 850408 not good 25
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 790416 Living work of God, Easter, Putney good 45
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790616 Dr Johnson House, Birmingham not good 55
- 791203 When You meet Me - Caxton Hall good 35
- 800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50
- 800609 Subtlety Within - Caxton Hall good 50
- 800927 Lethargy, Chelsham Road good 75
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 820130 Predictions on Sahaja Yoga, Durga Puja, Sholapur good 25
- 820711 Nabhi to Sahastrara, Derby good 90
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 831001 Santa Cruz interview good 45
- 850421 Mooladhara + Meditation - B'ham good 35
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 860305 Wimbledon address/Brompton Square
- 890423 Archangel Shri Hanumana - Margate good 45
- 890524 I ntegration of Athena - Athens, Greece good 45
- 890527 Essence of Self respect, Devi Puja - I stanbul, Turkey good 30
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 971004.1 Nature & Balance, evening before Navaratri, Cabella good
- 971004.2 MUSIC - Evening Program, Cabella
- 980320 Felicitations, Delhi good 55
- 980321 75th Birthday Puja, Delhi good 55

- end -

8 May 2003

Shuparnaka

The sister of Ravana, who tried to entice Shri Rama, in Nasik (850000.2); Now-a-days in India any woman who tries to entice men is called as Shuparnaka (850000.2); Shuparnaka... a very ugly woman, who came to entice Rama. Then Lakshmana, the brother of Shri Rama became very angry with Shuparnaka and cut her nose... and it was in Nasik. Nasika means the nose (871004)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850000.2 Nasik talk - see 850000.1 good 25

871004 Dassehra Puja/Shri Rama - Les Avants, Switzerland good 70

- end -

19 Oct 2003

Silence

We must develop our powers by being silent within (790422); To be quiet, itself is very great (871224); When you meditate, you are in silence... you are in thoughtless awareness... then it is that the growth of awareness takes place (880921); If there is any problem... anything... suddenly you must become peaceful within... then immediately you will find, the solution will come to you... this is a subtle of the Lakshmi Principle (960716)

If there is something that upsets you, or makes you unhappy... try to reach that point, that axis... which is just silence, within you... and this silence will make you really powerful... because this silence is not only yours... when you are in that silence, you are in the silence of the Cosmos... and the silence of the Cosmos works for you... you are in connection with that Cosmic Power... but it's more than that... it's the Divine Power which is working all the Cosmos... so if you become silent within yourself, know that you are sitting in the Kingdom of God. This silence is the sign that you are definitely, now, in contact with the Divine... you are silent because the Divine is going to look after everything... you don't have to do anything... just keep silent - but not forcefully it's again a state. So you see, if any turmoil takes place, any problem takes place, suddenly your attention will jump onto that silence (920719)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

-871224 We are here for our ascent - Poona - see 871213 good 30

790422 Give up misidentifications, Dollis Hill poor

880921 Speech at Ammonk Ashram, New York good 35

920719 Guru Puja - Cabella good 65

Sin against the Father

Is the problem of the East, when we don't believe in an honest, righteous, virtuous life (830131); Includes thieving, cheating, deceiving, telling lies, violence, killing (MME), talking big, boasting, cruelty, harshness - with immediate punishment (941009); If we indulge in this sort of activity, then the unfoldment in the brain takes time, because the brain holds the Father in it, and we may then end up feeling that there is no time for meditation, or we may take to reading books etc.; We have to be very honest in Sahaja Yoga (830204)

Is not difficult for you to get out of it. Attention is to be kept pure. If the attention is not pure, then there will always be attacks by any nonsensical thing which has no meaning in your ascent (821219)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821219 Mahakali Puja, Lonavala - see 821219 good 35

821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur

830131 Nabhi Chakra - Delhi good 80

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

941009 Navaratri Puja, Cabella [video says 941008] good 55

MME = Meta Modern Era by Shri Mataji Nirmala Devi

Sin against the Mother

The problem in the West - an insult to the Mother Power of God (830131); The biggest sin of modern times, which is immorality, the 'Sin against the Mother', produces cancer which is also heat producing, and is also called the 'Sin against the Goddess'. Results in psychosomatic, or physical diseases, such as Aids, cancer etc. - with delayed punishment (941009; 830113.2); Such things as perverted sex habits, alcohol, drugs, internal stress from anxiety or fear of oppression (MME)

Is not difficult for you to get out of it. Attention is to be kept pure. If the attention is not pure, then there will always be attacks by any nonsensical thing which has no meaning in your ascent (821219)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821219 Mahakali Puja, Lonavala - see 821219 good 35

821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur

830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min med'n) good 60

830131 Nabhi Chakra, Delhi good 80

941009 Navaratri Puja, Cabella [video says 941008] good 55

- end -

5 Oct 2002

Sincerity

This is a very great privilege that I am telling you all these things... that I am telling you that 'sincerity is the key of your Self Realisation'... it's a privilege... I'm giving you the key. Understand what a privilege it is for you to be here... what fortune... what reward, for what you have done... how many lives have been rewarded by being here. This will help you to do Puja in a more sincere manner. Now we must meditate also after Puja, because my vibrations you do not suck in without meditation, I have seen. If you have sincerity about it, really... you will suck all my vibrations. Tell your mind not to ask questions or to misbehave... but to suck the vibrations clearly. This is for your own nourishment... for your own growth... for your own enjoyment (800505)

It is easier... also it is the best, most enjoyable... is to have very clean chakras. And it comes... first of all is sincerity... complete sincerity - are we sincere... to ourselves. Sometimes it is misunderstood... people think that if we have to be sincere to ourselves, we should deny Sahaja Yoga - Sahaja Yoga is the union between you and God... and the sincerity must be full... must be complete. Any kind of insincerity which comes into you is extremely detrimental. So you must have sincerity about yourself... and then you will start enjoying Sahaja Yoga. It is very important... to create integration within you, because if it is 'sincerity', it is coming from your heart... and then your body, your mind, your intelligence, everything will work hard to fulfil it... but if it is not coming from your heart, it is going to be a superficial thing. So you try to feel it from your heart... that's what it means, sincerity. Do not depend on anyone, your wife, husband, children, nothing... mother, father... it's your own. So you have to work in such a way that you get complete integration... and the driving force towards integration is... sincerity (800505)

The another factor which is important... is patience... you must have patience with others... because if you don't have patience, your sincerity will start doubting itself. So you must have

Sahajvidya - Sincerity

patience... and to get patience, you must know what you have been so far, and where you are. When you will know what you were, you will have patience with others... tremendous patience... and by having patience with others, your sincerity will be all the time complete... by your sincerity you will be completely integrated (800505)

Now how the sincerity is to be maintained... first we have to make some determination, Sankalpa, of being sincere... then we have to act, by finding out how do we get insincere... on what points. You'll be amazed, that it's simpler to be sincere, than to be insincere... you don't have to think to be sincere... but if you have to be insincere, you have to think, to plan out, to find out all the methods, all the loop holes and escapes. And sincerity itself is rewarding... sincerity itself is a reward... how it makes you so beautiful, so dignified... and how you start rising in your self esteem... how sincerity is a big force which manifests it's living dynamism in you... and you become a transformed person (800505)

This transformation within you is going to change the whole world... people are going to see... that you are no more a confused person... you are not a person who is doubting... and neither you are a fanatic... you are not a blind person... but you are a person who is alert, and aware... and can see things better than others. The more alert you become, the more the Divine takes interest... but this alertness is nothing but the enlightenment of your sincerity... and... sincerity is the thing that means... you are loyal to your Self... the loyalty to your Self is sincerity. Sincerity is my nature... I don't have to strive for it... I cannot get out of it. Now... if I am your ideal... you should try and imbibe my nature within yourself... and then you'll be amazed how you are connected with me... then we all move like one wave, one being, one personality (800505)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800505 Sahastrara Day, Dollis Hill Good

- end -

5 Oct 2002

Sinus

Problems with Hamsa can include shooting headaches on one side, or sinus problems, and may result from being overloaded with decision making. Avoid eating anything that is sharp or sour (MME); Sinus trouble... is a left side problem (800517.2)... and may result from dry conditions in home or workplace, and can be corrected by the use of butter, ghee or oil in the nose. Butter is good for sinus problems, and can be administered warm with a dropper, to the inside of the nose... just one drop in each nostril, morning and evening... for 3 to 4 days, when it lines the inner dry and cracked membranes. Butter is softening in it's effect (810330; 841005; 870408)

The Hamsa chakra is a very material thing... and has to be worked on, on a material level only... and is where you get troubles like sinus, colds and coughs, and all that... and can result from the drying up of the nose... because of the use of central heating. Now... what you are doing actually... is to neglect certain laws of nature... like...in London, or anywhere... it's all heated up inside the rooms... too much it is... it's very dry... we all know that in England we have to have a humidifier isn't it. Just leave some water or something, or fill a tub in the bath and keep it open... so there is humidity in the room (.0011)

What do you say about him... he has got a Hamsa chakra... tell him to put his attention here at the top of the head... he has sinus troubles... no... then Pranayama he must have done... sinus... then Hamsa is the one that is catching... just at the Hamsa... the Kundalini has gone... now put your finger on the Hamsa... in between the eyebrows (840622)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

810330 Vishuddhi & Agnya, Sydney Poor 170

840622 South Bank Polytechnic, London good 40

841005 Farewell to Mother - Chelsham Road good 50

870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45

Chakras affected: Hamsa

Sister

Vishnumaya is the power of the sister in the family, and whose power is to protect your chastity. The sisters job is not to take sides, but to show that if you cross the limits of your brotherliness, there will be lightning - she gives them the Mariadas, how far to go. The sister relationship is a very pure one. A brother and a sister are never friends, they don't talk much - but at the time of difficulties, of Mariadas, of consulting about something dear to the family... then the sister comes in (850901); The daughter and the sister are innocent... is pure chastity (850901)

When you are very good brothers and sisters, first of all your left Vishuddhi improves - we get this left Vishuddhi, because we don't have proper brother and sister relationship... it's not that we should have our 'own' sister... but 'any' woman who is a Sahaja Yogini is your sister... except for your own wife. Unless and until we develop that pure feeling within ourselves, we cannot work out Sahaja Yoga... I know it's rather difficult to digest... but it's a fact (860818)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860818 Raksha Bandhan, Hampstead - see 860823.1 good 20

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

Sitting

How we sit in a program... the pose... the way we sit... is not important so much... but the auspiciousness of sitting... is... have you reverence in your mind... when you are sitting, there should be reverence... are you sitting in a surrendering mood. So again I tell you... auspiciousness is what is within you... what you think about it... what is happening to you... are you feeling reverence within you (781002)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

781002 Knots in the 3 channels, Caxton Hall poor 90

- end -

27 Jun 2003

Six Enemies

Christ came on this Earth with a very great vision... because he wanted to open the Agnya chakra... and for that he had to sacrifice his life... and in that he has shown that if you have to rise above this mundane superficial life you have to... in a way sacrifice... sacrifice all your 6 enemies (001225)... Anger... Greed... Lust... Jealousy... Vanity... and Attachment (860823.2)

First of all... the temper or anger... replace temper with compassion... secondly which most of you have done, is to retract your attention from perversion. But still you are egoistical, i.e. vanity... and still people are jealous, competitive... and still you have some lurking materialism... and a new thing that is coming is you are getting attached, to your families (830321)

The first one is anger... you have to be angry with yourself when you do wrong things... and not to feel guilty, but angry with yourself for doing wrong things... angry with yourself when you feel guilty... anger against yourself, and not against others (830321)

Sex, the perversion, has to be directed towards... your wife... and you have to respect your chastity... you lead a chaste life... of balance and understanding... in a very chaste way you can live. The women should not join hands with other men who talk against your husbands. All such men should be thrown out of Sahaja Yoga, who tell women against their husbands... you should not interfere against the husband... nobody has the right (830321)

Sahajvidya – Six Enemies

Vanity must be made into pride... you should be proud that you are Sahaja Yogis. Actually pride is nothing but the expression of self esteem. Self esteem is very different from ego... one is Reality, the other is complete artificiality. Self esteem will give you that kind of dynamism which is needed for Sahaja Yoga... a discreet, a wise dynamism; Men should behave like men... they have to lead the society (830321)

Competition and jealousy should be brought round... there should be competition between... the one that you 'were'... and what you 'are'... your 'present' should go faster, and faster... leaving this 'past' behind as much as you can. There should be no competition between Sahaja Yogis in acquisition... or in shouting, screaming and being harsh to others... let us have competition in compassion, in mildness, in sweetness, in beautiful behaviour... who is more cultured... more gentlemanly... who is deeper. The competition between women and men must be stopped... women must have their own place... and men must have their own place. So the competition should end in sharing (830321)

Materialism should be taken to it's beauty... the beauty in matter... you can see in all that is beautiful, the reflection of God's creative power... and the joy that he wanted to emit for your happiness (830321)

Last of all is the attachment to your children, to your wife, your...your... whatever is mine is not 'I'... this 'my' must be given up... instead... you should say 'we'... is better to address yourself in the third person... as Mr... Mrs... or Miss... then you will see the joke behind the whole thing... you'll know how to laugh at yourself... it will give you that sense of security. You must stand for your husband or your wife, or for your children, when it is right... but 'obviously' you should not do it... 'apparently' you should not do it (830321)

Sahajvidya - Six Enemies

So this will overcome the six enemies... and make them your slaves - use them for your purpose... then they'll become great things... they'll be your decorations (830321)

In Sanskrit they call it... we have 6 enemies... Kaam or sexual perversion... Krodh, anger... Mada, pride... Matsara, jealousy... Doba, greed... and Moha, attraction. All these 6 things that we had in our mind out of our ignorance, our upbringing, our reading... just drops out when the Kundalini rises and you become one with the Divine... they just drop out... so you go into a new realm of Divine construction within you... this is the real resurrection of human beings (000423)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-001225 Christmas Puja, G'pule - see 001225.2

-860823.2 Gita, Lac Noir - see 860823.2 good 30

830321 Overcoming the 6 enemies, Ma's 60th B'day Puja, Sydney good 50

860823.2 Govinda/Gita, Lac Noir

000423 Easter Puja, Istanbul, Turkey good 60

001225.1 Christmas Puja, Ganapatipule good 20

001225.2 Christmas Puja, G'pule/New Years Eve Puja, Kalwe

Skin Troubles

The way you expose your body to the Sun... is very wrong... you'll develop skin cancer. You shouldn't burn your skin so much... it's not a good thing you know (790200.1); It is not proper to sit in the Sun too much. Too much of Sun is not good (830302); No use going to the sea, making your body brown... and then suffering from cancer of the skin... this kind of stupidity is also very much fashionable (970823.1); Also to avoid sitting in the Sun, so the brain does not get melted (830204); Right sided people should not sit in the Sun... they should sit in the Moonlight (880921)

Geru... is a kind of a red coloured stone, which is very very hot... and supposing with the cold sometimes you develop those rashes... so if you put Geru those rashes are... or you get bhoota-baddha sometimes... some sort of skin diseases which are cured with Geru... because it is the one which is very hot, and it soothes you down (900831)

In Sahaja Yoga marriage... there is a custom of applying haldi, a kind of yellow powder... which is very good for the skin - if you have any sort of problem on the skin... any scratching or anything... mosquitoes... you are comforted during the wedding time (840829.1); The Neem trees that grow in India, are very good for driving out all the baddhas. It has a very bitter taste and the baddhas run away from it. If you have scabies or any skin trouble, then boil the water with this and take a bath. It's a very bitter thing... if you don't allow the water to go in your mouth, then it's perfectly alright... it's very good... it's a very medicinal thing. It's called as Neem (881207); It's very important to have cotton fabrics for young children - artificial fibres are bad for the skin (820711)

Vishuddhi chakra looks after so many things, especially your skin, your eyes... people who have bad Vishuddhi can have all kinds of funny troubles with their skin... of course it has to do with your liver, but skin is... the way it shines... the way it glows... depends on how you smile... how you look at the world. Many people have a habit of smiling for nothing at all... especially women I have seen... they just smile stupidly... that's not proper... one should not be stupid... stupidity is against Shri Krishna (860823)

Sahajvidya - Skin Troubles

Allergies of the skin can be the result of a lethargic liver, resulting from a left side imbalance of the Swadisthan Chakra (840313); Skin troubles... may develop in a right sided person... in which the skin is sallow (830209)

What is the subtle of water is... I mean... which makes the skin... the hard skin, soft... the skin becomes soft... this is another sign of a Realised Soul. But then a person, who is a Realised Soul becomes very soft, very delicate... when he talks to somebody, in his voice there is warmth... or I should say... in your dealings with others... you should be like the water... which is mobile... which is cooling... soothing... cleansing (981216)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 820711 Nabhi to Sahastrara, Derby good 90
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 840313 Intro Talks - Delhi and Hampstead
- 840829.1 Pre-Marriage talk, part 1 - Switzerland good
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 880921 Speech at Ammonk Ashram, New York good 35
- 881207 Why do we come to India-Dec 88/1 - India
- 900831 Hanumana Puja, Germany good 45
- 981216 India Tour '98 - tape 1 - The Elements Not good 20
- 981216 The Subtle Elements

Chakras affected: Swadisthan

Sleeping Off

I have already given you a very long lecture or speech as you call it... some reactions were very good, and some could absorb it very well... but some, they said, were sleeping. Now these things happen because of negativity... and you have to fight your negativity... because negativity is a thing that asks questions - and when I am talking, I am telling the truth... the Absolute Truth - but, it asks questions... and it reflects. When it starts reflecting, nothing goes in the head... because, you are left with the 'past' sentence... and the 'present', you are not with it. So the whole thing boils down to something like an escape... and you sleep off. Now I tried my level best to put you onto your conscious mind... because you have to be conscious... you have to be alert. Unless and until you are conscious, you cannot ascend... any abnormal person cannot ascend... you have to normalise yourself (860504)

Those who were dozing out should know that they are left sided. Those who went off to sleep... who were struggling at that time... may not have understood. It's a very difficult and a subtle subject... but those who have been like that should look after themselves... should find out. One thing they can do is to put a candle near their left Swadisthan, a little far... and put one candle before the photograph... and put left hand towards the photograph, and right hand on Mother Earth... it works... and the candle at the back should be kept little far away because it makes sound, it goes this way, and that way... it burns. Those who have been taking drugs, not LSD, but other drugs, the drowsy people who feel sleepy, whose brains are destroyed by drugs... all those people can benefit a lot by this... do it every day (860504)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address

Sleep

There is no need for more than 6 to 7 hours deep sleep... is sufficient (821101); Mother sleeps very little - 'Even when I sleep, I am working' (821101); People sometimes sleep off, in Mother's Presence because they are tired, inside (910728)

There's no need for you to get up at 4 o'clock... but in the beginning it is necessary... because... you are such slaves to your sleep... because early in the morning you sleep such a lot... so just to overcome that habit of yours of sleeping, of sloth... you should be able to get up at any time that you have to get up. So this is what it is... because you have to train your body... supposing your body cannot sleep on the ground... make your body sleep... lets see what happens... this is the tapasya... this is the penance... through which the Sahaja Yogis have to go, that they make their body their slave... if your body tries to be funny... better tell the body 'you behave yourself... what do you mean... why can't you do this' (850310)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 821101 Self Mastery, Guru Nanak's Birthday, London (C120) good 105
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 910728 Guru Puja, Cabella good 60

- end -

7 Jun 2003

Smoking

Smoking... is bad for the Vishuddhi. If when you feel the urge for a smoke, you just think of your heart or of Mother, then the desire for the smoke will go away (800613); You only smoke when you are bored (790507); The left Vishuddhi can be in problem, if you smoke (811005); When we smoke, or take tobacco, the left Vishuddhi catches (850901); Tobacco... was meant to be an insecticide, and was not given to us for smoking. Will eventually go out of evolution (810328)

Once somebody came to me and said... 'Mother, I can't do without smoking... I have to smoke'... I said 'Better smoke then... but you can't be a Sahaja Yogi'... 'If you are my son... you cannot smoke... it looks bad'... because a smoking Sahaja Yogi is a funny caricature, you know... he gave up smoking... can you imagine (970823.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

790507 Sahaja Yoga Introduction good 60

800613 Essence within Innocence good 40

800613.2 Seeking that which lies beyond, Stratford, London

810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55

811005 Beauty that you are - Houston good 70

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

Chakras affected: Left Vishuddhi

Socrates

One of the incarnations of the Primordial Guru, or Master (800727); Who lived about 500 years BC, and who talked openly, but was not understood, and was eventually poisoned. Plato and Aristotle were his disciples, but who went off their heads (890524); Every word that Socrates said... is absolute truth (790524)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

790524 Seeking & Rationality good 40

800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70

890524 Integration of Athena - Athens, Greece good 45

- end -

28 Jun 2003

Solar Plexus

The Solar Plexus... which is the outer manifestation of the Nabhi chakra (790722)... and has 10 sub-plexuses, or petals (840718); Linked to water on one side and to fire on the other, with 10 valencies that give us our innate religion (890801); It controls all the organs in the stomach area (790616)... looks after all the viscera of the stomach, physically... and mentally it looks after other things... like with any extremism, it gets caught up... or with any fanaticism, or for example... starving, fasting, or eating too much (790618)

Also you may start feeling a throbbing here (indicating the solar plexus area - Ed)... of course throbbing doesn't mean that a person has cancer, but it's one of the symptoms (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790616 Dr Johnson House, Birmingham not good 55
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 790722 Leeds at Jim's House poor 45
- 840718 Chiswick Town Hall [+33mins Q&A + incomp Experience] good 55
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Something Wrong

If there is a problem which you are facing all the time, then know that there is a problem with you, that there is something wrong with the instrument, and it has to be corrected. We have had experiences of things working out, of many miracles happening before our eyes - but still the attention has not settled down with these new experiences. Still the old experiences and identifications continue - the filth of that is still on your being. Change everything, become a fresh new person. You are blooming out as a flower, and then as a tree - assume your position as a Sahaja Yogi (830723.3)

In the light of the spirit you can see, how you are doing wrong. The Spirit is like a mirror, where you can see yourself clearly, and you start changing yourself. When you have your Spirit awakened, you can watch yourself... you can see for yourself, clearly, as soon as you become a developed or evolved Sahaja Yogi... and that's one point one should see... if it has happened to you. If you can see something wrong with you... if you can find out what sort of defects you have... if you can detach yourself from those defects, and if you can understand that all these attachments and defects and habits are pulling you down - then only you can leave them... but that only happens when you have this mirror of your Self shining through (980712)

In these modern times you must know that all these evil things are also lingering in your heads little bit, here and there. So the Sahaja Yogis which are today here, have to realise that all these things are surrounding us... and these evil forces are also there. There are some within us... some are without... so it looks to be a very difficult task... but it's not... because one condition, if you can understand... is that you have to recognise me. I know, I'm Mahamaya... I'm really very clever at it... but I'm truthful... but still I'm Mahamaya... so to recognise me what should we do... if we recognise, then you are protected. And the cleansing is the simplest thing in Sahaja Yoga... is to be collective. If you are not collective... then know that something wrong with you... if you are collective... if you are enjoying the collective, then you should know that you are clean... no blemish is there... you are absolutely alright (911013)

Sahajvidya - Something Wrong

Now if you are not aware enough, not alert enough, then you must know that you need 'real' correction... you must assert yourself, work it out, tell your leader... 'there is something wrong with me and please correct me' (871230.1); If we feel sleepy or anything, then there's something wrong with us... if you feel sleepy, wash your face... do something... so try to be active... try to be projecting yourself... all the time (891203); Not to spend much time on the mirror... if you spend too much time on the mirror... then there's something wrong with you... I think personally that it's a kind of a possession maybe (970823.1); Lightning is one of those things... that understands everything. If someone's house is struck by lightning... there must be something wrong with him (880921)

Collectivity is the work of Adi Shakti only, because it exists at Sahastrara. If we cannot be collective, or enjoy collectivity, then there is something wrong with us. Avoid criticising each other (900923); We have to be in the collective... at the slightest provocation, people become non-collective... if they cannot have rapport with other Sahaja Yogis... cannot talk to other Sahaja Yogis... cannot live with other Sahaja Yogis... then there is something wrong with them... they must understand that there's something wrong with them, and nothing wrong with others. I know of a Sahaja Yogi who came and told me that... 'Mother they are very unkind to me... they are very suspicious of me... they do this and do that'... nothing of the kind... it was his own mind that was working like that, and giving him ideas against other Sahaja Yogis. So, never criticise your brothers and sisters... if you have to criticise, criticise yourself. Best is to criticise yourself, and see for yourself what's wrong with you that you cannot fit into the collective (860818)

Sahajvidya - Something Wrong

If you think you have been very miserable, you have not been very comfortable, you have not been able to enjoy, then know that there is something wrong with you, and not with Sahaja Yoga (871230.1); In Sahaja Yoga collectivity, nobody is complaining about another person as such - but if they do, then they realise there is something wrong with them (980706); The sick mind that we get when we go on accepting, when someone says there is something wrong with somebody, who in fact may be quite normal, and we say yes it's true... and it goes into our mind, and makes our mind a sick mind... is extremely dangerous, not to others, but to ourselves (980321); If new people are not coming, maybe there is something wrong with you - we have to be smart people, and spartan. We have to be deep and impressive - change your lifestyles (890611)

'Cool breeze'... is not a thing that is freezingly cold... if it is freezingly cold, that means 'left side'. Cool breeze is actually never 'very cold'... it's not freezing. It could be hot with some people... it could be very cool... because of their problems... but if you are a normal person, you feel a cooler sensation... it is slightly less than your body temperature... it's not so very cooling as to freeze you. If it is hot, there is something wrong with you (810524)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 970823.1 Pr'dial Taboos, S Dharma, Krishna Puja, Cabella see 970823 good 65
- 891203 Farewell talk, Shudy camps - see 891008 good 35
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 871230.1 Marriage, Kolapur - see 871219 good 45
- 860818 Raksha Bandhan, Hampstead - see 860823.1 good 20
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
- 880921 Speech at Ammonk Ashram, New York good 35
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 900923 Navaratri Puja - Geneva, Switzerland good 75
- 911013 Navaratri Puja - Cabella good 25
- 980321 75th Birthday Puja, Delhi good 55
- 980706 Holland Park School, London 1998 good
- 980712 To be obedient to the Guru, Cabella

Soul

Comprised of elements of Fire, Air, Ether plus Spirit and Kundalini. At death the earth and water elements die (810921); That which is the 'Auto' of the autonomous nervous system, and which controls all the vital functions of our being (MME); Soul is the Brahmanadi within us, and which is reflected in every cell (890725); The 'causal' which is the 5 Koshas or auras of the 5 elements, i.e. the essence of the 5 elements and the way they are arranged in you, plus the Spirit put together makes the Soul, the Jivatma; The Spirit can move out of the Soul (860725)

That... within us which looks after everything... even before Realisation... which looks after the Parasympathetic nervous system... little, little things, you know, it looks after... just it tries to keep us on the right path... gives us a conscience... and that makes us think about the truth... and to seek the truth... to know there's something wrong with society. It is the Soul... which lines the spinal cord. Sometimes when people die... or are about to die... and they come back to life... they always say that they pass through some sort of a tunnel - some have a black tunnel... some have a bright tunnel... some have a light tunnel - this is what is the Soul which is within us, which starts going up... and with that our attention goes, and we feel we are passing through a tunnel. These Souls you can see in the sky... hanging around... with seven loops. You can see them only after Realisation... not before that. So this Soul guides you... and it has brought you to Sahaja Yoga (950625)

When a person dies, then his Soul comes out... and his Spirit also guides him... so we call it a 'dead soul'... like that they hang in the air sometimes. When they are Realised Souls, they need not... they become one with the Divine... and whenever they want, they can always be born again. But these Souls who are still attached to something... maybe to children... to the house... to drinking habits... maybe something nonsensical... still hang around, and they are the

Sahajvidya - Soul

one's who trouble us... who bother us too much. They can be in groups... they can be many... of different types... they could be with a very bad subconscious activity... or could be with Supraconscious also. Now some difficulties that you face, which cannot be solved, could be coming from these dead Souls. So the best way to get rid of them is to develop a detached attitude towards life (950625)

Now somebody is very attached to something... so what happens is these Souls, who are trying to find out somebody through whom they can satisfy their wishes, enter into you... into your mind... and then everything goes wrong. Especially with False Gurus you get this curse upon yourself. All these things have to be corrected through detachment to things. To what are you attached? Some people are attached to their children... then the children will be attacked by these Souls. If you are too much attached say to your money... then something will happen... and you will lose the money. So one has to be very detached about everything (950625)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-890725 Arrival speech - Melicharg - see 890723 good 20

-860725 Soul & Spirit, Volterra (+Mahalakshmi Med'n) see 860725 poor 25

810921 Shri Mataji in America, NY, day 2 (Nice Q&A) good 35

860725 Informal Talks - 1986/85 (various)

950625 Richmond Park talk, Richmond Not good 45

MME=Meta Modern Era by Shri Mataji Nirmala Devi

Speaking

There are many people who said 'Mother we cannot speak, you know, we have stage fright' - just stand up... that's all... and then they started giving lectures... Shri Mataji had to stop them (920621)

When you are speaking... you should say it with full concentration. Where is your attention; If your attention is on something else... even if I am talking about the highest things, you'll be thinking of that something else. That is why our presence should be such, that nobody's attention is diverted, or deluded. If your presence is funny, like a joker or a clown... or untidy, everybody's attention will be disturbed. If you are completely in the 'presence', then wherever you stand, people will feel there's somebody standing, great... the respect flows... actually the respect flows... and it is something so remarkable, that you don't know... how people try to help you (800927)

When you speak, it should be auspicious... many people have a habit of speaking very inauspicious things... like we invite somebody to our house for a party... and we say something hurtful to them... or say, a dirty joke at a time when there is a wedding going on... Hell is nothing but inauspicious living (781002)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

781002 Knots in the 3 channels, Caxton Hall poor 90

800927 Lethargy, Chelsham Road good 75

920621 Kundalini Puja, Cabella good 55

Speediness

A speedy person is one who moves too much on the right hand side... leukaemia is caused more by speedy people... not so much by people who are futuristic, but more by people who are speedy... because the spleen acts for our emergencies. When you are thinking... the cells of the brain are replaced every minute... by the fat that is in your stomach, by this centre of Swadisthan (821008)... so the control of the Swadisthan is diverted away from the organs, to the provision of fat cells... thus resulting in diseases such as blood cancer, and diabetes (890801; 870500)... so then this spleen loses it's control completely... and it starts producing additional blood cells... more and more blood cells... and when they become too much, they start growing on their own. But... it can easily be cured... because when you put your hand on the spleen, if you are a Realised Soul, the energy flows... and the spleen settles down, because it gets new vitality... it gets the wisdom from these vibrations... because this is the energy which thinks, cooperates, organises, sorts out... and when given to this spleen, it becomes wiser... it rests... it becomes silent. Also if you give the person the balance with your hands... you can make the person much more relaxed, much more silent... that is how you can cure (821008)

People, if they have to go to an airport for example, something enters into their body... they become speedy... suddenly... everybody... why... but it happens like that... that's a very modern disease... it was not before. So they start seeing... that you are getting late... getting upset - but if you go on worrying like that, you don't go... 'beyond time' (980712)

Now the children get it, because the mother is like that... the mother must be a speedy lady. Today only, a lady told me... 'my child is overactive... she's so active that I don't know how to control... it's not a mental case... it's a funny situation that she's overactive'... so I said... 'what were you doing when you were

Sahajvidya - Speediness

pregnant'... she told me... in the night, she used to work in the factory, and the whole day she used to work in the house. Imagine... you pay no respect to your pregnancy... what will happen... if the mother is so speedy, the child gets it. You see, the mother has an influence on the child isn't it... the blood of the mother goes with the child... and that blood carries the message... that's how the child gets it... and that's very difficult to cure also. One has to know also, when you are pregnant, how to treat your children, how to be looking after your foetus. One has to know all these things... these are very important basic things which we do not know (821008)

In a spiritual seeking... speed is not felt at all, you see... just be quiet... quietude is the best way to ascend... your speed will reduce actually... will come to a position where it is maximum for your quietude (880921)

Destructive things always spread very fast (790608.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 870500.1 Untitled talk - see 870503
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790608.2 Maria's House Tape 2 poor
- 870500.2 Australia PP [PP video set 5/1] good 35
- 880921 Speech at Ammonk Ashram, New York good 35
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 980712 To be obedient to the Guru, Cabella

Chakras affected: Swadisthan

Spinal Cord

The mechanism that is placed within you... is placed inside your spinal cord, except for the last chakra, which is red in colour, and which is outside... and which controls the pelvic plexus within you... is the most important chakra... which emits innocence (771121); The chakras, which are placed either in the spinal cord or in the brain... cannot be seen with the naked eye... give rise to the gross centres outside. The Mooladhara chakra is below the Kundalini and alone is not pierced by the Kundalini when she rises (791203); The Kundalini is... settled down in the Triangular Bone down below there... in the end of the spinal cord... that is a sacred place... and is waiting there to arise (800102)

Now... a 'centre' is formed... by the coming together from the left and the right, (indicating the left and right channels coming together, to form a single central channel - Ed)... and this (indicating the resulting central channel - Ed) is the one through which the Medulla Oblongata passes... the Spinal Cord... this is the Spinal Cord (821008)

It is the Soul... which lines the spinal cord... which looks after everything... even before Realisation... which looks after the Parasympathetic nervous system... little, little things, you know, it looks after... just it tries to keep us on the right path... gives us a conscience... and makes us think about the truth... to seek the truth... to know there's something wrong with society (950625)... and is comprised of elements of Fire, Air, Ether plus Spirit and Kundalini. At death the earth and water elements die (810921)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

-800102 God's Love, Patkar Hall - see 800102 Poor 50

771121 Tantrism, Caxton Hall poor 75

791203 When You meet Me - Caxton Hall good 35

800102 God's Love, Patkar Hall/Deities on various Chakras, Delhi

810921 Shri Mataji in America, NY, day 2 (Nice Q&A) good 35

950625 Richmond Park talk, Richmond Not good 45

Spirits

The dead... people who have died, who hang around and cause problems (810829; 900811.1), and can cause lunacy (890806); Who exist around the churches, because of the dead bodies buried there (820711); That are the entities that are dealt with in Spiritualism, Parapsychology, and by the Charismatics (820711); It was Christ who drove the 'spirits' into the pigs, so showing that we should have nothing to do with the dead, with the spirits (810330); If the 'cross' is shown, the 'spirits' run away (810330)

If you go into the Collective Subconscious, some of these busybodies... these dead spirits can catch hold of you... they can enter into your being... and they are the ones who give you this power of dowsing... you see that you start knowing there is water... because there are some spirits in you which can do it, you see. ESP and all those things, come from the same source. There could also be some on the right hand side... the Supraconscious ones, which are very aggressive - Hitler used them. He is the one who used these Supraconscious people... these very aggressive people... and enticed the poor German people and made them so aggressive (821008)

These two areas... the Collective Subconscious, and the Collective Supraconscious... are to be avoided. For example... somebody sees auras around me... I would say he should not... it's not proper... because then you are on the right side... but if you see some Gods and Goddesses around me, that also is not good... because you are seeing the left side, the past. What you have to be is in the centre... in the present. So all these things come to you from some busybodies... that they enter into your being... even these people who cure... these Spiritualists. All these are taking you to a realm which is not your own... it is somebody else... who is acting. Even a thing like Acupuncture... because acupuncture uses whatever energy is within you, of the sympathetics - this is the energy... which is all the time flowing, when you get connected to the mains... all the time it's flowing within you (821008)

Sahajvidya - Spirits

When the Supraconscious spirits come in... you become over ambitious... you start getting ideas... how to organise... how to do this... how to... (790609.3); There are some scientists, who have died... and who never were satisfied with the progress that they made... so they come and give you ideas... it's all Supraconscious (790609.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford, see 821007(Video) Good

790609.3 Maria's House Tape 3 poor

810330 Vishuddhi & Agnya, Sydney Poor 170

820711 Nabhi to Sahastrara - Derby good 90

890806 Shri Bhairavnath Puja - Garlate, Italy good 25

900811.1 Shri Saraswati Puja, Vancouver, Canada good 40

- end -

25 Dec 2002

The Spirit

The reflection of God Almighty (or Sadashiva), in the heart; The spectator, the 'knower of the field' (810829); Sat/Truth... Chit/Attention... Ananda/Joy... residing in the heart (810928); Not seen, but by which we become aware of the Divine, become aware of our chakras and nadis (961020); That which knows everything about us... that which sees everything... sees our own hands... yet is not those hands... that which sees all these things, is us - the Spirit (790616); Which is untarnishable, which cleanses you and gives you light (840708); The Atma (851128), which is the source of Absolute Truth and Joy... the Spirit which is important - the rest is zero, is unimportant (821101); It is beyond the mind (830512)

The mobility of our movement is so great... I would say 360 degrees... because you are stationed in the centre, in your spirit. You can move any way you like, as long as you are centred in your spirit. But this is an important point which we need... that we are centred in our spirit... and whatever movement we do... as long as we are centred in our spirit... is necessary for our growth... for the growth of the collective (850310); Beauty and auspiciousness go hand in hand... they are not two things... because beauty is a thing that gives joy to your Spirit, and auspiciousness is the same, which gives joy to your Spirit (800927)

In English, the 'spirit' could be... the Atma... could be an alcohol... or spirit could be a dead body. So the Atma, the Spirit has to be found out... it is said even by Mohammed Saab... he said you have to become the Pir... it is said by Zoroaster... by Lau Tzu... also by Zen... Buddha and Mahavira have said it... everyone of them has said it... the truth... that you have to be born again (840622)

Sahajvidya - The Spirit

The Spirit is existing... creating waves... it vibrates... without any percussion. For example... to make a sound... I have to clap my hand, one to another... or, supposing... a stone... thrown in a pond... has to hit the water... to create that pattern of waves... but the Spirit... just without any percussion, it creates. It is said that Spirit is Nisbund... it is not a thing that goes into percussion... it doesn't create this Bundana. For example, I am sitting here... you can feel my vibrations... the waves are coming... without any percussion... it just emits - in the same way... your Spirit. Maybe you feel it when you touch it, through your Kundalini when it is awakened... but when it is connected to your attention... then your attention receives those waves without percussion... which flow in your hands as Chaitanya Lahari, as these waves... and because it is coming from the Absolute, you get a complete answer about the Absolute, from this (791009.1)

What is it makes you believe that you are the pure Spirit. You are the pure Spirit because whatever is the description of the pure Spirit, that it is aware of the Divine Power... that is how you are... because only through the pure Spirit as your personality, you can be aware of the All Pervading Power... this is written in all the Shastras, in all the scriptures... you know about your own chakras, your own nadis... and you can see yourself very clearly (961020)

It is your Spirit which is going to guide you... so if you want to develop the strength of your Spirit... you have to listen to it (891203); You can manoeuvre the Kundalini, but not the Spirit... you can raise your hand... the Kundalini will move... you can give it a bandhan... it will go round and round... but what about the Spirit... you cannot manoeuvre it... you have to bring the Kundalini to look after it... you have to take the Kundalini there... to the heart, so that this 'little offspring' just now, has to be carefully developed and matured (830821); The Spirit cannot be killed by anyone... it is eternal... and Christ had to prove it... with His resurrection (811006)

Sahajvidya - The Spirit

Spirit is the solution... it is the Collective Being... it is the source of all the vitality... of the creativity... and of the joy and bliss (821008); Spirit is the reflection of God Almighty, which resides in the heart actually... but the seat of the Spirit is here, on top of your head, where is the fontanelle bone area... but it resides in the heart... it is the collective being (821007; 900811.2)... is an Absolute thing (860707.1)

If we are not worried about the Spirit, then there will be all sorts of problems - open the heart fully to Sahaja Yoga, to the Spirit (821101); If your attention is somehow turned towards the Spirit then what happens to you is that you become the power of the spirit, and the power of the Spirit is the highest power that you can think of (980320); The best way to be with your Spirit, is to forgive... because then your thoughts will go away... the less you think... and the faster you move with your Realisation - do not argue it out, or think it out, but just try to become... you have to become (800907); The understanding of the spirit is only possible for people who have understood the meaning of Lakshmi principle first of all. Once you are absolutely satisfied with the material wealth, then you start coming to the spirit (860921.1)

The Self... is absolutely self satisfied... it does not need anything to satisfy itself... it is satisfaction personified... it just sees... watches... witnesses... it knows. And you don't have to tell or to express too much... it is self-expressing... if... if you are a clean person... if your desires are clean... and that you just have pure desire to ascend. So again I have to talk about Kundalini... that you must have a Kundalini completely establishing itself within you... completely expressing within you... and enlightening your Self. Such a Kundalini should be there... and only possible if you do not put hurdles in her growth - if you allow it to grow... it grows and it works out. I see sometimes when you are overjoyed, you dance and sing... that's something really very good... but all the time your Spirit should dance, at the smallest things... at a little thing that is made... say something artistic that you see... a gesture of kindness... a gesture of gratitude... you feel it - that depth of feeling (010321)

Sahajvidya - The Spirit

The Spirit is a sensitive thing... and so that it should shine in your attention... you should know that your attention has to be congenial to the Spirit. If the attention is not congenial... then the Spirit doesn't shine. So steady the attention by balancing the eyes, the thoughts, the desires. Keep the attention integrated with your 'being'... not with your ego - this is where discretion comes in (801116)

The Spirit is the one that loves, unconditionally - it just flows. Spirit is the source of Love and also of Peace, but also of Joy - joy starts bubbling in your life. Then also it is the source of Truth - on your finger tips you will know. The Spirit resides in you like a Light - it is a light in you. It cannot be destroyed by any weapon - it lives, and lives for ever (980320); Atma is all the time giving... it cannot receive - that is why it is untarnishable... it is unsurmountable... nothing... nobody... can dominate it... it is 'above' (.0011); When our attention goes to something away from the Spirit, then the problems are there - are you one with your Spirit. It works because it is in connection with the God Almighty... with the All Pervading Power (980320)

The heart has got seven auras around it... which get enlightened by the Spirit... it's a very instantaneous or you can say simultaneous happening. But, before that... when the Kundalini rises... there are the seven centres represented on the seven seats in our brain... all the Sahaja Yogis know where they are. So when these centres are enlightened... the auras start shining in the heart. And 'this' centre is actually the seat of the Spirit... the Spirit has moved from there and has gone to the heart... that's why in childhood you'll find there's an opening here... it's a very soft bone called as the Fontanelle Bone, the Talu... because the Spirit comes out from there and is settled on the heart. You know Spirit also comes out in the night sometimes... goes round and sees - it's so (800721)

Sahajvidya - The Spirit

So when the Kundalini rises... first these centres get enlightened here... then in the brain... then the auras in the heart start getting enlightened... ultimately, when this centre which is the centre of the heart here, in Sahastrara, this point... when this gets enlightened, then the Spirit also gets enlightened fully... and then these auras become doubly shining... then the auspiciousness in many dimensions starts expressing itself. But to keep that light on... one has to keep the Kundalini over here (800721)

Then what happens... then we are ruled by our hearts... rather than by our brains. And the more you depend on your vibratory awareness... the more you use your heart, your Spirit, and not your brain. The more you use your brain... again you go down... because it is taken over now by the Spirit. But if you can... just leave it to your heart to work it out... and don't think... because you are in thoughtless awareness after Realisation. And if you try to maintain that state... pay attention to your heart... let your Spirit emit itself... so that it clears out completely the confusion of the brain and everything... then you'll be amazed that you cannot lose your vibrations... you cannot lose your Realisation (800721)

- Jai Shri Mataji -

Sahajvidya - The Spirit

Tape References:

Date/Ref - Title - Qual - mins

- 891203 Farewell talk, Shudy camps - see 891008 good 35
- 860707.1 Press conference, Vienna - see 860707 good
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 830512 Hampstead - see 840802 (Video)
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 790616 Dr Johnson House, Birmingham not good 55
- 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
- 800721 Auspiciousness - Caxton Hall good
- 800907 How to know where you are - Chelsham Road good 120
- 800927 Lethargy, Chelsham Road good 75
- 801116 New Age - Plaw Hatch Seminar good 70
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25
- 830821 Mother Earth, Surbiton good 50
- 840622 South Bank Polytechnic, London good 40
- 840708 To Know the Truth - Ilford [with 40 mins Q&A] good 40
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 851128 William Blake, Hammersmith (C100) Not good
- 860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- 961020 Navaratri Puja, 'Be aware of your own state', Cabella good 55
- 980320 Felicitations, Delhi good 55
- 010321 Mother's Birthday Puja, Delhi good 50

Spleen

The spleen... the speedometer of the body, which gives us the rhythm of life. When we start living at a fast pace... at a hectic pace, and are all the time thinking, the Swadisthan is unable to cope, and the spleen goes out of order, and starts producing too many blood cells... and this then results in blood cancer (890801); The organ in the body, producing blood corpuscles in response to emergencies, and under the control of the Swadisthan, and which when it malfunctions, becomes hectic and may result in blood cancer (870500)

The Swadisthan... the second subtle centre, which is actually the third centre arising from the Nabhi as on a stalk (810928)... controls the liver, pancreas, spleen, uterus (810928) and part of the intestines and kidneys (870500), and also the ovaries (840313), via control of the Aortic plexus (870500), and converts fat cells in the stomach for the use of the brain (811005); Now... when you are thinking, the cells of the brain are replaced every minute... by the fat that is in your stomach... by this centre of Swadisthan... in the gross expressed as the Aortic Plexus (821008)... and so if the control of the Swadisthan is diverted... away from the organs... to the provision of fat cells... for the brain... this can then result in diseases such as blood cancer, and diabetes from unhealthy spleen or pancreas respectively (890801; 870500; 811005)

A person who thinks too much, plans too much, and thinks he is responsible for the whole world affairs... in this myth... develops his ego to a great extent... by which his left side suffers too much... and then he develops all the problems of the left side in the organs (811006); Leukaemia... a disease which can result from a malfunctioning spleen, caused by a right side imbalance of the Swadisthan Chakra (840313; 870500)... can also result from a left side imbalance of this chakra (840313), if we follow wrong gurus (830129); People who work too hard for material, physical things, can catch on left Swadisthan, and can get spleen problems (790507); Blood Cancer... happens because of spleen (820514)

Sahajvidya - Spleen

If you excite the right side Swadisthan... your left Nabhi catches. Say if you are a big thinker, a big planner... then what happens, you get diabetes... because you are using your right side Swadisthan too much... and because of that there is an effect on the left hand side Nabhi... you neglect your wife... you become harsh to her... are unkind to her... your left side starts becoming weak... and makes your spleen and pancreas very weak (790609.3); The Left Nabhi controls the two important organs of Spleen and Pancreas (860921.2)... so when the left Nabhi combines with either the left Agnya or the left Swadisthan, then you can become vulnerable to blood cancer (860921.2)

Leukaemia is caused more by speedy people... not so much by people who are futuristic, but more by people who are speedy... because the spleen acts for our emergencies. When you are thinking... the cells of the brain are replaced every minute... by the fat cells that are in your stomach, by this centre of Swadisthan (821008)... so the control of the Swadisthan is diverted from the organs, to the provision of fat cells... resulting in diseases such as blood cancer, and diabetes (890801; 870500)

So then this spleen loses it's control completely... and it starts producing additional blood cells... more and more blood cells... and when they become too much, they start growing on their own. But... it can easily be cured... because when you put your hand on the spleen, if you are a Realised Soul, the energy flows... and the spleen settles down, because it gets new vitality... it gets the wisdom from these vibrations... because this is the energy which thinks, cooperates, organises, sorts out... and when given to this spleen, it becomes wiser... it rests... it becomes silent. Also if you give the person the balance with your hands... you can make the person much more relaxed, much more silent... that is how you can cure (821008)

Sahajvidya - Spleen

Spleen is very important... is the centre of peace... the one who doesn't have a proper spleen cannot be a peaceful person. The simple thing is... when we eat our food... if at the time we are eating... we are also reading the newspaper... or, if we get onto a bicycle with a sandwich in our hand... is even worse... and we are rushing to work... and, we get so frantic - and so if we are eating our food in such a hurry, and in such franticness... then we are out to get trouble with the spleen... and we can get blood cancer... and among young people is very common. Now if the mother... or the father... is of that temperament... the children might be born with blood cancer (820514); Best not to read newspapers in the morning time, because we can get upset, and the spleen then works overtime to produce red corpuscles... we get in a rush to get to work... and so we may end up with leukaemia, or heart attacks; Leukaemia may also result if the Gruhalakshmi is ruined (830131)

Mothers who are hectic by nature, very anxious to do this, to do that, and are also very hectic with their children, can give blood cancer to their unborn children, whilst they are still pregnant (860921.2); Now the children get it, because the mother is like that... the mother must be a speedy lady. Imagine... you pay no respect to your pregnancy... what will happen... if the mother is so speedy, the child gets it. You see, the mother has an influence on the child isn't it... the blood of the mother goes with the child... and that blood carries the message... that's how the child gets it... and that's very difficult to cure also. One has to know also, when you are pregnant, how to treat your children, how to be looking after your foetus. One has to know all these things... these are very important basic things which we do not know (821008); Many cases of blood cancer have been cured... but that is not our job - it happens spontaneously as a by-product of Kundalini awakening (820514)

Anaemia... a problem of the spleen (811006)

- Jai Shri Mataji -

Sahajvidya - Spleen

Tape References:

Date/Ref - Title - Qual - mins

- 870500.1 Untitled talk - see 870503
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 820514 You must become the Spirit - see 820514 good 45
- 790507 Sahaja Yoga Introduction good 60
- 790609.3 Maria's House Tape 3 poor
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 811005 Beauty that you are, Houston good 70
- 811006 From Krishna to Christ, Houston (A New Age has started) Not good 80
- 820514 You must become the Spirit/Puja on Fighting Asuras
- 830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70
- 830131 Nabhi Chakra, Delhi good 80
- 840313 Intro Talks - Delhi and Hampstead
- 860921.2 Role of Belgium and Holland, Mechelen good 65
- 870500.2 Australia PP [PP video set 5/1] good 35
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Chakras affected: Swadisthan; Nabhi

Spondylitis

Guilt... is one of the main reasons for the left Vishuddhi catching, for the left Vishuddhi getting into problems (810330), and may lead to spondylitis, or pain in the heart (820711); Feeling guilty... that's the worst disease of the West. By feeling guilty, you get spondylitis, thyroid, all kinds of troubles (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good
820711 Nabhi to Sahastrara, Derby good 90

Chakras affected: Left Vishuddhi

- end -

28 Jun 2003

Spontaneity

Living processes, like the Kundalini awakening, are all spontaneous (850510); Everything that has happened in this world, that is living, has been spontaneous... even the creation of this world has been spontaneous (790720); When all external desires dim out, and the real desire to be one with the Almighty remains, then the Kundalini can rise spontaneously. It has happened to very few people - Buddha and Mahavira were human beings... who achieved Godliness (800609)

You have to learn to be spontaneous (980510); If you are very spontaneous, immediately you will know what the other fellow is trying to do, or say, or to communicate to you... you don't need much thinking about it, because you can absorb even the thought of another person. Absorb doesn't mean that you take the bad thing of a person, but it's like a sieving out... you absorb what another person is saying, and sieve it out (970525)

Shri Ganesha is the one who is Sahaj, who creates spontaneity (860907); Spontaneity is the only capital that we have... it has to grow - surrender to spontaneity (811103); The expression of love is very spontaneous... but for that spontaneity to come, you must get rid of your habits... otherwise you can never become spontaneous (850310)

You cannot put in any effort to achieve a living thing like Self Realisation, which is spontaneous (811005), but effort is needed later on to maintain it (840702); It is necessary to put in an effort after Realisation, not before. Before, you cannot do it... but after Realisation you have to look after yourself... to look after your being (800809)

- Jai Shri Mataji -

Sahajvidya - Spontaneity

Tape References:

Date/Ref - Title - Qual - mins

Spontaneity

- 850510 Becoming the Light Within, Hampstead - see 840313 good 35
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 790720 Cardiff Public Program good 30
- 800609 Subtlety Within - Caxton Hall good 50
- 811103 You must grow fast in SY, Brahman Crt [Fr. translation] good 75
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 970525 Respect the Mother Earth, Cabella good
- 980510 Meditation is the only way, Sahastrara, Cabella good 60

Effort

- 800809 What are we inside - B'ham good 30
- 811005 Beauty that you are - Houston good 70
- 840702 Hampstead Public Programme - [sound quality very poor] poor 40

Spreading Sahaja Yoga

Those who are humble... who are kind... will attract more Sahaja Yogis... so it is important to change your temperament. If you try to show off, nobody is going to be impressed by you... if you think you are something very great, nobody is going to look at you. Be very humble, kind, generous... also very joyous. If you are really doing Sahaja Yoga, no sickness can come... no trouble can come... it is a fact... try to understand (001231)

You should never go to extremes in anything - only in the middle or centre can Sahaja Yoga be worked out (830131); If Sahaja Yoga has to spread collectively... it is only Love that is going to work it out... no other way we can do it. Love is a source of energy that makes things grow... is a living energy (910728); Sahaja Yoga is not going to work by advertisement, by the Photo... but by your work, your responsibility in shouldering Sahaja Yoga to spread and establish it. Dynamism is going to impress; Running courses, knowledge without love, is not going to work - rather it should be love, with knowledge (890611)

What I have seen... that we are very shy... shy about Sahaja Yoga... we are little shy to talk about Sahaja Yoga - you have to do it... you should start talking openly about it... if I was shy like you, Sahaja Yoga would not have spread. One should not feel shy about Sahaja Yoga... otherwise what happens... that it just melts away with you... don't feel shy... you should talk about it... wear the badge... with the badge people will ask you questions... 'who is this one'... then you talk to them... any way you like, you should expose yourself... and that will work out better (000507); You should not show interest in people who have no interest in the photograph... if they are not interested in the photograph... just forget that person... you see that's the best way (791202.3)

Sahajvidya - Spreading Sahaja Yoga

If new people are not coming, maybe there is something wrong with you - we have to be smart people, and spartan. We have to be deep and impressive - change your lifestyles (890611); A great understanding has to be within us, that we are growing within ourselves... but if we do not manifest, if we do not show our qualities, if we do not express it in our life, in our doing, in the meaning of our life, then Sahaja Yoga is not going to spread... nor is it going to help you much (890423)

We must behave in a very gentle way - to attract others, have patience (830725); You have to get more and more people - you won't enjoy unless and until you get more people into it. But keep your dignity, your poise (801116); When the magnetism of Shri Ganesha is awakened in you, you will be amazed, that people will start running towards your ashrams, instead of running away (860907); We have all kinds of problems in Sahaja Yoga, especially when we find that people are not so much attracted to Sahaja Yoga, they are few in number... then you feel very bad about it. But have you tried to meditate on this point, and have you tried to put this problem to the Divine Power (980510)

You have to do Sahaja Yoga, you have to spread it. You have to venture, without any fear, collectively and individually, forgetting as to what will happen - you won't go to jails... you will not be crucified. This is your work... you have to do this and nothing else... it is important (890423); You'll have to go to churches... to Universities, and to all such congregations, where they have no idea about what they can achieve, and tell them without any fear, without any malice. You can talk to them... you should tell them how we are here to help, for your good... not for our good, but for your good... the Kundalini within you will be very happy to help you, and do the needful for the emancipation of the whole world (970525); But supposing there are people from one family... so you don't discuss Sahaja Yoga with them - either they will fight... or they will combine to be against Sahaja Yoga (770126.1)

Sahajvidya - Spreading Sahaja Yoga

The ladies should try... they have to stand up in their own freedom... they have to be independent, and should have right ideas about everything... if the ladies come up in that way, Sahaja Yoga will spread very much. Men are working much more for Sahaja Yoga than women are... I can understand, because they have family, they have children... but the most important thing is that once you take to active Sahaja Yoga, then your children also come up well... the family's also looked after. After all there is this Divine Power which looks after all of you... you must believe in this Divine Power (980712)

The women have to go about to give Realisation to others... but men are more active that way, and women are not. Men are active, but don't meditate... women meditate and men do outside work... it's not going to work out... so one has to meditate, and one has to go out to spread Sahaja Yoga... both things have to be done. Supposing now you meditate, and you don't spread Sahaja Yoga... you'll never ascend... so if you're not helping to the collective, the Kundalini says 'alright... you are alright as you are'. The main activity should be... have we given Realisation to others (970525); You don't know what joy you get when you give Realisation to somebody... the most joyful moment is when you give Realisation to somebody... just try it... try once and you'll enjoy it... and then you'll want more and more and more (970525)

A new century is starting, and so many things have to happen, and all of you must decide that you will do this or that... whatever is your understanding is, about spreading Sahaja Yoga, you should try to do... all of you should put your mind to it. If women can't go out, they can write down something... they can write about their spiritual ascent, or about whatever their experiences are (980712)

- Jai Shri Mataji -

Sahajvidya - Spreading Sahaja Yoga

Tape References:

Date/Ref - Title - Qual - mins

- 001231 New Years Puja, Kalwe - see 001225.2 not good 25
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 791202.3 Guru Puja Pt 3, Dollis Hill (Q&A) - see: 791202.2 Poor 0
- 770126.1 Bordi Attention - see 770126.1 poor 40
- 801116 New Age - Plaw Hatch Seminar good 70
- 830131 Nabhi Chakra - Delhi good 80
- 830725 Guru Puja, Why in England, part 4 - Lodge Hill good 50
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 890423 Archangel Shri Hanumana - Margate good 45
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 910728 Guru Puja - Cabella good 60
- 970525 Respect the Mother Earth, Cabella good
- 980510 Meditation is the only way, Sahastrara, Cabella good 60
- 980712 To be obedient to the Guru, Cabella
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

Statutes

The statutes of Sahaja Yoga, the dharma of a Human Beings: Not harm anyone; Testify to the Truth; Develop detachment, where Spirit is everything; Lead a moral life; Not accumulate too much possessions, but enjoy generosity of giving to others things that are dharmic; Use natural things, and be 'normal'; Overcome misidentifications, like our 'religion' and 'nationality' (800727)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70

Sternum Bone

The Sternum Bone... is under the control of the 'Centre Heart' Chakra, and produces antibodies (Ganas) to fight infection or attacks (MME); Jagadamba... first incarnated 14000 years back, and whose quality includes security, and who controls the sternum bone and antibody production, and who incarnates many times to kill and destroy the evil forces, the Rakshasas, or devilish people; Mother of the Universe residing in the centre heart; Part of Adi Shakti, the Desire Power of God (941009; 810829; 811005)

The antibodies... called 'Ganas' in Sanskrit... are under the control of the sternum bone, by which they are produced, and fight off 'attacks', or diseases... are ultimately under the control of the 'Centre Heart' chakra (MME)... where til the age of twelve years, we develop our antibodies... which later on in life go into the whole body... into the circulation and fight our diseases... and... fight our emotions (790722)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

MME = Meta Modern Era by Shri Mataji Nirmala Devi

790722 Leeds at Jim's House poor 45

811005 Beauty that you are - Houston good 70

941009 Navaratri Puja, Cabella, [video says 941008] good 55

Chakras affected: Heart

Stomach

The Solar Plexus... which is the outer manifestation of the Nabhi chakra (790722)... and has 10 sub-plexuses, or petals (840718)... controls all the organs in the stomach area (790616)... looks after all the viscera of the stomach, physically... and mentally it looks after other things... like with any extremism, it gets caught up... or with any fanaticism, or for example... starving, fasting, or eating too much (790618)

The second subtle centre, the Swadisthan... which is actually the third centre arising from the Nabhi as on a stalk (810928)... converts fat cells in the stomach for the use of the brain (811005)... but also controls the liver, pancreas, spleen, uterus (810928) and part of the intestines and kidneys (870500), and also the ovaries (840313) via control of the Aortic plexus (870500); Now... when you are thinking, the cells of the brain are replaced every minute... by the fat that is in your stomach... by this centre of Swadisthan (821008)... and so if the control of the Swadisthan is diverted... away from the organs... to the provision of fat cells... for the brain... this can result in diseases such as... diabetes from an unhealthy... pancreas (890801; 870500; 811005)

The upper part of the abdomen or stomach... is the centre of your mastery over this power of Love, or Divine Vibrations... whilst the lower part of the abdomen... is the centre of Pure Knowledge, absolute and pure... which gets the knowledge about the roots and the knowledge how to work out this Divine Power... the laws that are Divine (871116; 840410); At Nabhi we say 'I am my own master, I am my own Guru'... this will correct, if you have been dominated or misguided in your spirituality (871116; 840410; 821008)

If there's a tradition of dharma... then what happens... that the fat cells in our stomach get the experience... get charmed with the sense of virtue, of righteousness, of goodness, of innocence... and so you use that power to enlighten your brain, which surrounds actually as auras your heart. But if that is not so... it's like a dead... another cell going in the head... and then experiences in dirty things... in doing something that is destructive (850310)

Sahajvidya - Stomach

Our attention, our awareness, is based in the stomach, in the void, and can be spoiled by drinking alcohol, reading bad books, following wrong or bad Gurus, fanaticism, identification with one religion to the exclusion of others, and by materialism; Adultery... is against one's Dharma, and can spoil the void area in the stomach (781005); We can become confused and wobbly when we drink alcohol, which is against our attention (810328); Religion is in your stomach, is within you - that which is falsely made is not religion (790507)

Your stomach is your Guru (781005); All the Gurus, all the Prophets are in the Void, are in the stomach (790720)... and which catches, when we have had the wrong type of a guru (800727); Lakshmana resides on the right side of the stomach, and looks after the right side... and the liver, which gives us the ego part... and which he destroys (861223); The place of the wife, in the subtle system, is on the left hand side of the stomach, in every human being (781005)

Problems of the stomach area are helped by taking vibrated salt, which absorbs all that is mobile... for left side problems take salt; For problems of the right side... of the stomach area... take sugar - 5 of the dharmas are helped by salt, 5 are helped by sugar (781005)

Watch your hands, to see if they are shaking, or if there is heat on one of the hands. If the left hand is shaking, put the right hand on your heart. If the right hand is shaking, put the left hand on your stomach - with the right hand towards Mother (830302); If there is shaking of the hands, open the hands (790507); If the eyelids are flickering, then keep the eyes open, and look at the Forehead of the Mother; To reduce the shaking, and soothe the individual, put the left hand on the centre of the stomach and the right hand towards the Mother; Nervousness... can result from too much thinking, and can be soothed down by placing the left hand on the centre of the stomach, and the right hand towards the Mother (801027)

Water in which the Shri Ganesha Tattwa is enlightened, and which when applied to for example the eyes or taken into the stomach, it acts (890808); We can use vibrated water to improve the attention, by drinking it so that it works on the void area; Water can be vibrated by Realised Souls, and when taken in by someone, can then

Sahajvidya - Stomach

make that person dharmic. If taken in repeatedly, then that person will not get cancer of the stomach. 'Curing Waters' are vibrated waters. Given to plants etc. will produce better crops (781005)

When the Ekadesha Rudra becomes very strong... on the physical level, it can become... horrible troubles with the body... like cancer. Actually cancer can be felt on the stomach... you can feel the lub-dub on the stomach itself. If it is at the Nabhi place... you can feel the pulse, fast. Diseases like cancer... any destroying diseases... can start, which are very very fatal... because Ekadesha Rudra is the destroying power... the essence of destroying power. If it starts working on one side... it can spread to the other side also... so your Guru Tattwa must be respected. Even in Sahaja Yoga, if you just look after yourself, and don't worry about others... then also your Guru Tattwa can be in trouble (0.0012); Also you may start feeling a throbbing here (indicating the solar plexus area - Ed)... of course throbbing doesn't mean that a person has cancer, but it's one of the symptoms (821008)

Too much tea is very dangerous, it's not good for you... so limit your tea taking. Because of this tea, your stomach goes out of order... you cannot sleep... it's a wrong thing. You people take too much tea... it's very injurious for the intestines... so much tea... is very wrong... plus milk with it... milk gives you diarrhoea. Limit your tea taking... or if you have to take many cups of tea, see that it is a very light tea. But this Marathi tea... only one cup in the morning is sufficient. So reduce your intake of tea. Water should be increased... more of water, less of tea; If you see how much our Mother takes tea... She may even take 10 cups... just to please us, but no sugar and no milk (881221)

Mango juice is not so good for people who have diarrhoea - the Indians know... that it's very hot, and creates heat in the stomach, though it's very tasty (881221); And don't buy any food on the road or anything and eat there... so that your stomach is kept well, and you enjoy the best of health (in India - Ed) (881207)

Sahajvidya - Stomach

Also you can put the clay on the stomach to take out the temperature... it's a natural way (881221); Here in India we use the clay, to clean our hands, because the clay here is very good... just use the clay nicely... and clean your hands - it's very important (881221)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 870500.1 Untitled talk - see 870503
- 861223 Nasik - see 861221 good 15
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 0.0012 Weekend seminar in Pune, Tape 2 good 50
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 790507 Sahaja Yoga Introduction good 60
- 790616 Dr Johnson House, Birmingham not good 55
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 790720 Cardiff Public Program good 30
- 790722 Leeds at Jim's House poor 45
- 800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 811005 Beauty that you are - Houston good 70
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 840313 Intro Talks - Delhi and Hampstead
- 840410.1 Porchester Hall poor 20
- 840410.2 Porchester Hall/South Bank Polytechnic, London
- 840718 Chiswick Town Hall [+33mins Q&A + incom. Experience] good 55
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 870500.2 Australia PP [PP video set 5/1] good 35
- 871116 Porchester Hall [+20 min Affirmations - good] good 30
- 881207 Why do we come to India-Dec 88/1 - India
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 890808 Shri Ganesha Puja - Les Diablerets, France good 45

Stonehenge

Now you all know that there's something about Stonehenge... but what... these are the stones which have come out of Mother Earth... which are emitting vibrations... and the covering of that has been done later on... some people did not understand how these stones came out one after another... so they must have covered it up... but if they were Saints they would have said that... these stones have vibrations (800721)

The Druids at Stonehenge had their origin at that time... when Dattatreya was meditating on the banks of the River Thamas, or Thames... in this great country of Shiva, of the Spirit (830725)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

800721 Auspiciousness - Caxton Hall good

830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50

- end -

28 May 2003

Strictness

A person who is frightful... who is very strict... who talks very rudely... is not a Sahaja Yogi... no way... but the one who looks out... cares... loves... and is very generous is the real Sahaja Yogi. You are people of special qualities and those qualities must be shown in your life. I have never put any restrictions on you... do what you like... whatever way you want to do it, you can do it... I have never been bothering... even about money or anything... but that is a testing ground where you are standing (010321)

There has to be lot of relaxed and a mobile temperament a person should have. If you are absolutely lethargic, lenient, dishevelled, we can say absolutely confused... you are not in the centre... and on the contrary if you are very strict, like a rock of Gibraltar... and like a big Hitler-like behaviour... you should be in time... everybody must have proper steps... must walk properly... that's not being Sahaj... that's not being Sahaj (890709)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

890709 Importance of friendship - Melun, France good 45

010321 Mother's Birthday Puja, Delhi good 50

- end -

27 Oct 2003

Studying

You must all individually also work it out that you study Sahaja Yoga in a way. In most of the tapes whatever I have said can be seen... found out... what is said about health... what is said about children... because I spontaneously say things... and if you can sort it out you will know so many things... I mean if you sit down and do a study of these tapes it will help you to find out so many little little things that are so important for life. You can clarify it... can note it down... that this Mother said about these things... it will be very good for us to sort it out this way... what point is to be noted down in different headings... can put different different headings, and jot it down. Mother has said so... Mother has said so... whatever is not on the tape you should not listen to... whatever is on tape is authentic... whatever is recorded already should be accepted (890725)

We should have the desire to have the complete knowledge of Sahaja Yoga, and should never feel satisfied on that point (910728), and we should be able to answer any questions (850408); Everyone should have one tape each. Some people take one for the centre, and all listen, and that's it... or one tape for the whole country. No, we must have one tape each - sit down and listen again and again - with pencil and paper, and see what I am saying. Every tape should be with you (890611)

I am your Mother... I am your Guru... now as a Guru my main concern is that you should learn all about Sahaja Yoga... you should become experts of Sahaja Yoga... and you should become yourself the gurus... this is the only concern I have... but for that complete surrender is required... then only you can learn what is the way you will handle Sahaja Yoga (900831)

You must learn from the people who have gone ahead... and have faltered... if you do not learn from them, then you are not wise (790618); Sahaja Yoga is learned through experience, and through nothing else - you have to experience, and then believe into it. Those who have penetrating intelligence, penetrating

Sahajvidya - Studying

love and emotions, penetrating movement of the understanding, they experience and learn... experience and learn. The experiences of Sahaja Yoga are the good conditionings, and to get these 'best' experiences, the first condition is of Rutumbhara Pragnya, where we have to be of that level that we get these experiences... otherwise we will be mundane type of person all of the time... and this starts with our meditation, and with the Samadhi 'seed', sprouting into the new dimension (830723.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 890725 Arrival speech - Melicharg - see 890723 good 20
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 850408.2 Easter Puja, Hounslow - see 850604
- 850408 Easter Puja, Hounslow - see 850408 poor 40
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 830723.3 Purnima Seminar, Assume your position, pt 3 - Lodge Hill good 65
- 850408 Easter Puja/Ganesha Puja, Children - Hounslow/B'ham
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 900831 Hanumana Puja, Germany good 45
- 910728 Guru Puja, Cabella good 60

Styles

Hair is a natural thing, as is the beard - Christ had a beard, many Saints had beards. But there are entities, spirits around, and if they see any odd thing, a little bit abnormal, they can be attracted, and will jump into you. The same thing applies to any extremes of dress or any kind of dandiness. We can use this knowledge by dressing, or combing the hair etc., in a different way, and in so doing cheating the spirits. For example if we do not have a beard, then growing one may help, by fooling the spirits (780619)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-780619.2 Working out session - see 780619 not good 0

-780619.1 Yoga Kshema, Western problems, Caxton Hall, see 780619 good 40

780619 Difference between East and West - Caxton Hall

- end -

1 Jun 2003

Subconscious

Area on left side of our being (831001); A person who has moved out to the Subconscious areas... if he comes to me... he can see who I was in my previous life... I do not have to convince him... he can be very enamoured by me... this happens to people if they move out onto the left hand side... that is, into the past (770215)

The left hand side channel, called the Ida channel, represents the Subconscious mind within you... you listen to me through your conscious mind... and put it back into the Subconscious mind... all your experiences go into the Subconscious... that is the limit of 'your' Subconscious of present... beyond that is your Subconscious of previous lives... and beyond that is the Collective Subconscious (771121); When you listen to me... your conscious mind... receives it at this moment... and there is a pre-conscious mind which takes it to the Subconscious. This pre-conscious mind is on the right hand side (771121)

There are three areas, which are very dangerous... where we should not enter into... the Supraconscious... the Subconscious... and down below... is the Hell (831001)

Collective Subconscious

Area on far left of our being, containing all that is dead since our creation... whatever has gone out of our evolutionary process... all those big big animals... all are there within us... and also from which proteins 58/56 invade our being, causing cancer (811005; 831001); Which is a very dangerous zone. If you go to a guru who practices the left side, or take to clairvoyance, i.e. to someone who uses dead spirits, then you can get all sorts of diseases including cancer (830302)

Sahajvidya - Subconscious

When you enter into the Collective Subconscious... any one of these spirits... these busy bodies... can catch hold of you... and once they catch hold of you, you are liable for any of these diseases. Especially, I have seen... if there's a possessed person of course... they become mad... they get epilepsy... all these are possessed people. Epilepsy can be cured... all such mental problems, depression... can be cured... it's not difficult at all... but one must know that if you are possessed, you must really work it out... and see to it that it goes away from you... and you become your 'Self'. Multiple Sclerosis... a disease of the left side... so far I have seen three cases in England, which have been cured by Sahaja Yoga... and all of them had either the wife or husband possessed (821008)

These dead spirits... they can enter into your being... and they are the ones who give you this power of dowsing... you see that you start knowing there is water... because there are some spirits in you which can do it, you see. ESP and all those things, come from the same source. There could also be some on the right hand side... the Supraconscious ones, which are very aggressive - Hitler used them. He is the one who used these Supraconscious people... these very aggressive people... and enticed the poor German people and made them so aggressive (821008)

These two areas... the Collective Subconscious, and the Collective Supraconscious... are to be avoided. For example... if you see some Gods and Goddesses around me, that is not good... because you are seeing the left side, the past. What you have to be is in the centre... in the present. So all these things come to you from some busy bodies... that they enter into your being... even these people who cure... these Spiritualists... that's very dangerous. All these are taking you to a realm which is not your own... it is somebody else who is acting. Even a thing like acupuncture can be very dangerous... because acupuncture uses whatever energy is within you, of the sympathetics - this is the energy... which is all the time flowing, when you get connected to the mains... all the time it's flowing within you (821008)

Sahajvidya - Subconscious

Tape References:

Date/Ref - Title - Qual - mins

- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 771121 Tantrism, Caxton Hall poor 75
- 811005 Beauty that you are - Houston good 70
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 831001 Santa Cruz interview good 45

- Jai Shri Mataji -

Subservience

Now the men have to be compassion, kind, considerate... but never subservient... never subservient. The women have to be... great, large, receptive, receiving and nourishing. So a woman must try to be a woman, and a man must try to be a man (830821)

Humility doesn't have any subservience, and is very different to compassion. Humility is a very human quality, is a special quality only the bhaktas have. It is such a beautiful quality (850901)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

830821 Mother Earth, Surbiton good 50

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

- end -

31 Mar 2003

Subtle Mechanism

In us is placed the germinating force... it is all built in... it's like a computer... absolutely a living computer. Within us is placed through our evolution, one by one, step by step... all these points... which have been properly put down... in our backbone... in our brain... in the limbic area... absolutely in a perfect manner... and only thing that one has to do... is surrender... is to accept it (790608.1)

Yantra... is the mechanism... is the Kundalini... is a living force within you... it exists... it is placed for your Realisation... is a Holy mechanism... and Tantra means the technique which works out our Self Realisation... and is to be known and understood fully... is the manoeuvring of it... the technique of it... which came into being... but was a secret science (771121)

The mechanism that is placed within you... is this beautiful thing inside, which is placed inside your spinal cord, except for the last chakra, which is red in colour, and which is outside... and which controls the pelvic plexus within you... is the most important chakra... which emits innocence. The Deity sitting on it is Shri Ganesha... who represents the stage between animals and man... and, the head is that of the animal... showing... that an animal does not have an ego... that a man is different from an animal... that the animal is innocent... that he doesn't know what is sin... that is why he is innocent. He is innocence personified... and he incarnated too on this Earth... as Lord Jesus Christ. He is made of that essence of Divine Nature of God, that we call as Parama Tattwa... the highest essence of God... his body is made out of that... and that is the reason he could resurrect. At every point, at every chakra... he bestows on you the blessings of his innocence (771121)

On the left hand side of this mechanism, there are 7 stratas... on the right hand side, there are 7 stratas... down below there are 7 stratas... and on top, there are 7 stratas. The left hand side channel, called the Ida channel, represents the Subconscious mind within you... you listen to me through your conscious mind... and put

Sahajvidya - Subtle Mechanism

it back into the Subconscious mind... all your experiences go into the Subconscious... that is the limit of 'your' subconscious of present... beyond that is your subconscious of previous lives... and beyond that is the Collective Subconscious (771121)

When you listen to me... you have got a conscious mind... which receives it at this moment... and there is a pre-conscious mind which takes it to the Subconscious. This pre-conscious mind is on the right hand side... just now, the pre-conscious mind is the future that you are thinking about... beyond that is the Supraconscious mind... where all the ideas about future, that you have had before... many lives... those ideas are there... and beyond that is the Collective Supraconscious (771121)

Down below are the 7 stratas of Hell - Hell exists... within us... it is there... and there are 7 stratas of that also. On top of the head is the Superconscious mind, which is the subtle mind... is the Eternal Mind... the Unconscious into which you have to go... also in 7 stratas (771121)

The Kundalini... is aware, it understands, thinks, loves, and organises... when it comes up, and it pierces your fontanelle bone... you can feel the baptism. When it pierces, and enters into the first strata of the Superconscious, the first thing that happens is you become 'one' with the Collective Being... and you start feeling from your hands a cool breeze flowing... vibrations... cool vibrations... called by Shankaracharya as Saundarya Lahari (771121)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

771121 Tantrism, Caxton Hall poor 75

790608.1 Maria's House Tape 1 not good 50

- end -

20 Jun 2003

Subtle System

The right side power is the power of Creativity... of Saraswati. Whatever we desire, we create. Also this power looks after the body, the 5 elements within us. These two powers within us... one which caters for our psyche, and the other for our creativity... are coordinated, looked after, supported by the central power, which we call as the power of Mahalakshmi... which also gives us our nature as a human being... and is the evolutionary power... which acts... otherwise how did we evolve. And on this power only... by the Grace of this power, the Kundalini... the God incarnates... his evolutionary power incarnates... Vishnu incarnates... Narayana incarnates... on this Earth to evolve people to the human stage... and later on, to the super-human stage (800102)

The Kundalini is the Residual force... after creating the whole thing... the whole body... it remains just the same... there... she is the power that is 'your' Mother... own Mother... she is the complete Subconscious... or you can say the complete Mahakali power that you have. She has recorded all the small small things you have done... all the wrong things you have done... and she sits there waiting... so we say she is sleeping... but she is recording everything... and she is waiting there. She knows whatever you have done... and she knows what you desire... she is your loving Mother... she is settled down in the Triangular Bone down below there... in the end of the spinal cord... that is a sacred place... and she is waiting there to arise. You have the most special thing within you, hidden... which is the source of all the Joy... all the Peace... all the Knowledge. You have to have authority, to raise the Kundalini... it's not an easy thing to raise the Kundalini... one must have an authority from God... and that authority is within (800102)

Now, one may come and ask... 'Mother, how will Kundalini solve the problem of poverty'. Why are you so poor - you are poor because your Lakshmi power has not been awakened... why... because you have insulted it. If you know how to awaken your Lakshmi Tattwa, you can

Sahajvidya - Subtle System

be very rich... not only rich, but you will become a Lakshmiapati... in the sense that... you will be satisfied (800102); You can see with your naked eyes... the rising of the Kundalini... if you have a stethoscope, you can feel (800102)

This Kundalini exists... and there are 7 centres within us which manifest outside, in the gross, all the plexuses that the doctors know of. When you get your Realisation... the Kundalini rises, and passes through the Brahma Nadi... and pierces the Fontanelle Bone Area, which is called as Brahma Marandra... and you become one, with the All Pervading Power. And what is the sign... is Saleelum Saleelum... the Cool Breeze which starts flowing... the Vibrations start flowing. When they are emitted, these 5 fingers, 1, 2, 3, 4, 5... 6 and 7... these are the 7 centres in the hands, on the sympathetic nervous system... they get enlightened... and you start feeling in others and in yourself... your inner being... you start feeling what is the matter with another person's chakras and centres... which are the undercurrent of all the problems... physical, mental, emotional, financial, economic, political... every problem. These are the undercurrents which you start feeling... within yourself, because it's Self Realisation... and in another person also because your Collective Consciousness is being awakened. You become 'Collectively Conscious' is the point I am trying to make... it's not lecturing... it's no brain wash... you become. Now you must settle down with it... but it requires a calibre (800102)

So I have to, again and again request you, that please, after getting Realisation also, don't think about it... why... because by thinking you cannot get it... it is beyond thought. Rationality is limited... you have to go beyond rationality... like... when I came to this room... I had to give up my car - in the same way... if you start thinking about it... it goes away (800102)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-800102 God's Love, Patkar Hall - see 800102 Poor 50

800102 God's Love, Patkar Hall/Deities on various Chakras, Delhi

Subtlety

The one very great mystery of life is that whatever fantastic thing that we get, we get it in such a way that we take it for granted. It's very sweet, how it settles down in us, like a leaf falling from a tree. In the same way, we take Sahaja Yoga for granted... and that's the best way - i.e. there is no fear, and no shocks to make us neurotic, or funny people (800609)

Subtler people are the most beautiful, are the most congenial, the most idealistic, and the most honourable... like Christ. The ideal is Christ... always willing to sacrifice, coping with all sorts of discomforts and problems, not talking about yourself, not worrying about yourself, not discussing others and judging others... but giving assurances to other people... that we are at this level... we will be at a higher level, and all the world has to come up to that level... very positive talking, positive thinking, positive doing... in the way that you can really follow Christ. Whatever he had to do, he did with such grace and beauty (871225)

Whatever pleases your Spirit is used in the Puja... is to be given... when you do for God, the blessings come to you... you are blessed; It's a very subtle thing to understand... to move from gross to Spirit... this is the thing by which you move... because first you enlighten your chakras... then by enlightening your chakras your Deities get happy, Prasanna... by making the Deities happy, you get a passage for the Kundalini to pass through... and by making the passage for the Kundalini, the Kundalini goes up... and then your attention starts becoming one with the Spirit. It is step by step you move, from matter to subtler matter, from subtler matter to your chakras, from chakras to Deities, from Deities to... the Spirit. Then Spirit enjoys itself... so there, you do not have to do anything. That's why these things were prescribed... people could not see this linkage... they thought why should we give anything to God... after all it is all His own. You have reached a stage where you have to detach yourself from matter (800927)

Sahajvidya – Subtlety

Subtler things are the simpler things... and gross things... are the complicated things (.0011); As you have seen, your hands take the Kundalini up... but you don't see anything, do you... it exists... it acts... but you don't see. That's what it is... subtle - if you can 'see', it is not subtle... it is gross. I mean, it is so simple... whatever is subtle you don't see... finished (.0011); To get to subtler life... one has to get to the Spirit... to the subtleties of everything. For example... the clay of Maharashtra... every particle is vibrated... it is a very important thing... a very great thing... I myself went to select it... for them to give as a present to you... that's the most important thing you are taking from here... all other things are of a utility of a very gross nature. I was told they were asked to send it by ship... that's very wrong... if it had been silver... you would carry it with you... would you send it by ship (.0011)

So to get to subtler things... is to understand the subtler value... of... everything . It cannot be weighed, or understood through money. In the West, people buy everything as an investment... everything should be resaleable... and this is the curse of that place. If you start understanding things that have vibrations, then you will be amazed that the things that... are not resaleable at all you can say... are worthless you can call it... by all our standards... could be so much useful... like one hair of Mohammed Saab... or... the Shroud of Christ... but that also they are selling now... they are making money out of that also. Thanks to these western people, everything is saleable (.0011)

So once you start going to the subtler side of physical things... not only aesthetics... because aesthetics are also saleable... but to things that cannot be sold... they should be the most precious things for you... the most precious energy for you. That which is the most precious energy for us is the Living Energy. And the sign of a living energy is that it grows... and discards all that is useless for it. It knows how to work it out. In the same way, a Sahaja Yogi should know... what is important... what is unimportant. You are judged every moment (.0011)

Sahajvidya - Subtlety

Then there are jealousies... if Mother says this is not good you feel hurt... if Mother says this is good you feel happy... that means you are still at a very subtler state of ego, where you think that whatever you say should be approved by me. That is something is very subtle we do not understand, that if Mother is not approving of it, there must be basic Divine reason... otherwise why should I not approve of it. We must know that it's all the work of God, and we are just channels in the hands of God (850310)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-871225 Tapasyas - Poona - see 871219 good 25

-850310 Public programme - Masonic Hall, Sydney - see 850310.1 good 25

800609 Subtlety Within - Caxton Hall good 50

800927 Lethargy - Chelsham Road good 75

850310.1 2 Public programmes - Sydney

850310.2 Shri Devi Puja, Sydney good 40

Sufi

Sufi means... according to Indian understanding, Sufi means Saf... and Saf means clean, pure... those who are pure people are Sufis... and in the purity they see nothing but Divine Grace, Divine Love, Divine Peace... they talked of peace only... they could not talk of war. War is absolutely like madness... even animals won't fight like that... you are even worse than animals when you think of war and killing each other... this should not be done, and it has to be stopped completely. Nobody has right to kill anybody unless and until he is attacked (000423)

There are so many Sufis in Turkey, who are born into Muslim families. Sufi comes from 'Saf', which means 'cleansing'. They are very clean people (980706)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

980706 Holland Park School, London 1998 good

000423 Easter Puja, Istanbul, Turkey good 60

- end -

1 Jun 2003

Sugar

Doctors will say you cut down your sugar in general... but it's absurd... sugar is very important for liver... if you don't take sugar I don't know what will happen to you... you will become like sticks... those people who are right sided, if they don't take sugar at all, I don't know what's going to happen to them... they'll be very irritable, hot tempered, absolutely stick like people... they'll hit you like a stick you know... so a general statement like that is very dangerous (830308); Carbohydrates are very important for the body specially if you are thinking too much, if you are a futuristic person... if you are right sided, it is absolutely essential that you must have sufficient carbohydrates... we have treated so many liver patients with sugar (830308)

Is useful for correcting right side problems of the Nabhi Chakra; Also to assist in establishing sweetness of talking (830121); The 5 right side dharmas in the void area are helped by taking vibrated sugar (781005); Those who are liver patients can take sugar, but otherwise you should not take too much sugar (881221); Sugar is so important for our combustion (871213); Diabetes is not caused by sugar by any chance, I can tell you... of course you should not take too much also, I mean too much of everything is wrong... but you must take sugar... it's important for your liver (811006)

Supposing you are a liver patient... so we give you some sanctified or vibrated sugar to eat... white sugar. Now doctors will say... 'don't take white sugar'... but we have cured so many people of liver troubles... also migraines... and this and that... and so many problems of allergies are to be cured (821008)

To get the optimum delight of drinking tea, one should take one spoonful of sugar, not more not less - the same in life, not too much, not too little (800517.2)

- Jai Shri Mataji -

Sahajvidya - Sugar

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 871213 Announcing the New Age, Ali Bag - see 871213 not good 20
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 800517.2 Old Arlesford, Winchester pt 2 (What is a S Yogi) good 90
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 830308 1/2 Hour Intro talk - Melbourne (plus Q & A-25 mins) good 30
- 871213 Announcing the New Age - India 87/88

Chakras affected: Nabhi; Void; Right Side

The Sun

Morning time is the time when the Sun is coming... the rays are coming - that is the special time, when the Sun throws it's real rays of Divinity (781002); The Sun... creates time, through light and day, and dark and night; Is on the right side of the subtle system (781115); The Sun Channel... the Surya Nadi, or right side sympathetic nervous system (811005), acts through the 5 elements (810928)

If there is a problem of the right side, it is better to use the Chandrama mantra (800517.2); Moonlight... is used to correct a right side problem - if there is a problem of the right side, better to sit in the Moonlight (800517.2); Right sided people should not sit in the Sun... they should sit in the Moonlight (880921); The Moon represents the Atma... the cooling capacity. You are all on the right side... so you ask for the Moon... ask for the Spirit (0.0011)

The way you expose your body to the Sun... is also very wrong... you'll develop skin cancer. You shouldn't burn your skin so much... it's not a good thing you know (790200.1); It is not proper to sit in the Sun too much. Too much of Sun is not good (830302); Avoid sitting in the Sun, so the brain does not get melted (830204)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 781115 Evolution - see 780911 good 45
- 0.0011 Weekend seminar in Pune, Tape 1 good 180
- 781002 Knots in the 3 channels, Caxton Hall poor 90
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 811005 Beauty that you are - Houston good 70
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 880921 Speech at Ammonk Ashram, New York good 35

- end -

10 May 2003

Superconscious

That subtle area above the head (810829); That area where we have to go, where we have to ascend, and where we have to develop those powers of giving ascent to others (830302); On top of the head is the Superconscious mind, which is the subtle mind... is the Eternal Mind... the Unconscious into which you have to go... also in 7 stratas (771121)

The Kundalini... when it comes up, and it pierces your fontanelle bone... you can feel the baptism. When it pierces, and enters into the first strata of the Superconscious, the first thing that happens is you become 'one' with the Collective Being... and you start feeling from your hands a cool breeze flowing... vibrations... cool vibrations... called by Shankaracharya as Saundarya Lahari (771121)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

Superego

The balloon at the upper end of our left side channel or Ida Nadi (831001), at the right temple, and round to the back of the head (890801), that gets bloated as a result of those things that make us unhappy - that stores our conditionings (831001) our fears, dangers, worries, and which may result from what we have read or experienced (781218); Through which we run away, we avoid, we are frightened (811006); That may result from things that we have accepted without finding out the truth about them, from wrong Gurus, from conditionings, from childhood, and from religions etc. To see your superego, see what affects you very much, what makes you unhappy (800517.1)

If someone is saying something about you, and it is not true, then what is there to feel bad about? If they are telling lies, there is nothing to be frightened of... if they are telling the truth, then you should be thankful - it may be something bad, but it is a good thing - if it is true, it is good for my ego, but if it is untrue, then what is so important? (800517.1)

Which gets sucked in and reduces, when the Agnya chakra is awakened, and we ask for forgiveness, without feeling guilty (890801); Can be resolved by taking responsibility (941105.1); The mantra for the superego is 'Hum' (781218)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-941105.1 Diwali Puja, Istanbul - see 941105 good 35

781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70

800517.1 Old Arlesford, Winchester pt 1 (Preparation for Becoming) good 50

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

831001 Santa Cruz interview good 45

890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Supraconscious

Area on right side of our subtle being (810921) where are all those who are dead, with futuristic ideas... mostly they are human beings, not so much animals... so the futuristic people remain on the right hand side (831001); Also where we start 'seeing things', and become disintegrated; LSD sends us to right side (811005)

There are Siddhas that people get into... like predicting - they can say that this thing is going to happen... if they have moved out to the Supraconscious areas. Or they can see me as light... they see all the five elements... they see me as a waterfall... or as an iceberg - they start seeing the Tanmatra... or you can say the causal essence of the elements (770215)

In the Supraconscious, they saw so many things... they saw the chakras... they saw Vishnu... Garuda... you can see stars... you can know about stars... about astrology... by going to the right side. In the Supraconscious... you can see lots of things... because the Supraconscious area is made of all the elements. There is another way... is to achieve your Realisation... to be a person who is so much higher above... that you can see the future and the past, both... that is different. But most of them just took to drugs... and they went to that area, where they saw lights, eyes... and this and that. Also even dowsing, for water comes from the same... but you get possessed... and then you are nowhere... you are not yourself... it's somebody else (831001)

Also this Astral travel... and all these things are the gift of the same... these are the spirits who are doing it... it's very dangerous to work with these spirits. There are so many children who die... in the bed... just like that... they don't know how they die... and people can also die like that... just in the bed. What happens... these Astral people... and the Mediums... and the Clairvoyant women... start calling the spirits... and she might get the spirit of that child who is sleeping... and then the child is dead... because the Spirit cannot find it's way... so many children die like that. All these Supraconscious activities can be very dangerous... because they are heartless... they have no feeling... the spirits on the right side have no feeling (831001)

Sahajvidya - Supraconscious

You listen to me through your conscious mind... and put it back into the Subconscious mind... all your experiences go into the Subconscious. When you listen to me... your conscious mind... receives it at this moment. But there is also a pre-conscious mind, which takes it to the Subconscious. This pre-conscious mind is on the right hand side... the pre-conscious mind is the future that you are thinking about just now... beyond that is the Supraconscious mind... where are all the ideas about future, that you have had before... many lives... those ideas are there... and beyond that is the Collective Supraconscious (771121)

Collective Supraconscious

That area on the far right of our being (870512), from where one can get possessed by ambitious spirits, e.g. Gauguin (811005); There could be some... some of these busy bodies... these dead spirits which can catch hold of you... and can enter into your being... on the right hand side... the Supraconscious ones, which are very aggressive - Hitler used them. He is the one who used these Supraconscious people... these very aggressive people... and enticed the poor German people and made them so aggressive (821008)

These two areas... the Collective Subconscious, and the Collective Supraconscious... are to be avoided. For example... somebody sees auras around me... I would say he should not... it's not proper... because then you are on the right side... but if you see some Gods and Goddesses around me, that also is not good... because you are seeing the left side, the past. What you have to be is in the centre... in the present. So all these things come to you from some busy bodies... that they enter into your being... even these people who cure... these Spiritualists... that's very dangerous. All these are taking you to a realm which is not your own... it is somebody else who is acting. Even a thing like acupuncture can be very dangerous... because acupuncture uses whatever energy is within you, of the sympathetics - this is the energy... which is all the time flowing, when you get connected to the mains... all the time it's flowing within you (821008)

Sahajvidya - Supraconscious

So there are three areas, which are very dangerous... where we should not enter into... the Supraconscious... the Subconscious... and down below... is the Hell (831001)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-870512 Public Programme, Melbourne (Q&A 35 mins) see 870512 good 35

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

770215 Talks about Sat Chit Anand, Delhi poor 65

771121 Tantrism, Caxton Hall poor 75

810921 Shri Mataji in America, NY, day 2 (Nice Q&A) good 35

811005 Beauty that you are - Houston good 70

831001 Santa Cruz interview good 45

870512 Public programme, Melbourne/Mothers Day Picnic

- end -

28 Jun 2003

Surrender

This Divine Power is the power of compassion and love which does everything - but when 'we' take up the responsibility and when 'we' decide 'we' have to do something and that 'we' are something... try to go against that Divine Power... we become stupid people as we have seen... so to leave it in the hands of the Divine Power... and to be just an instrument of that Divine Power is the way a Sahaja Yogi has to be. The compassion... the love of the Divine Power is so great that it is wisdom... complete wisdom. A person who has no compassion cannot be wise... he could be worldly wise, but he could not be really wise... so those who believe that they have to be... they have to be very accurate must know that your accuracy will be challenged by the Divine Power - there has to be lot of relaxed and a mobile temperament a person should have. If you are absolutely lethargic, lenient, dishevelled, we can say absolutely confused... you are not in the centre... and on the contrary if you are very strict, like a rock of Gibraltar... and like a big Hitler-like behaviour... you should be in time... everybody must have proper steps... must walk properly... that's not being Sahaj... that's not being Sahaj (890709)

Now look at all these flowers... see one by one... see how beautiful they are... every one is different... even one leaf of one flower will not match with another... one petal won't match with another... all different but so relaxed... creating beauty... giving us so much of joy... all different... placed in different manner... moving in different manner... every one has a different angle... but there is unison... there is oneness in them that they all want to give us joy... but with tension you cannot give joy (890709)

So the tension part of it is very common in the West... and that conditioning has come because of certain lifestyles that we have had. Now there's not going to be a war of Waterloo anymore... so we can say that Waterloo war was won because they reached in time... that's not the thing... the war was won because it was to be won by the Divine Power... even if they had reached late they would have won it. Whatever happens is by the Divine Power... so there is no need to be tense. Then you will say... 'alright then let

Sahajvidya - Surrender

us sit down, and have a nice time... everything will be done by the Divine Power' - no... Divine Power is going to work through your institutions... through your medium... so you have to be alert. I hope you understand what I am trying to say... that a person who is relaxed need not be a person who is lethargic... but alert... alert you can be as well as you can be relaxed... because you are Sahaja Yogis (890709)

Surrendering just means you open your heart to accept Mother's Love... give up this ego, that's all, and it will work out; "I am trying to push myself into your hearts, and I'll definitely settle down there" (821219); Nothing is surrendered to Mother, as such... She doesn't take anything, nothing goes to Her. Only we surrender ourselves... by leaving all that is not wanted... is a beautifying process (830725); We surrender to God's Will... He knows what is good for us, He is going to give us the highest. We surrender... not our material wealth, nor our intelligence, not our heart, nor our relationships with others, but something that we have achieved ourselves... our ego and superego. Whatever it is that feeds our ego, we should bring it down a little. Whatever conditionings feed our superego, we should find out the truth about it, and then we may give it up (800517.1)

There are only two things which do not want to bend before God... one is a bhoot... or another is the ego. Surrender means your ego... your superego... your bhoots (860707.2); One thing one has to remember... to try not to create problems... not to create any stupid things... just let God manage everything for you, and handle it... he'll do it very well. So don't be in a weeping condition... or in a dominating condition... or a quarrelling condition... but be nice and sweet to each other... express your love, fully and well... and you will get it back in full measure (860707.2)

Now in your freedom you must understand what is glorious for you... then you tell yourself that I have to become something more... and the only thing I have to do is to completely co-ordinate, co-operate and surrender to His Will... so that I become. In that surrendering you do the greatest thing, because by that

Sahajvidya - Surrender

you do not interfere with His work... you do not obstruct the Will of God. He wants to give you the highest... which you cannot achieve for yourself... it is His gift to you (800517.1)

The way to keep the Sahastrara open, is by surrendering to the Mother (850504), by leaving things into the hands of the Divine (891008.1); All is done by the Shakti, not by you... 'Thy Will be done' (830204); Your quality will be known by how much you are surrendered to me... Christ has said that (850629); 'Mother, the way you keep it, that way we accept it' (821101); Surrender the ego... to your wisdom (781218); What do you surrender is your nonsensical, idiotic ego (790608.1); That surrendering is to be achieved if you are going to be a guru (810904)

The whole Cosmos is trying to help you. You don't have to make much effort... like what should I choose... whether I should take this, or that... only thing you have to do, is to just see for yourself... that you are watching... and you are seeing... an opportunity coming to you... and allow the opportunity to appear before you... it does. You don't have to deliberately bother your head, what to take, what to do... it will just be there... you will be amazed, how it works. It's a question of how far you are surrendered... how far you have gone with the Divine... it all works out; You don't have to do deliberations much... you don't have to worry too much about things... it will all come your way... because you have now entered the Kingdom of God... everything is looked after... you can't imagine how small, small things it works out... how in detail it works out... it's very surprising. So when you are dissolved in that ocean, it is that ocean which takes you up and down... so enjoy, that's all..... and leave it to the ocean to decide for you (880921)

So many miracles have taken place... so many people have been cured, no doubt... but that doesn't mean 'you' have done it... don't get into the trap of ego... that's most dangerous; Surrender your ego... and all your problems can be solved - but as long as there is ego, this Divine Power doesn't take over (971225)

Sahajvidya - Surrender

So the problem today is very delicate - there are no absolute Saints... there are no absolute bad people... such a mixture... a confusion - that is what this Kali Yuga is... these modern times are. The only way to get rid of them is to surrender... that's the only way... there is no other way out... because when you surrender... the spirits, the negativity, the satanic forces just disappear. They have no interest in a person who is surrendered to God. They cannot surrender. If they surrender... they'll also become Saints. All the time to think... 'what are my catches... what are my negativities' is not going to help you... just surrender all these ideas that are coming to you... and you will find that all absurd ideas will run away. This is the easiest way to get rid of your problems... is just to surrender (801019)

The growth will only come when the surrendering comes... and one has to know that the powers are tremendous... it is beyond your conception... outwardly you cannot understand. Under such circumstances... the best thing is to surrender yourself - now what do you surrender... is your ego and your superego (801019); You have to receive the Blessings... and to receive the Blessings, you have to just surrender... it is so simple... the easiest way to solve all your problems is to surrender... just say... 'I surrender'... for Realised Souls, this should be their mantra (801019)

Also, as you are Realised Souls, all the Divine forces... all the Divine Deities... all the Eternal Beings, Chirenjivas... all the Angels and Ganas... all of them are looking after you... but they know one thing... those who are surrendered... and those who are not. You just surrender the problem... and you will be surprised... the answer will come in such a miracle. Just surrender... do not take any responsibility upon yourself... just surrender... because... how far can 'you' go in the solution... up to your rationality... beyond that you are your Spirit... and the Spirit is connected to the Divine... so best is to surrender (801019)

Sahajvidya - Surrender

(While saying the 108 names of the Guru - Ed)... we say 'we surrender everything to you'... after that we have to put a Tulsi leaf, and put the water on it... so we put water to see that it goes away... even it's smell... everything goes away... everything... all our health... all our wealth... everything that we have... we surrender everything to you... it's symbolic like that... everything... our body... our mind... our speech... our thoughts... our thinking... everything we've surrendered... all our work... our jobs... responsibilities... everything we have surrendered... all our estates... our wealth... our money... everything we have surrendered... all our relations... all our connections... all our friends... all our Nations... the whole world we've surrendered... all our education... all our reading... all our books... all that we have done so far, we have surrendered. I hope you have heard it, and... put it in your head again... meditate on this point: we surrender everything... nothing belongs to us. Now the symbolism is like this... you must understand the symbol... that it's just a leaf... the last thing left with us is this leaf. Of course Tulsi represents left Vishuddhi, and also attachment. So now, when you have it in the hand, it sticks... it doesn't fall... so you put water to see that it goes away... even it's smell... everything goes away from the hand... it's significant of that (850629)

When something that you want doesn't work out, then you should accept it as the Will of God - that it is what He desires, that it is the Desire of God; Now you are one with His Desires. You are here to communicate the Desires of God, to the whole world. At this stage, if you start having your own desires and ideas about yourself, then when will you become the Desire of God (760330)

- Jai Shri Mataji -

Sahajvidya - Surrender

Tape References:

Date/Ref - Title - Qual - mins

- 971225.2 Christmas Puja, G'pule - see 971225.2
- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 891008.1 Destroy those demons within, Margate - see 891008 good 45
- 860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 801019 Fighting Asuras, Durga Temple, Hampstead - see 820514 good 15
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 75
- 790608.1 Maria's House Tape 1 not good 50
- 800517.1 Old Arlesford, Winchester pt 1 (Preparation for Becoming) good 50
- 801019.3 Spreading Sahaja Yoga in Europe
- 810904.1 Advice given by Shri Mataji, Brahman Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 821219 Mahakali Puja, Lonavala & Mahalakshmi Puja, Kolapur
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 830725 Guru Puja, Why in England, part 4 - Lodge Hill good 50
- 850504 You have to be in Nirvikalpa - Vienna good 50
- 850629 Guru Puja - Paris (Strong correcting tape) good
- 880921 Speech at Ammonk Ashram, New York good 35
- 890709 Importance of friendship - Melun, France good 45
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe
- 971225.2 Christmas Puja, G'pule/New Year Puja, Kale - see sub

Sushumna Nadi

Central channel, along which the Kundalini rises (810928); The Channel of Ascent (MME), the evolutionary path (790200.1); Where we manifest the present (790616); The path of Mahalakshmi (871024); The central path of Sushumna, is for people who are in the 'centre'... who have their proper understanding... and have got their wisdom. These people are extremely generous... generosity is the only way you can express your love for others... all your material wealth has no meaning, unless and until you show generosity for the people... but it should be quiet and silent (830209) The innermost, central part of the Sushumna Nadi or Central Channel... is the Brahma Nadi (801027)

The Mahalakshmi Power... resides in the Sushumna channel, and acts as a balancing power, first at the Nabhi chakra (830131); It is in the Sushumna Nadi, the channel of Mahalakshmi, that the Kundalini actually rises (871024); Respectful behaviour towards others, and towards others' things, is part of the Mahalakshmi Principle. When this dignity, and respect, and desire to rise higher, manifests in a genuine inner way, then this helps to build the bridge of the Sushumna over the void, for the Kundalini to pass properly, which otherwise would continue to get lost in the void (860921.1)

Kundalini itself rises through the Sushumna Nadi... and she is the Principle, she is the Tattwa of Shiva... and she rises through the channel that is made by Vishnu, out of the evolutionary process. So I hope you understand how important it is that your centres should be corrected... your Sushumna should be cleared... because we have to go by the centre... by the central path... and let the Kundalini pass through it. When the Kundalini will pass through it... you will be amazed that... the same Kundalini is going through the Vishnu path and reaching at the Lotus Feet of Shiva (000206)

- Jai Shri Mataji -

Sahajvidya - Sushumna Nadi

Tape References

Date/Ref - Title - Qual - mins

- 871024 Light of Love, Diwali - see 871024 good 25
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 790616 Dr Johnson House, Birmingham not good 55
- 801027 What happens after Realisation, Caxton hall good 60
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 830131 Nabhi Chakra, Delhi good 80
- 830209 Problems of Left, Right and Centre, Bombay good 65
- 860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45
- 871024 Light of love, Diwali/Press Interview, Milan
- 000206 Shri Shivaratri Puja, Pune, India good 15

Swadisthan Chakra

The second subtle centre, which is actually the third centre arising from the Nabhi as on a stalk, controls the liver, pancreas, spleen, uterus, and part of the intestines and kidneys, and also the ovaries, via control of the Aortic plexus. It also converts fat cells in the stomach for the use of the brain. This centre has six sub plexuses, and is the centre of aesthetics and creativity, which manifests in such forms as music and poetry.

Indian music comes from complete Divinity and is elevating to all - the effect in Sahaja Yoga is tremendous. If a Sahaja Yogi sings, it acts like a mantra on the being of the Holy Mother. Music has come out of God's love for us... and is meant to be in praise of God. Shri Mataji can communicate to us, better through music. She is working on us all the time.

Indian music is understood by westerners at the spiritual level, not intellectually. Never before, western people have enjoyed music in this manner, as you have enjoyed... this Indian music will unite the whole world one day... if we keep to the pure knowledge of Indian music. In India, classical music is very deep... it is a very difficult thing... and is played spontaneously... and is a very difficult thing even to understand, and to appreciate... but when these people get Realisation... they enjoy it so much... just automatically. So what you enjoy there is the vibrations... you feel the cool vibrations... and you start enjoying it... they soothe you down. Music which is congenial, carries the waves of vibrations.

We have to have music, because music is so wonderful - we have to please the Deities, and when there is music and songs, then they respond and the vibrations from the Mother are much more.

Music has a way of carrying these Divine Vibrations on it... but the music has to be Divine also. The music which is very base... or related to something very ugly, doesn't work out... but if it is a proper music, of a proper type, then it communicates... but that discretion only comes after Realisation.

Sahajvidya - Swadisthan Chakra

The essence of aesthetics, and of beauty is variety. When the aesthetics of matter starts giving you joy, you do not want to possess it... even if you do want to possess it, it would be just to enjoy it and give it away to somebody else... that you will not keep things to yourself, but you would like to give and share.

Art is such that it should stop your thoughts, yet in the West, art is such that it creates thought, and also in the West it is now starting to show much that is filth. The art that we appreciate should be that art which gives vibrations. All the great paintings, all the great creative works of the world have vibrations... only those that have vibrations have been sustained by time... otherwise all other things, are destroyed by Nature. Art has something to do with your heart, and not with your brain. An artist produces something for his joy... but, if he has to think what people will say... that he will be criticised by everyone... then as a result something absolutely absurd grows, without any subtle expression.

Once you start 'thinking', then there's a barrier between the Spirit and you - in any art or in any deftness... that's how the creativity, the spontaneity is finished... by thinking. So do everything in silence... in thoughtless awareness... that's the main point.

On the left side, the Swadisthan has the quality of Pure Knowledge of the working of the Divine Technique, the Shuddha Vidya, or Nirmala Vidya. Nirmala Vidya is the science of the Divine Laws, which you must know how to manage, because the Living Reality is your Power. If you are catching on a chakra or centre, just put your hand there - don't feel condemned about it. All is made easy and simple, but it is difficult for a sophisticated man to become that simple... children, are very simple.

- Jai Shri Mataji -

- end -

17 Mar 2003

Problems with Swadisthan

Physically and mentally we are overactive... especially in a society where we are supposed to be 'developed' - we develop through using this power of action. Problems with this centre can result from too much thinking, which diverts control of the Swadisthan away from the organs under it's care, towards the provision of fat cells for the brain, thus resulting in diseases such as blood cancer, and diabetes from the resulting unhealthy spleen or pancreas respectively. When you are thinking, the cells of the brain are replaced every minute by the fat that is in your stomach, by this centre of Swadisthan... in the gross expressed as the Aortic Plexus. A person who thinks too much, plans too much, and thinks he is responsible for the whole of world affairs... in this myth... develops his ego to a great extent, by which his left side suffers too much... and then he develops all the problems of the left side in the organs.

First of all... the Swadisthan can't look after the liver, so he develops a liver. Then on the left hand side it is absolute useless, so he develops diabetes. If you excite the right side Swadisthan... your left Nabhi catches. Say if you are a big thinker, a big planner... then what happens, you get diabetes... because you are using your right side Swadisthan too much... and because of that there is an effect on the left hand side Nabhi... you neglect your wife... you become harsh to her... are unkind to her... your left side starts becoming weak... and makes your spleen and pancreas very weak... and that's why you get diabetes. Diseases from right side imbalances, include: cirrhosis of the liver, leukaemia (spleen), high blood pressure (kidneys), diabetes (pancreas).

When the left Nabhi combines with either the left Agnya or the left Swadisthan, then you can become vulnerable to blood cancer. Blood cancer can result when we start living at a fast pace, and we become hectic, and are all the time thinking. The spleen, which is the speedometer of the body, and which gives us the rhythm of life, gets into problem, because the Swadisthan is unable to cope, along with all the other things that it has to do, and so the spleen

Sahajvidya - Problems with Swadisthan

starts producing too many blood cells, and this then results in blood cancer. With thinking only, you will go mad... so don't think, but develop serenity within you.

People who work too hard for material, or physical things, can catch on left Swadisthan, and can also get diabetes, and kidney and spleen problems. Imbalances can result in lethargic organs, resulting in: allergies of the skin (liver), nervous problems, cancer and leukaemia. On right side of Swadisthan, if there is a problem, it may indicate an artist who has overused his creative talents.

Problems with the left Swadisthan indicate possession by some negativity. People who have died, can hang around and cause problems, and can cause lunacy. They can exist around the churches, because of the dead bodies buried there. They are the entities or spirits (bhoots) that are dealt with in Spiritualism, Parapsychology, and by Charismatics. The dead Souls who are still attached to something, and that still hang around, and are the one's who trouble us... who bother us too much. Now some difficulties that you face, which cannot be solved, could be coming from these dead Souls. So the best way to get rid of them is to develop a detached attitude towards life.

Left Swadisthan combined with left Agnya indicate the influence of an unauthorised or false guru, and inhibits the movement of the Kundalini. Diseases like cancers, leukaemia, psychosomatic problems, madness, come from following wrong gurus, and can lead to Ekadesha Rudra problems.

The False Gurus... who are Rakshasas, sinful people... who are criminals, are anti-God, anti-Christ people, who hanker after money - who must be given up.

People who say that they are representing God, or who say that they are God, or say that they have the powers of God, should be able to connect you to God - if they cannot connect you to God, then they are absolutely useless. There are so many now who have

Sahajvidya - Problems with Swadisthan

come to misguide you. They are taking money for misguiding you, for giving you sins. They are nicely booking you up for a trip to hell - they themselves are nicely booked there. People feel very hurt when Shri Mataji says about them, when Shri Mataji talks against these gurus... but they are not gurus, they are Rakshasas. They are able to spread fast because they are not part of a living process.

Mostly these gurus look after your purses... or your wives maybe. Their lives are blackened by their ill deeds... they are evil people, devils... some of them born again to test your intelligence. they may come as anything... but they are evil doers of the worst types. Not only that they will go to Hell, but that all the disciples of theirs will go to Hell.

Those who go headlong into wrong paths may suffer from funny heart troubles, palpitations, insomnia, vomiting, giddiness, irrelevant talking etc. It is very serious to go to wrong gurus. Amongst their followers, diseases like cancers, leukaemia, psychosomatic problems, madness, can occur, and can lead to Ekadesha Rudra problems. Now this horrible fellow has worked on the Swadisthan... that's why he's more dangerous... he works more on the right hand side... and these Supraconscious spirits are brought in... it's all Supraconscious work he does.

What you have to do when you start feeling anything... like anger against say some very devilish guru supposing... then you build it up in yourself... and that built up anger within you will neutralise that. You need not say it out loud... you need not talk about it... but that built up anger will little bit trouble you also... because it has a little bit reaction... but when it is released it will have an effect... and such a person cannot stand a Sahaja Yogi.

- Jai Shri Mataji -

Correcting the Swadisthan

- Sit down on the ground, and try to meditate with your left hand towards the Sun, or towards the photo with a light in front of it, and the right hand on the Mother Earth, and say the Shri Ganesha mantra, or the Atharvasheersha. Your left side will be cured... means the left Swadisthan first of all. So the Mother Earth is the one who sucks in all these negative forces of the left side, and you get rid of them without any difficulty. If you cannot say sit on the ground, then you take a stone, or some marble, or something that is natural, on which you should try to sit.
- The False Gurus are to be beaten with shoes.
- Mantras for false Gurus include "Sarva Asatya Guru Mardini" and "Sarva Asura Mardini".
- Those who have been to any gurus should put their right hand on their heart, because your Spirit is your Guru... who resides in your heart.
- Once you give up your False Guru mantra, you give up your misidentifications - why I asked you... I would like to see how much you are still identified with. If you are still identified with him, I cannot do anything about it... because evil is evil, and good is good... these mantras are the names of devils.
- Just say Nirmala Vidya... Om Twamewa Sakshat Nirmala Vidya... put the hand on the... left Swadisthan... and just say Nirmala Vidya... Nirmala is 'pure'... Vidya is the 'art'... the 'knowledge'... 'Pure Knowledge'. After you are Realised, then you get the knowledge isn't it... that's it... you are the embodiment of Pure Knowledge... and the technique you see.

Sahajvidya - Correcting the Swadisthan

- To remove a bhoot without getting it into yourself, firstly of course, put yourself into a protective bandhan. Then there are different ways according to the different bhoots. When dealing with someone who is possessed, you should take a higher position, go with great force on that person. There should be no compromise. After putting yourself in bandhan, ask the name of his guru, if it is a guru problem, and then say the Adi Guru mantra for the Void. If you know the guru name you know the mantra to be used... like Narakasura Mardini, Mahishasura Mardini, or Sarva Asura Mardini. Then best is to give vibrated salt with water to drink. These guru bhoots can be very dangerous.
- Another type is the one that makes a person blind, even though their eyes are open and normal to look at. The left Swadisthan will be catching. If he does not have diabetes, then it is definitely a bhoot. To cure this, take a Photo of Shri Mataji's Hands, and put a candle in front of that, and ask the person to see if he can see the light - you will be amazed, gradually he will be able to see the light, and then gradually he will see the Hand. The candle alone will not work, but if you can see Shri Mataji's Hands with the light, then this is extremely good for the eyes.

- Jai Shri Mataji -

Swadisthan - Aspect or Deity

Brahmadeva, and his power, or spouse Saraswati. Saraswati is the Goddess of learning, whilst Mahasaraswati is the Goddess of knowledge. She wears white, the sign of purity, and has in her hands the vina, roses and a book. She gives the power to understand the subtle meaning behind the words. Also she gives the power to speak... to communicate by writing... and drama. Her qualities include creativity, art, music, communication and comprehension. She gives us Subuddhi, wisdom. She also corrects excessive attention to money, and does not therefore go hand in hand with Shri Lakshmi. The second, or the Action Power of God... manifested by Mahabrahmadeva. The right side creative power, the power of thinking... of our mental and physical effort. The Adi Shakti with the force of Mahasaraswati, created the whole Universe... and in that she created this world.

The basis of all the creativity of Shri Saraswati is love - if there is no love, then there is no creativity. All the great creative works of the world have vibrations, and only those that have vibrations have been sustained by time. The quality of Saraswati is that she ends up into subtler things. So the Mother Earth ends up in fragrance, and music ends up in melody, matter in aesthetics, whilst water becomes the River Ganges, and air becomes the Vibrations.

On the left side, is the quality of Pure Knowledge, the Shuddha Vidya or Nirmala Vidya... the science of the Divine Laws... and which you must know how to manage.

- Jai Shri Mataji -

Swadisthan Summary

<u>Chakra:</u>	Swadisthan
<u>Deity/Aspect:</u>	Saraswati Brahmadeva(R) Nirmala Vidya(L)
<u>Physical Level:</u>	Aortic plexus
<u>Functions:</u>	Metabolism of fats for use of the brain. Control of Liver, Pancreas, Spleen, Kidneys, Uterus, Ovaries, and part of the Intestines
<u>Qualities:</u>	Pure Knowledge of Divine Technique(L) Creativity, Art, Music, Poetry, Aesthetics(R)
<u>Cause/Catch:</u>	False gurus, Possession(L) Too much thinking, planning or physical work. Overuse of artistic talent(R)
<u>Diseases:</u>	Blood Cancer(spleen), Diabetes(pancreas) Cirrhosis of the liver, High Blood Pressure (kidneys). Allergies(liver), nervous problems, possession, lunacy, psychosomatic problems, madness, epilepsy, palpitations, insomnia, vomiting, giddiness, irrelevant talking etc.
<u>Treatments:</u>	Use candle/flame(L) Lemons/Limes(L) Mother Earth(L & R) and the water element(R) Water/Ice(R) Footsoak, Salt(L) Shoebeat(L & R) Witness. Use hands, bandhans, flowers & Photo.
<u>Affirmations:</u>	Mother, please give me the Pure Knowledge(L)
<u>Mantras:</u>	Deity name, Nirmala Vidya or Shuddha Vidya(L), Sarva Asatya Guru Mardini, Sarva Asura Mardini, Narakasura Mardini, Mahishasura Mardini etc
<u>Petals:</u>	Six
<u>Position:</u>	Thumbs. Back of head around Mooladhara

- Jai Shri Mataji -

General Advice from Shri Mataji

- Now for Sahaja Yogis as I say there should be no ritual... ritualistic things always make you absolutely dead... there should not be... like early in the morning you start with a mantra... and go on repeating mantra like a mechanical thing... it's absolutely paying no respect to the Deity. But in a proper way... whichever Deity you want to awaken... think of that Deity, try to cleanse it, with all the understanding and deliberations... with respect... with a protocol... and not just to take somebody's name and just go on chanting any mantra you feel... it's not a mechanical thing. Sahaja Yoga is a thing which has to come from the heart... it is heart felt... if you do not do it from your heart it has no meaning.
- You may carry on like that, but you'll find after some time you have lost your vibrations... you have lost the cool breeze... because heart doesn't like mechanical things... every day it does new things... it never sticks onto habits... it never sticks on the same routine of things... it's bubbling every day with new appearances... and so the mechanical things that you do deaden this power of Saraswati... one has to do it with complete love towards yourself and toward others... with complete esteem of your being and others.
- There is a difference between childish and childlike... you can be innocent like a child... 'childlike'... but you're 'matured'... and both the things make a special dignified personality, of such a person. All these things come from this Right side power, when you use it properly. Unless and until you have this established, you cannot impress other people by your behaviour. Other people, new people who come to you should see this majesty... this royalty within you... which you are enjoying as a blessing from God Almighty.

Sahajvidya - General Advice from Shri Mataji

- When you meditate you are in silence, you are in thoughtless awareness... then the growth of awareness takes place, and then it opens out... but... if you are 'thinking' - it is like a lake, and the lake is completely in a turmoil... then nothing can grow. But supposing it is silent, then lotuses can grow... anything can grow. In the same way, if your mind is agitated... and your growth is not yet fully expressing itself... then it is such a vicious circle... that... you are agitated... and then your growth is hindered... again you are agitated... and then your growth is again hindered. So the best way is to take to meditation... when you do, this turmoil will settle down... and when it will settle down, your growth will take place.
- You are not to use your thinking for correcting your chakras... you have to move your hands and not your brains... alright, and when saying mantras, put your attention without thought to the particular chakra. Once you start 'thinking', then there's a barrier between the Spirit and you - in any art or in any deftness, that's how the creativity, the spontaneity is finished. So do everything in silence... in thoughtless awareness... that's the main point. Try at least, to see my face without thinking... my face itself makes you thoughtless... silence your mind. The best way to be with your Spirit is to forgive, because then your thoughts will go away... the less you think, the faster you move with your Realisation... do not argue it out... just try to become... you have to become. Don't think... then the inspiration will come to you from within, and when the inspiration will be coming, then you'll find that it will be very different, it will be very beautiful.

- Jai Shri Mataji -

Swadisthan-Left

Left side of Swadisthan, whose quality is the Pure Knowledge of the working of the Divine Technique, the Shuddha Vidya (840708)

Problem indicates possession (810928); Left Swadisthan combined with left Agnya indicate the influence of an unauthorised guru, and inhibits the movement of the Kundalini. Diseases like cancers, leukaemia, psychosomatic problems, madness, come from following wrong gurus, and can lead to Ekadesha Rudra problems (830129); When the left Nabhi combines with either the left Agnya or the left Swadisthan, then you can become vulnerable to blood cancer (860921.2)

A person who thinks too much, plans too much, and thinks he is responsible for the whole world affairs... in this myth... develops his ego to a great extent, by which his left side suffers too much... and then he develops all the problems of the left side in the organs. First of all... the Swadisthan can't look after the liver, so he develops a liver. Then on the left hand side it is absolute useless, so he develops diabetes (811006); People who work too hard for material, physical things, can catch on left Swadisthan, and can get diabetes, and kidney and spleen problems (790507); Imbalances can result in lethargic organs, resulting in: allergies of the skin (liver), nervous problems, cancer and leukaemia (840313)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-840313 Intro talk - 3 channels, Delhi - see 840313 good 35

790507 Sahaja Yoga Introduction good 60

810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70

840313 Intro Talks - Delhi and Hampstead

840708 To Know the Truth, Ilford [with 40 mins Q&A] good 40

860921.2 Role of Belgium and Holland, Mechelen good 65

- end -

26 Jul 2003

Swadisthan

The second subtle centre, which is actually the third centre arising from the Nabhi as on a stalk (810928); It controls the liver, pancreas, spleen, uterus (810928) and part of the intestines and kidneys (8705—), and also the ovaries (840313), via control of the Aortic plexus (8705—), and converts fat cells in the stomach for the use of the brain (811005); This centre has six sub plexuses (840708); Is the centre of aesthetics and creativity, which manifests in such forms as music and poetry. Also the centre of Pure Knowledge (890801); Burva (860303)

Problems with this centre can result from too much thinking... which diverts the control of the Swadisthan away from the organs... to the provision of fat cells for the brain, thus resulting in diseases such as blood cancer, and diabetes from unhealthy spleen or pancreas respectively (890801; 870500); When you are thinking, the cells of the brain are replaced every minute by the fat that is in your stomach, by this centre of Swadisthan... in the gross expressed as the Aortic Plexus (821008); A person who thinks too much, plans too much, and thinks he is responsible for the whole world affairs... in this myth... develops his ego to a great extent, by which his left side suffers too much... and then he develops all the problems of the left side in the organs. First of all... the Swadisthan can't look after the liver, so he develops a liver. Then on the left hand side it is absolute useless, so he develops diabetes (811006)

Flowers, when you give them to me, they give you two things... flowers are very important - if they are beautiful, then they give to Swadisthan... if they are fragrant, they cure your Mooladhara. Now think of it... you are doing it to improve your chakras (800927)

- Jai Shri Mataji -

Sahajvidya - Swadisthan

Tape References

Date/Ref - Title - Qual - mins

- 870500.1 Untitled talk, Australia - see 870503
- 860303 Brompton Square Address - see 860305 good 15
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 800927 Lethargy, Chelsham Road good 75
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 811005 Beauty that you are - Houston good 70
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 840313 Intro Talks - Delhi and Hampstead
- 840708 To Know the Truth, Ilford [with 40 mins Q&A] good 40
- 870500.2 Australia PP [PP video set 5/1] good 35
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

Swadisthan-Right

If there is a problem, it may indicate an artist who has overused his creative talents (810928); Diseases from right side imbalances, include: cirrhosis of the liver, leukaemia (spleen), high blood pressure (kidneys), diabetes (pancreas) (840313; 870500)

If you excite the right side Swadisthan... your left Nabhi catches. Say if you are a big thinker, a big planner... then what happens, you get diabetes... because you are using your right side Swadisthan too much... and because of that there is an effect on the left hand side Nabhi... you neglect your wife... you become harsh to her... are unkind to her... your left side starts becoming weak... and makes your spleen and pancreas very weak... and that's why you get diabetes (790609.3)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-870500.1 Untitled talk, Australia - see 870503

-840313 Intro talk - 3 channels, Delhi - see 840313 good 35

790609.3 Maria's House Tape 3 poor

810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80

840313 Intro Talks - Delhi and Hampstead

870500.2 Australia PP [PP video set 5/1] good 35

- end -

28 Jul 2003

Some other techniques

- Light is used to correct a left-sided person - if the flame of a candle starts flickering in front of the Photo, this is alright, and means that there is a problem, and that it is being corrected by the Photo. Defects, or hindrances on the chakras, (baddhas) can be burned off by the fire, by the flame, and are to be seen as the flickering of the flame, while any entities, dead souls, or spirits (bhoots) are also burned with the candle... and may go pop, pop, pop - and that's why the candle has to be put. An enlightened flame will burn off any impurity, anything that is unwanted in a person - fire is a purifier.
- Lemons are important and can be used to cleanse ourselves. We use something very simple... which is the living lime. These limes have a speciality... to suck in the vibrations and to contain them... because they are living and they have a coefficient. So we put our vibrations into that, and then we put them under the pillow near the head of the patient, and they suck the negativity of the person. It's not the limes that do it, but it is the vibrations that are contained in them, that do it.
- For a right-sided person who already has all the elements, which give heat... you can say the light and the fire... light is not going to help very much. So right-sided people should not use any light at all. What is going to work out for them is the Mother Earth and the water element which is cooling... even ice is very helpful to people who are right sided. So all cooling effects should be used for correcting your right sidedness. They should not sit in the Sun... but should sit in the moonlight. They should read some poetry... and should tie up their watches, and not look at time... and they should allow time to pass. And should just become very sort of emotional people... and should sing songs of bhakti.

Sahajvidya - Some other techniques

- To get into 'balance' from the right side, we do so by getting into the centre, by developing the witness state. We indulge into work in thoughtless awareness, saying 'I am not doing it'.
- If you find that your right side is hot, what you do is put your right hand towards the photograph, and your left hand up towards the ether... the ether takes away the heat.
- Footsoaking is a technique used daily for clearing the subtle system, and for only 10 minutes, you have to sit, but with full heart, and is done with salt in water. Everyday you must soak your feet in water... if you have the chance, do it... because that is how you cleanse. You have to soak your feet every night... and have to meditate. Sit with both your hands towards the photograph, and put both the feet in the water, with little bit of salt in it, for about 5 or 10 minutes. You must allow the vibrations to clear you out... then wipe your feet, and put the water properly into some disposal, and then sit down for meditation. If you can do that every day, even 10 minutes is more than sufficient.
- Salt that is vibrated helps with the stomach area, absorbing all that is mobile. The 5 left side dharmas are helped by taking vibrated salt. Salt represents the dharma in the void area, which is the ocean within us... is the quality of the Guru. Vibrated salt is the best thing to give with water for a person to drink, who has a problem of possession by one of the guru bhoots.
- A technique, taught by Mohammed, and which is used to combat the ego... never be proud of your ego... is to beat yourself with shoes... 108 times. If you feel angry and aggressive, take a sandal and shoebeat yourself. For right side problems, beat with shoes. Beat the false gurus with shoes. Is to be used for all fanatics. Every morning, if you have a chance, do it... that's how you cleanse... that's a part.

Sahajvidya - Some other techniques

- To cleanse yourself and to put yourself right is of course a very important duty for everyone. You should not be identified with those problems that you have, but try to face them and cure them, otherwise these vibrations do not flow out... they have to flow through you... you are the channels. If you do not keep yourselves clean and humble and meek about it, it doesn't work out. This is our way of life... is to keep ourselves cleansed... this is bathing ourselves. All those things which are filthy within us... take them out. You have to soak your feet every night, and you have to meditate - because your egos pass from each other... it's contamination... complete contamination... try to humble down.
- Use water as much as you can... wash your hands 10 times... is very essential... to get your vibrations alright you must wash your hands.
- You are not to use your thinking for correcting your chakras - you cannot think about it and sort it out. What you can do is put bandhans, or you can give yourself a balance... with your hands... you have to move your hands and not your brains... alright. In your hand it is flowing... whether you are catching, or not catching... it is flowing from your hand... it is there... the flow from your hand is there... little bit is always there.
- Sahaja Yoga does not work on mental level... it works on the Spiritual level, which is much higher than the mental level. Some people still live on the mental level, and try to solve problems on that level, and that's why all these problems start coming up. If you have certain chakras catching, try to improve your chakras with the photograph... with all due respect to the photograph... it is only the photograph that is going to work it out.

Sahajvidya - Some other techniques

- You can coin your own mantras, because you have some sort of an authority which you can use, and every mantra that you will say will be awakened... even if you are not yet out of your possessions, still you will work it out... still you can raise the Kundalini of others... and nothing will go wrong with the person whose Kundalini you are raising... to that purity it is.
- One chakra overwhelmingly not working alright in most western people is the heart... you have to purify your heart by looking at the photograph and putting all loving feelings about your Mother... understanding Her work... and putting Her into your heart... the heart has to be clean... absolutely surrendered... and we must try to put the Mother before everything else. You have to work it through your heart, and not your brain.
- Flowers, when you give them to me, they give you two things... flowers are very important - if they are beautiful, then they give to Swadisthan... if they are fragrant, they cure your Mooladhara. Now think of it... you are doing it to improve your chakras.

- Jai Shri Mataji -

Swadisthan Treatments

- Butter is needed for use of the brain cells... without carbohydrates, butter cannot be retained by the body.
- Sit on ground, with Left hand to photo, Right hand on Mother Earth, say Ganesh mantra or Atharvasheersha (clears Left side, means Left Swadisthan first of all).
- Give beautiful flowers to Shri Mataji. Put attention completely, entirely to it - it's not what you give is important... it is how much heart you put into it.
- For Left Swadisthan, put candle near Swadisthan, and another before the photo, Left hand to photo, Right hand on Mother Earth.
- Put right hand on Left Swadisthan... and say Nirmala Vidya mantra... or Shuddha Vidya mantra.
- Shoebeat the False Gurus.
- Give up your False Guru mantra. I would like to see how much you are still identified with him. If you are still identified with him, I cannot do anything about it... because evil is evil, and good is good... these mantras are the names of devils.
- Use the Sarva Asatya Guru Mardini and also the Sarva Asura Mardini mantras.
- Those who have been to False Gurus... should put their Right hand on their heart, because your Spirit is your Guru... who resides in your heart.

- Jai Shri Mataji -

Swastika

The symbol of Innocence (910505); Becomes transformed later into the Cross (961225); This Swastika represents nothing else but balance. When it starts moving in the right direction, then constructive work starts, and it works out all that is important for life. But when it starts the other way round, it works out the destructive part. These both are in balance... if they are not, life cannot go on (920209)

The 'Swastika' is a very sensitive instrument. If you use it the right way, clockwise, it works for construction... but if you use it in the anticlockwise manner, then it is destructive. If you use the Swastika in it's right direction, clockwise in front and anticlockwise at the back, all negativities are thrown out on the periphery, and absolutely they cannot enter in... but if it is moved the other way, then anybody can enter in... it starts opening itself to these negative forces. This is exactly what happened in the West... that they had their Mooladhara moving anticlockwise... they went against their own principle of morality... absolutely against Christ, and managed to get all these boots into themselves (890617.1)

The carbon atom... when you take a picture with a spectrograph... from the left side, looks like an ohm... and from the other side looks like a swastika. Then how was it that the swastika was used by Hitler... it was because the Llamas knew the trick... they told him about using the swastika... because that is the sign of innocence... and so he used the swastika... painted with a stencil. Then... the Divine used a trick... and so they got confused... and they started painting the swastika from the other side of the stencil. So the constructive or positive swastika... became a destructive, negative one... and they started losing. If you see Hitler's older, and also later pictures, you'll find that he has two types of swastika... and that's how he lost (860707.2)

Sahajvidya - Swastika

Tape References:

Date/Ref - Title - Qual - mins

- 961225 Christmas Puja, Ganapatipule - see 961225 good 60
- 920209 Ganesha Puja, Perth - see 920209 good 35
- 910505 Sahastrara Puja, I schina, I taly - see 910915 good 40
- 860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good
- 890617.1 Mahakali Puja, Vancouver / Vancouver Public Program good 15
- 910505 Sahastrara Puja, I schia, I taly
- 920209 Ganesha Puja, Perth/Red Hill, Canberra
- 961225 Christmas/Mahalakshmi Pujas

- Jai Shri Mataji -

Swayambhu

Created by Mother Earth (800518); In ancient times... those who got Realisation... who were very few and unique... discovered the unique gifts of the Mother Earth... what you call as Swayambhus... those stones or stone images, which were thrown out by the Mother Earth, and discovered by these Saints. They put shrines there, and they worshipped them... and by this they made these images vibrate more... and also to vibrate that area. All over the world, there are such stones... but only the Saints could discover them (800505)

A Swayambhu of Shri Bhairava exists in Nepal (890806); In India, we have many Swayambhus, created by the Kundalini, and which are really worshipped. I have been to most of them, and was surprised that most of the Pujaris were suffering from some sort of serious disease, like one was a paralysed fellow. When they asked why are we suffering like this, I said because you are just making money... you can't make money out of God - if you don't want to serve God, you don't stay here... but if you want to serve God... then, you can stay here, but don't make money out of it. It's very common, I have seen... those people who make money, get paralysis (970525)

Now you all know that there's something about Stonehenge... but what... these are the stones which have come out of Mother Earth... which are emitting vibrations... and the covering of that has been done later on... some people did not understand how these stones came out one after another... so they must have covered it up... but if they were Saints they would have said that... these stones have vibrations (800721)

Why did Mohammed Saab who was so much against stone worshipping... why did he ask people to go round that black square stone... what was the purpose... that's also just a stone... so why... this stone was a Swayambhu... and it's mentioned in the Indian Scriptures that there is Macceshwarshiva. We have Shivas everywhere in India... there are 12 Jyoti Lingas... you can verify on your vibrations... same with this black stone... and so the people have to go round to achieve Shiva's Blessings... but it became a ritual... and nobody could go further than that ritual (000423)

Sahajvidya - Swayambhu

Tape References

Date/Ref - Title - Qual - mins

800505 Sahastrara Day, Dollis Hill Good

800518 Old Arlesford, Winchester - part 3 (The Real Becoming) good 30

800721 Auspiciousness - Caxton Hall good

890806 Shri Bhairavnath Puja - Garlate, Italy good 25

970525 Respect the Mother Earth, Cabella good

000423 Easter Puja, Istanbul, Turkey good 60

- Jai Shri Mataji -

Sweetness

If you talk sweetly, then 99% of people will dissolve before you. One has to learn the trick of talking sweetly to others. First of all the other person should not know who you are - show that you are less intelligent than them - with complete humility; Then anger must be mastered, by facing ourselves (910001)

Try to use language which is extremely sweet... it doesn't mean... hypocrisy - you 'want' to love... but there is a barrier of your ego... and when your 'light of love' passes through that ego, it gets calcified... it gets ruined... it gets spoiled... and then you say harsh words to others. First of all you 'witness' yourself you see, 'trying to be nasty to others... and... enjoying that nastiness' - there's a 'Hitler' sitting in your Vishuddhi. Then... try to be sweet... through your Vishuddhi chakra. Once you start doing that, you'll develop your witness state very well. It's very easy to make fun of people, for small things here and there... but when we start making fun of others, we also become a target of fun (.0011)

Sweetness... or Madhuria... is a quality of Shri Krishna, in the way he spoke to and communicated with people (910001; 900811.1); One has to imbibe within oneself the sweetness... if you are sweet, you are filled with humour, you do not hurt others, and you are not hurt either. Anything can be done with sweetness (880103)

The voice... should be melodious, and the language should be controlled. If we can control our tongue, 80% of collectivity we will achieve. Tongue is first of all... for saying things which are sweet and beautiful... let us find out what sweet things we are going to say to people... not expressing 'our' views, like 'I like it'... 'I like that'... or 'I want that', but on the contrary... 'do you like this'... 'would you enjoy this'... so the language should be directed towards others... showing interest and concern (850502)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-880103 Patience and sweetness - G'pule - see 871213 good 15

850502 Niraaanda, Vienna Ashram good 60

900811.1 Shri Saraswati Puja, Vancouver, Canada [3 min music Intro] good 40

Swellings

Swellings, in the body... is a left side problem (830209)... but may also develop on the body, in people who are in the 'centre', if they have taken too much vibrations... first of all they should find out if they are in the neighbourhood of somebody who is anti-God, because such swellings are developed when their vibrations are fighting the anti-God activities of the person who is with you. Say your wife is negative, then such a swelling may develop... because your vibrations are fighting the woman. You shouldn't mind that fighting... but you should know how to correct that woman... how to put her right. Or the man, if he's like that, the woman might develop an anti-devil force within her, which will give her that swelling. Different types of swellings might appear, with vibrations jetting out with a great speed (830209)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830209 Problems of Left, Right and Centre - Bombay good 65

Chakras affected: Central Channel

Sympathetic Nervous System

The Sympathetic Nervous System... is one of three types of nervous systems in the human body, and which is for emergencies (the others being the Parasympathetic and the Central Nervous Systems), and which has a left and a right side, which act in opposite directions, being complimentary (MME)

The left and right sympathetic, and the central parasympathetic nervous systems... together comprise... that 'self governing' nervous system... the Autonomic Nervous System (840731);

Autonomous Nervous System, means there is something which is beyond... something 'auto'... if the scientists give this name... we have to accept it is 'auto'... they cannot explain... we have to accept it is auto... that there is something like auto... that controls the three Autonomic Systems (771024.1)

The Parasympathetic... is that part of the nervous system in the central channel, the Sushumna Nadi (810928) which gives the balance (870500); Which brings things back to normal... relaxes and nourishes... after the sympathetics have initially responded to an emergency; Is formed by loops from the left and right sympathetics, and wherever these loops meet, are formed energy centres known as the Chakras (MME); Is part of... the Autonomic Nervous System... that 'self governing' nervous system, comprising the left and right sympathetic, and the central parasympathetic nervous systems (840731)

The left sympathetic nervous system... is the left or moon channel (tha in Hatha yoga)... having the power of desire, operating through our emotions. Beyond is the Subconscious, and then the Collective Subconscious (811005); On which are found Shri Bhairava and Chandrama (890806); Also called as Chandra Nadi (800809); The channel for our existence... and the activity of our emotional life... the left side... and which also gives you your subconscious area... where whatever you are listening to me now, goes into that (790200.1)

Sahajvidya - Sympathetic Nervous System

The right side sympathetic nervous system... the right side channel, in our subtle system... is the power of action, that acts through the 5 elements (810928; 831001); The Sun channel, which works for our physical and intellectual activities (MME); In Indian tradition, is the Rajoguna. The side of our mental and physical activity, the future, our planning, the ego (840313), and of our creative being (790200.1); The side on which is found Shri Hanumana (890423)

Now cancer is nothing but an imbalance... the overactivity of the Sympathetic Nervous System. If you can control the Parasympathetic... you can neutralise, and completely you can cure cancer... but we are not here to cure people... we are here for our ascent (771024.1); The disease of cancer cannot be cured except by Sahaja Yoga. The reason is that the power that we have got stored within us is very limited, and this power is used through our sympathetic system. When this power gets exhausted, the cells in that system start going on their own. So these cells start going amok, they overgrow and malignancy sets in. Now this cancer can be corrected if you can pour that energy, the energy of the All Pervading Power into the patient... and then this power is all the time flowing in you, and you do not have any problem of that power exhausting (790720)

Anything we do to extremes... any emergency, is taken over by these two sides... they act for our sympathetic nervous system, whenever there is an emergency. Now... a 'centre' is formed... by the coming together from the left and the right... and when there is a pull on the right side or the left side too much, on the sympathetic nervous system, then this connection breaks (indicating the separation of the single channel into its left and right component channels - Ed)... and when it breaks, the connection of the 'centre', (which is supplying the energy), with the 'whole', is broken. When the connection with the 'whole' is broken, there's no coordination left... there's no control left... so the cells become on their own... what we call malignant... they start going on their own (821008)

Sahajvidya - Sympathetic Nervous System

So these are aggressive cells... malignant cells... are on their own... we cannot control them. By some chance if you could bring them back in connection with the whole... cancer can be cured... it is as simple as that. When the Kundalini rises, she awakens this 'centre' ... and when this centre is awakened, it just comes back to normal... the person becomes normal... that's how cancer can be cured... it's very simple (821008)

Even a thing like acupuncture can be very dangerous... because acupuncture uses whatever energy is within you, of the sympathetics - this is the energy... which is all the time flowing, when you get connected to the mains... all the time it's flowing within you (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 870500.1 Untitled talk - see 870503
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 771024.1 Caxton Hall tape 1 poor
- 790720 Cardiff Public Program good 30
- 800809 What are we inside - B'ham good 30
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 811005 Beauty that you are - Houston good 70
- 831001 Santa Cruz interview good 45
- 840313 Intro Talks - Delhi and Hampstead
- 840731 Middlesborough PP [PP video set 4/1,2] good
- 870500.2 Australia PP [PP video set 5/1] good 35
- 890423 Archangel Shri Hanumana - Margate good 45
- 890806 Shri Bhairavnath Puja - Garlate, Italy good 25
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Sympathy

To share the pathos, or to take in the problems of another, from 'sym'/to share, and 'pathy'/pathos (810926); Sympathy, which is like, 'if someone dies we cry more than the other one', does not work - better to have that sympathy that does not get involved... compassion, which just flows - it works (870408); If a person is a medium of a bhoot, then those who are sympathising are those who are possessed... who sympathise with another possessed person (801116)

So many Rakshasas have entered into your brains. You side with so many people who are wrong, who are doing wrong things, in the name of politics, religion, progress, education etc., and when you side with them, they are in your brain, and when they are in your brain, how to destroy them? Give up all these things that make you a horribly mixed up person, and take to Sahaja Yoga in the most dedicated manner (790928)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 801116 New Age - Plaw Hatch Seminar good 70
- 810926 Shri Mataji in America, NY, day 3 [+PP video set 2/1,2]
- 870408 Talk to Sahaja Yogis - St.Martins Lane, London good 45

Talking

When you talk, just talk about Sahaja Yoga, and nothing else; Don't talk too much about things... specially before meditation and after meditation... try to keep quiet for a while. To be quiet itself is very great; And also if there are thoughts, then you have to say 'not this'... 'not this'... 'not this' (871224); Too much talking is very bad... not talking, is bad... but a little talking is good (810904); And... anger must be mastered... by facing ourselves (910001)

You are materially bound by talking... talk comes from Vishuddhi, but it starts from much below (800927) The most gruesome of behaviours, sarcasm, which is the essence of the English character, and comes from left Vishuddhi, can be cured by being straightforward and speaking sweetly, with no more harshness towards others (850806); If you talk sweetly, then 99% of people will dissolve before you. One has to learn the trick of talking sweetly to others. First of all the other person should not know who you are - show that you are less intelligent than them - with complete humility (910001)

A principle of Gandhi was 'never to listen to nonsensical gossip - never to listen to any criticism'. What is the use... what do you gain by repeating to another... why to see something wrong with others... (980320); Never talk ill about each other... never (810524); When you speak, it should be auspicious... many people have a habit of speaking very inauspicious things... like we invite somebody to our house for a party... and we say something hurtful to them... or say, a dirty joke at a time when there is a wedding going on... Hell is nothing but inauspicious living (781002)

Also I have seen people start discussing me... and in a very funny way they do it... I think the best way to deal with the problem is not to speak about me... if you have to speak, then know that it has to be absolutely positive... otherwise you are harming yourself... and you are harming others... then you don't blame me for that (800127.2)

- Jai Shri Mataji -

Sahajvidya - Talking

Tape References:

Date/Ref - Title - Qual - mins

-871224 We are here for our ascent - Poona - see 871213 good 30

-800127.2 Deep Meditation - see 800127.1

781002 Knots in the 3 channels, Caxton Hall poor 90

800127.2 Powers bestowed on S Yogis, how maintain them, Bordi good 30

800927 Lethargy - Chelsham Road good 75

810524 Subconscious, Supraconscious, Chelsham Road not good 70

810904.1 Advice given by Shri Mataji, Brahman Court poor

810904.2 Heart of the Universe, Caxton Hall

850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90

850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45

980320 Felicitations, Delhi good 55

Talking To New People

You should only tell about Sahaja Yoga, or about yourself, not about Mother. You can say that 'I was like that - even worse...'; Tell that 'you are the Spirit', and that anything hanging on will drop off... that it is done by the Kundalini; You cannot argue it out, as it is beyond human arguments; Handle them with care. Say that don't worry... the inner Joy will give you strength. Establish with love and care... be very forgiving (871009)

Those who are humble... who are kind... will attract more Sahaja Yogis... so it is important to change your temperament. If you try to show off, nobody is going to be impressed by you... if you think you are something very great, nobody is going to look at you. Be very humble, kind, generous... also very joyous. If you are really doing Sahaja Yoga, no sickness can come... no trouble can come... it is a fact... try to understand (001231)

Best way is to wear something with my photo... so people ask 'who is this person' ... could be a badge... if you can wear it... and when people ask you... you can start talking... you have to talk... that is the only way we can spread Sahaja Yoga. Of course you can have your programs... you can get people... you can give them Realisation, this that... but to talk about it is important... so the atmosphere is created. You can tell them that we have found the truth... and it is very simple... you can't pay for it... it just works... it is spontaneous... it's a living process... it is an evolutionary process - you can talk like that... not about me, but about Sahaja Yoga, in an abstract manner (880921)

And it's such a wonderful thing... one should do it. All such talks are going to help us a lot, though I would say those who listen to you may not get Realisation, but at least in the atmosphere it will be... and this is going to help us a lot... if it is in the atmosphere, people will know that there is something like this coming up (880921)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-001231 New Years Puja, Kalwe - see 001225.2 not good 25

-871009 Mahalakshmi Puja, Belgium - see 871016 good 35

880921 Speech at Ammonk Ashram, New York good 35

Tamoguni

A left side person; One who eats carbohydrates (830131), and is a fatter type of person (840906); One who has got all kinds of desires of self indulgences, but which disappears when we become Gunatit (980321); Those who have too much inertia, are sluggish or have slow moving temperaments, and who when it is exaggerated, can take to spirits, or alcohol etc. and this can take you away from Reality, and make you numb (790928); Tamogunis get lots of psychosomatic diseases (980712); Tamoguna... left side (800517.2)

Women have to be left sided, have to be fatter than the men, because it is the woman who bears the children, and she needs the fat to sustain them (840906)

In India, medicine is based on the Trigunas, the three types of people, with the three types of problems: the Tamo, Rajo and Satwo Gunis, being of the left, right and centre respectively. Each is treated accordingly, in order to bring them back to a balanced state (840906)

When the attention goes to the Spirit, it just happens that you become Gunatit, and are no more concerned with your own conveniences, or comforts. You just go beyond all these three gunas which have been dominating you, like the Tamoguna, Rajoguna and Satwoguna. Now you don't want to see whether you are right sided, or left sided or centred - you are a Sahaja Yogi, and a Sahaja Yogi is beyond all these things, you are Gunatit (980321)... beyond the three gunas (800526)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800526 Attention, Dollis Hill
- 830131 Nabhi Chakra, Delhi good 80
- 840906 Talk at Gregoire's House - Vienna [German translation] good 65
- 980321 75th Birthday Puja, Delhi good 55
- 980712 To be obedient to the Guru, Cabella

Tantrikas

Misuse of the Kundalini (920621); Those who control dead spirits, are very bad, and lead to incurable diseases (830129); Are found in many parts of India, notably Bengal, Bihar, UP, Kerala, and Madras (790422); The Tantrikas in India... they entered into all kinds of things... and the worst thing they entered into are the Vedas themselves... where they declared even... that... they said that, the God and the Goddess... God and His Power are sex relationships... I ask you... they think that human beings are nothing but sex points... that they have nothing else, in them. Even an amoeba has something more than that (790608.1)

'So-called Tantrism', came into being, in our country (India - Ed), since long... in ancient times... when the gurus were having few disciples with them... and is the opposite of the Real Tantrism... which is Sahaja Yoga... of the genuine kind. If Tantrism is to be considered as the genuine stuff, then it is Sahaja. So these tantrikas first started their jobs... in Rama's time... and in the 6th century, it was at it's height... when all other scripture were thrown into the river, and Tantrism became the scripture of the day. There was so much freedom... that licentiousness to do whatever you please with that scripture took place... in the 6th century. That was the best breeding time of these horrible people (771121)

First the Tantrikas came... they were the first... and are the people who use sex for so-called Self Realisation (771121); These tantrikas have no relationship with our ancient scriptures... for example, (Ravana - Ed) will never mention any of our ancient scriptures... he has no relationship with any Deities... does he mean to say he has nothing to do with Christ... with God... with anyone... but only with sex. You people... really... are you only sex points (790200.1); Most of Tantrism has come out of inauspiciousness... Pantheism is nothing but inauspicious mastery (781002)

Sahajvidya - Tantrikas

Without Kundalini rising, without Realisation, whatever you try... you spoil it. So... they went absolutely astray... and the whole thing... is aimed at spoiling your Kundalini... it's so simple... if it is unauthorised (790608.2); Before the Deity... before the Gods, if you do something extremely inauspicious, you make the attention of the Gods and all it's protection to get out... this is the basis of all these tantriks (781002)... there is no Deity existing there any more. Then at that point you invite those who are afraid of God... I should say the Spirits... they enter in... then they start using the Spirits (790608.2)

They all have different methods. Like (Ravana - Ed) what he has done is... they put a Deity, and before that Deity they make a sex relationship (790608.2; 790609.3); Now this horrible fellow (Narakasura - Ed) has worked on the Swadisthan... that's why he's more dangerous... he works more on the right hand side... and these Supraconscious spirits are brought in... it's all Supraconscious work he does (790609.3)

One criteria is sufficient I think... to begin with... anybody who takes money... is fake. Then second would be... those who are interested in women... you see one of the greatest sins is to be interested in... the wife of another. But a guru... a person who says he is something spiritual... or even this horrible (Ravana - Ed)... he's trying another trick of this tantrism... in which he says... 'you wear this dress'... which announces that you are a detached person... and then 'you indulge into everything'... you see the juxtaposition... you understand the point... if you preach something and do the juxtaposition of that... you do just the opposite... to insult (790609.3)

Now whatever experiences you get... for example, some people start just... jumping... some start shouting... some start behaving like animals... and they say... 'oh... that is what is coming out' - they feel very bad... they get terrible diseases... they get into troubles... into pains... and all sorts of things... and contortions... and they say... 'now your subconscious is coming out' - nothing has to be brought out... that's one thing you must know (831001)

Sahajvidya - Tantrikas

There are so many Tantrikas, who know who I was... they are afraid of me... they talk about me... they tell about me (770215); I must be the greatest Tantrika, because I know the mechanism... I can handle it... but the Tantrikas of so-called modern times are horrible people, because they are connecting the Kundalini with sex (771024.1); If somebody has planted into you that Kundalini can be only risen through sex... he's a Tantrika... sex has nothing to do with Kundalini... at all... it's a wrong idea... she is your Mother... the Eternal Mother that you have... she knows everything about you... you are the only child she has... and she is born again and again with you... how many of you would like to connect your mother with sex... that's the worst thing that you can do to your mother (771024.1; 771024.3)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 771024.1 Caxton Hall tape 1 poor
- 771024.3 Caxton Hall tape 3 poor
- 771121 Tantrism, Caxton Hall poor 75
- 781002 Knots in the 3 channels, Caxton Hall poor 90
- 790608.1 Maria's House Tape 1 not good 50
- 790608.2 Maria's House Tape 2 poor
- 790609.3 Maria's House Tape 3 poor
- 830129 Swadisthan Chakra, Delhi ("False Gurus, & Conditionings") good 70
- 831001 Santa Cruz interview good 45
- 920621 Kundalini Puja, Cabella good 55

- end -

25 Dec 2002

Tea

So much of tea is taken in England - in Ganapatipule tea is taken twice a day at most (890611); To get the optimum delight of drinking tea, one should take one spoonful of sugar, not more not less - the same sort of thing applies in life, not too much, not too little (800517.2); You people take too much tea... it's very injurious for the intestines... so much tea... is very wrong... plus milk with it... milk gives you diarrhoea. Limit your tea taking... or if you have to take many cups of tea, see that it is a very light tea. But this Marathi tea... only one cup in the morning is sufficient. Too much tea is very dangerous, it's not good for you... so limit your tea taking. Because of this tea, your stomach goes out of order... you cannot sleep... it's a wrong thing. So reduce your intake of tea. Water should be increased... more of water, less of tea; If you see how much our Mother takes tea... She may even take 10 cups... just to please us, but no sugar and no milk (881221)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-890611 Dynamism and ascent, Connecticut - see 890611 good 55

-881221 Hygiene - Sangli - see 881217 good 45

800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

890611 Dynamism, Virata Puja, Connecticut, USA

Techniques

There are many, and include: Meditation; Using the Photo; Raising left or right side; Using Light and Fire; Candles; Using Mother Earth and Water or even Ice; Adjusting Food; Use of Sugar or Salt; Footsoaking; (830121); Shoebeating (800907); Introspection (910728); Giving Bandhan (870408); Use of Vibrated Water (781005) etc; In use, give the body different, different types of treatments - use wisdom (830204); These things work. We must become experts in Nirmala Vidya (811103); All techniques in Sahaja Yoga must be learned and mastered (760330)

Sahaja Yoga does not work on mental level... it works on the Spiritual level, which is much higher than the mental level. So what we have to do is to understand how to correct our chakras... if you have certain chakras catching, try to improve your chakras with the photograph... with all due respect to the photograph... it is only the photograph that is going to work it out (830121)

Now if we have ego, what we should do is raise the left side, and put it to the right side... there's no other way out... you have to use your hands; Then everyone must soak their feet daily, and must do daily meditation. For correcting your right side, use the Mother Earth or water or even ice or also carbohydrate or vegetarian types of foods. For left side, use light or fire or nitrogenous foods i.e. proteins (830121)

Some of the things are sucked by the Mother Earth... some are sucked by the flame... can be the flame... can be the fire... the Sun also sucks in... the sky also... depends on what centres you have in problem... on what problems you have... alright. But on the whole, the Mother Earth is the most gracious thing... she helps the maximum I think (821008)

Sahajvidya - Techniques

Tape References:

Date/Ref - Title - Qual - mins

- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 800907 How to know where you are - Chelsham Road good 120
- 811103 You must grow fast in S Yoga, Brahman Ct [+French] good 75
- 830204 Sahastrara - Delhi (+ Q&A: 10 mins) good 60
- 870408 Talk to Sahaja Yogis - St.Martins Lane, London good 45
- 910728 Guru Puja - Cabella good 60

- Jai Shri Mataji -

Technocrats

The trouble with Sahaja Yogis, as they are today, is that they are all technocrats... it would be better... that they should forget about techniques, and worry more about spontaneity. Too much of techniques kills spontaneity - a balance has to be struck... between techniques... and spontaneity. Firstly, you got your Realisation by spontaneity... Sahaja. Naturally by temperament... you are technocrats - you have to have a technique... a Tantra, a mechanism (0.0011)

How to become subtler is the problem. To attack such a question from a subtle point of view, you have to first of all know, that you are a Sahaja Yogi... no technique is needed... just your vibrations on this question to begin with - it's very simple... the subtler things are the simpler things... gross things are complicated things... it's very simple (0.0011)

So this intellect, which is now being enlightened, Prabuddha... you must use it in a subtler way. As we are all technocrats, we are right sided... we are very right sided people... all the Sahaja Yogis today are 99.9% are right sided... even in India... and this movement towards the right side is overdone. So now to bring Sahaja Yogis to normalcy, is to bring them to the left side. Under these circumstances, one has to think of those people who really love God - there is bhakti... there is devotion. They don't think... they don't worry... they are blindly following God - you have to develop... that shraddha... that faith... that love. Start with your heart... just give up talking about it... just start feeling your heart... not your mouth so much... as your heart (0.0011)

What do we do when we love... what are the signs and symptoms. I don't know, in the West, if that glimpse of love is also there or not... but you can see it in this country still (India - Ed). Say, a mother for example, if her child is sick... she will not sleep a wink... she will not. She will not think of her comfort... of what time she slept... or got up... she won't think of her food... nothing. She will just want that her son will be alright... she will have no desire left, but to see that her son is cured (0.0011)

Sahajvidya - Technocrats

In Sahaja Yoga you don't have to sacrifice anything... and what is promised is Swaraj, in the real sense... is the domain of the Spirit. Always you get added advantage, in this way or that... you are blessed every moment - count your blessings. And one should start understanding that these blessings are for us to become more loving, more generous and sacrificing. The idea that we are sacrificing, itself is an ego oriented idea... what do you sacrifice... what do we have... to sacrifice. You have to give Realisation... you have to take responsibility of Sahaja Yoga now... you have to become responsible for it, in your own way. You have to do it, because you are doing it for the greater good - the more you think of the greater good it is doing... the better it will be for you. All these are the qualities of the left side... the heart... the Atma. Atma is all the time giving... it cannot receive - that is why it is untarnishable... it is unsurmountable... nothing... nobody... can dominate it... it is above (0.0011)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

0.0011 Weekend seminar in Pune, Tape 1 good 180

- end -

17 Jun 2003

Teeth

People who have teeth which are troubling them, must look after them. It's no good just going to the dentist... simple thing is to use some olive oil and some salt... rub it on your gums nicely every day before sleeping... that will keep your teeth alright. You will be amazed... that til today, I have not been to any dentist... but one thing is there... that I brush my teeth quite a lot. Don't use electrical toothbrushes and all that... but use brushes, or use your fingers. The best way is to rub with salt and oil... is very good for you... and allow the whole thing to come out (860504)

The Neem trees that grow in India, are very good for driving out all the baddhas. It has a very bitter taste and the baddhas run away from it. They are very oxygen creating plants, and we use them as toothbrushes. One twig is taken and chewed into, and then we go on cleaning our teeth with it for an hour or so... and go on... while talking to people - you have to chew it very well. So the teeth are kept very well (881207)

Organs can be lethargic if we eat too much carbohydrate type of food - in which case, we should take more proteins. There is no harm in taking meat - it is best not to eat meat from animals larger than yourself, because it can cause problems with the teeth... and not cows, especially Indian cows (830131); The teeth are controlled by the Vishuddhi (790722)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 790722 Leeds at Jim's House poor 45
- 830131 Nabhi Chakra, Delhi good 80
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 881207 Why do we come to India-Dec 88/1 - India

Temperament

The rising of the Kundalini can happen in the split of a second if you are really ready. For children it takes no time, but for elderly people or people who are involved into some extremes, it might not rise. Like for an athlete or a big tennis player... it doesn't rise... because he thinks he's a big tennis player... he's a big man... and a great person... and so the Kundalini says 'alright wait for a while... you're too great for me', so it doesn't rise. Also for people who are working very hard, or doing something too much, the Kundalini doesn't rise (790720)

Most people who are temperate, who are in the centre, who are not arrogant, who are humble people... only for them the Kundalini rises. People cannot understand why in some very simple ordinary people who come to me, the Kundalini rises, and when these big big people come to me, it does not rise. It's a simple thing... are you a human being who has led a normal balanced simple life? If you are an abnormal person... then the Kundalini is not for them (790720)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

790720 Cardiff Public Program good 30

- end -

8 May 2003

Temperature

It is the central channel... which gives us the temperature that we have and is lukewarm, as opposed to the hot right side and the cool left side (800517.2); You can put the clay on the stomach to take out the temperature... it's a natural way (881221)

Cool Breeze... is very temperate... it's not a thing that is freezingly cold... if it is freezingly cold, that means left side. Cool breeze is actually never 'very cold'... it's not freezing. It could be hot with some people... it could be very cool... because of their problems... but if you are a normal person, you feel a cooler sensation... it is slightly less than your body temperature... it's not so very cooling as to freeze you - if it is hot, there is something wrong with you (810524); It is cool... because the All Pervading Power is felt like that... when your Spirit is enlightened. It is existing everywhere... but you never felt it before... you start feeling it when your Spirit is awakened (810524)

High fever means 104...; 100 is no temperature...; 101-102 is alright once in a while. You see temperature is there because of the heat... 102 is nothing... it's not much. If it's 104, we start worrying; Don't take a hot bath in the open... always get into cold water... cold is always good (881221)

If you take a bath with hot water in the open, sure shot you will get a temperature... you should never take your bath, in the open or with the window open, with hot water(881221); If you take a bath with cold water, you can never catch cold because the temperature is the same. If you have to take a hot water bath, take it in the night, or at the time when you can go off into your bed. In England, if you take a hot bath and go out immediately... you can get cancer of the lungs (881221)... in the UK, bathing is better done at night before retiring, to avoid problems due to the cold climate (820710)

Sahajvidya - Temperature

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 820710 Mooladhara, Swadisthan, Nabhi & Void - se 820701(Video)
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 820710 Derby PP [PP video set 4/3,4] good 55

- Jai Shri Mataji -

Temper

Make your ego be challenged... not to get into temper... try that your ego doesn't react... that can be achieved very easily if you try... in the mirror, look at yourself, and laugh at yourself... make fun of yourself (860504)

The only time when you should really be angry... when you cannot tolerate anything against your Mother... or Sahaja Yoga... and one can get into a tremendous temper - so to say that a Realised Soul should not get into a temper is a wrong thing... then, the anger is spontaneous. But you need not do anything... I can look after myself - but the reaction is correct... the reaction is correct (880921; 770215)

The people who are in the centre are quiet and silent people... they never show off... but... they can sometimes get into temper, which is necessary, if they are to protect the protocol of their Mother, or could be of Sahaja Yoga, or of God (830209)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

770215 Talks about Sat Chit Anand, Delhi poor 65

830209 Problems of Left, Right and Centre - Bombay good 65

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

880921 Speech at Ammonk Ashram, New York good 35

Temptations

There are lots of temptations, because we are coming from the human level, lots of temptations like we start dominating others... then this leadership business also comes in... some people become leaders and some start complaining. Everybody has his own role to play, his own style to work out... but it has to be for the benevolence of the whole, not of the individual, and once you realise that, you become extremely humble, extremely conducive, and can articulate in a very beautiful manner with other people (881226)

After Nirvikalpa, the Ganesha becomes really Jagrut... such a person is not tempted by women... he is not... any more... nor by any alcohol... or smoking... he is beyond temptation. He cannot tolerate... if a woman is made naked... or a cabaret sort of thing (770215)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-881226 Value systems, G'pule - see 881217 good 10

770215 Talks about Sat Chit Anand, Delhi poor 65

- end -

6 Oct 2002

Ten Commandments

There are ten dharmas, the Ten Commandments, in the Void area within us, looked after by the ten Primordial Masters. It is our 'attitude towards others', other people, their things, their wives, daughters etc. This is all related to 'others'... is dharma... is completely without rationality, is simply to be accepted. Fanaticism is against dharma (781005); The 10 Valencies, Sustainances, Sutras, or Principles, of human beings, in the void area, whose purpose is to establish balance, or dharma (811005; 810928); Like... drinking too much is against dharma... taking drugs... telling lies about other people... stealing... killing somebody... are against dharma... all these 10 commandments. So when you try to disobey them... and go on disobeying all the time... then it works that way (0.0012) This diarrhoea is important sometimes... to cleanse you out... it's important; It is alright because it is a parasympathetic activity... it's cleansing you see; With diarrhoea and also vomiting... it's clearing out... that's good for you... it's the drugs, and bad Gurus, and things, that spoil your void, and when you come to Sahaja Yoga it comes out in this way. Let it be, it's better; After Puja if it's happening, it's very good... it should happen after Puja (881221); So be careful about your dharma (0.0012)

The Nabhi looks after our digestion on the physical level... it also looks after our balance, our ten commandments, which are given to us by the Primordial Masters... and through this centre we evolve (790722)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

0.0012 Weekend seminar in Pune, Tape 2 good 50

781005 Dharma [+ further 30 mins - Qual. not good] good 40

790722 Leeds at Jim's House poor 45

810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80

811005 Beauty that you are - Houston good 70

- end -

13 Apr 2003

Tension

A modern problem (which we try to escape by suicides, alcohol etc.), in which we have turned our attention towards outside things, and to outward development and to economics, and have lost the inner life (781115); The problem with the World today (where there is in every country everywhere, a very subtle problem... that people do not understand... and that exists in this Kali Yuga)... is inside the human being... and people are so restless, and full of tension... and anywhere you go, countrywise, you find some sort of a confusion, and the whole society seems to be in a fear of destruction. The problem is that our attention is not on the Spirit... it is outside... where we go into competition... go on becoming 'competent' - we get into so many struggles, and there is no end to our troubles and woes. But as soon as we put our attention to the Spirit we find there, amazingly, that everything works out, and that the Spirit is the source of all Love, Peace, Joy and Truth. This is an evolutionary process. Today is the time for people to become the Spirit - this is the blessing of the 'Blossom Time'... and people have to become the Spirit. This is an essential step today, to become the Spirit. This is an evolutionary process. All the religions have talked about it. Without it you cannot achieve the Peace, the Joy, the Love... but first... you have to forgive (980320)

Tension... which results when... the ego on the one side... and the superego on the other... when they close down... and we become like an egg shell - we are closed... we have an 'I-ness'... we become Mr so-and-so... and then when this is accumulated there... we feel the tension. The superego is when we are all the time in fear, in danger, are crying, weeping sort of people... and the other side are people who act, who have ego. Either we are in 'action', or we are in 'weeping condition', in 'inaction'. This accumulation... this tension mounts up in the head... and with this tension, you get all kinds of complications - with the left side, you might get low blood pressure and all that... and with the right side you might get high blood pressure. The tension of the head is because either you are worried or you are planning something... you are aggressive or you are taking

Sahajvidya - Tension

aggression... one of the two. Here Christ plays a very big role in our lives, because he is placed in that crossing point... and when Christ is awakened... these two things are sucked in (821008)

Men take out their tensions on their wives... who are the strongest part of any family... and have the capacity to bear and absorb all this; Husband and wife are equal, though not similar, like the two wheels of a chariot, both of which are needed to maintain the proper balance; Men feel they want to be superior, but this domination of the men is a myth. The women are the real power, the shakti of the family (810328); I have seen some ladies who are extremely tense... tense type... they can never give joy... they are themselves not in joy... how can they give joy. So the tension should not be there... at all... of any kind. Be relaxed... you are the other side of Sahaja Yoga, which gives peace... joy... and nourishment... and also complete tranquillity... in the family, you are responsible for tranquillity... even if the husband is angry (931228)

The Vishuddhi chakra can catch, if we feel 'too responsible', and can result in tensions and headaches - the remedy is to witness, and realise that everything is done by the Divine (890801)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-931228 Talk to bridegrooms & Shri Gauri Puja, G'pule - see 931224 good 10

-821008 We don't have to suffer, Bedford - see 821007(Video) Good -

-781115 Evolution - see 780911 good 45

810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55

890801 First Know Thy "Self" - Porchester Hall [+25 min Q&A] Good 50

980320 Felicitations, Delhi good 55

Testing

You know that I know about everyone. So if I ask... where is somebody catching then there are 3 possible replies:

1. I must tell, otherwise Shri Mataji will not know - this is very funny.

2. I know and I must tell - Shri Mataji also knows, and She wants to test me. I should be careful. At this point, we can make a mistake: 'left heart is catching, but very mildly' - finished, we get less marks.

3. You have to tell what you feel - be honest. Shri Mataji will then correct, if you are unsure or don't know. For example, we may be unsure whether it is 'ourselves' or the other person that we are feeling.

We have to pass this test, because tomorrow, we are to be the gurus. But some people get ego with this, and that is very surprising. This is all a training period; Children are cock-sure, but grown ups are not sure (800517.2)

I have never put any restrictions on you... do what you like... whatever way you want to do it, you can do it... I have never been bothering... even about money or anything... but that is a testing ground where you are standing (010321)

When you reach a certain state, then you should not allow anything of the past to come back... I would even suggest... you have to challenge the past... it's finished... good for nothing... like that... but if you get afraid or worried, then you have not reached the point. Your Mother will also sometimes test you on that... sometimes I may remind you of some mistakes of yours... and then see what happens to you... and then I will know where are my children. Why should you worry about things which you are not any more... now, if you have become a fully fledged bird, why should you worry about the egg that used to smell so badly (860707.2)

Tape References:

Date/Ref - Title - Qual - mins

-860707.2 Address at Vienna Ashram, Melichargasse - see 860707 good

800517.2 Old Arlesford, Winchester - pt 2 (What is a Sahaja Yogi) good 90

010321 Mother's Birthday Puja, Delhi good 50

Thankfulness

This is a very great privilege that I am telling you all these things... that I am telling you... that... 'sincerity is the key of your Self Realisation'. It's a privilege... I'm giving you the key. Understand what a privilege it is for you to be here... at Puja... what fortune... what reward, for what you have done... how many lives have been rewarded by being here (800505); Count your Blessings... with thankfulness to God, from your heart... and with Glory and Praise to God... then that Bliss comes to you. Without thankfulness, nothing is going to work out (821101)

The greatest thing He has given us, is Realisation... and the 'way of Sahaja'. Look into your heart, and humble down... and thank... every moment - that is the key to start the Joy... out of every moment. Every moment has an ocean of Joy in it... but to start it, you must thank... whatever you have got. Thankfulness is the way to Joy... there's no other way - we get everything, but we never thank... judging type we are - today is the day of thanking; Thankfulness, if you do not have, you'll never enjoy what you have... whatever you have got... whatever God has given you... out of His Grace... out of His compassion... out of His love. We do not know how to thank Him... you see this is the point... have we thanked Him... every moment of our life. When you thank Him, the waves of Joy will rise within you (790000.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-790000.2 2nd Talk - see 790200 not good

790000.2 Shri Mataji working on new people good 55

821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105

Thinking

Thoughts obstruct or prevent the enjoyment of beauty, and obstruct the attainment of true peace. When the Kundalini rises, we become thoughtless spontaneously, and the attention becomes peaceful (840718); Thoughts of the Sublime help us in our ascent, help us to rise; For others it is the thoughts of the ridiculous that are important (850806); Our thinking has to go down first of all (871224); Think nothing but Sahaja Yoga (821101); Thinking is not allowed in Sahaja Yoga... give up this 'I thought...' business (871230.1); Before meditation and after meditation try to keep quiet for a while... and if there are thoughts, then you have to say 'not this'... 'not this'... 'not this'... (871224)... or, if you are thinking, open your eyes and watch me (800809)

These thoughts are coming from two angles... from ego, and another from your conditioning... and these are so much built up within you that they don't allow your Agnya to be crossed. That's why we have two bija mantras, Hum and Kshum (980510); These two things, conditioning and ego, are in the mind, but it is important that we should go into thoughtless awareness, and that thoughtless awareness is the real way that your Sahastrara can be nourished by the Kundalini. When the Kundalini cannot pass through, that is why there are the two bija mantras Hum and Kshum (980510)

Our understanding of Sahaja Yoga is simple... if we don't think about it. How to explain that someone like us can give Realisation to thousands? How to explain the Photo, the pictures in the sky? It is beyond our brains, so don't think, just accept the Joy (871016); We have to be detached from our thoughts, which is achieved if we know how to forgive others (821226)

Sahajvidya- Thinking

Normal thinking, is very superficial, and is the interaction between thoughts and action, action and reaction (781218); Thinking can make us so bumptious, so ego oriented, so impure (830113); What does the thinking in your head is your ego, or your conditioning, and you go on reacting to it all the time. But after getting Realisation, and after achieving that state, of thoughtless awareness, you don't react... you just watch... and that watching itself is very powerful... you are watching silently, and it is very, very powerful, and it works (980706)

When you are thinking, the cells of the brain are replaced every minute... by the fat that is in your stomach... by this centre of Swadisthan (821008)... and so if the control of the Swadisthan is diverted away from the organs, to the provision of fat cells... this can result in diseases such as blood cancer, and diabetes (890801; 870500)

You are not to use your thinking for correcting your chakras - you have to move your hands and not your brains... alright, and when saying mantras, put your attention without thought to the particular chakra. Once you start 'thinking', then there's a barrier between the Spirit and you - in any art or in any deftness, that's how the creativity, the spontaneity is finished. So do everything in silence... in thoughtless awareness... that's the main point; Try at least to see my face without thinking... my face itself makes you thoughtless... Silence your mind; The best way to be with your Spirit is to forgive, because then your thoughts will go away... the less you think, the faster you move with your Realisation... do not argue it out... just try to become... you have to become; Don't think... then the inspiration will come to you from within, and when the inspiration will be coming, then you'll find that it will be very different, it will be very beautiful (800907)

Sahajvidya- Thinking

You see, I know what you think all the time... real foolish things... nothing sensible; What you have to surrender is your ego, means your thinking. If you are thinking, open your eyes, and say 'I forgive, I forgive'... even if you take my name, it is sufficient (800907); If you see any thoughts coming in, you should say 'I forgive'... is a very big mantra... and the thoughts will stop (880921)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871230.1 Marriage - Kolapur - see 871219 good 45
- 871224 We are here for our ascent - Poona - see 871213 good 30
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 870500.1 Untitled talk - see 870503
- 830113 Saraswati Puja, Dhulia, 830113.1 (5 Pujas from India) good 25
- 821226 Lord Jesus - see 830113.1 - (5 Pujas from India) good 15
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 781218 Agnya, Caxton Hall (first 15 mins poor quality, then good) 70
- 800809 What are we inside - B'ham good 30
- 800907 How to know where you are - Chelsham Road good 120
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L. Mooladhara, Supraconscious, Dhulia (+ 30 min med'n) good 60
- 840718 Chiswick Town Hall [+33 mins Q&A + incomp. Experience] good 55
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 870500.2 Australia PP [PP video set 5/1] good 35
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 880921 Speech at Ammonk Ashram, New York good 35
- 890801 First Know Thy "Self" - Porchester Hall [+25 min Q&A] Good 50
- 980510 Meditation is the only way, Sahastrara, Cabella good 60
- 980706 Holland Park School, London 1998 good

Thoughtless Awareness

The first thing that is established, when the Kundalini rises, and we get our Self Realisation, when we stop in the 'Present' moment. The state that exists when the Kundalini passes the sixth chakra, the Agnya chakra (890801)... and enters into the Limbic area (770215); As soon as the Kundalini passes Agnya, there is no thought, we are in thoughtless awareness (781218); Nirvichara (770215)

When you are in thoughtless awareness, then you are in contact with the Principle, the Shakti, the Power that permeates into every particle that is matter, into every thought that is emotion, into every planning and thinking of the whole world - you permeate into all the elements that have created this beautiful Earth. When you are in meditation, you must allow yourself to be in thoughtless awareness, because it is then that you are in the Kingdom of God; If you give vibrations in thoughtless awareness, you will not catch anything, because all the entities that enter into you, all these material problems that come into you, come when you are in those 3-Dimensions - of the emotional, physical and mental being (760330)

Those who want to grow should meditate every day, whatever time you may come home... maybe in the morning... maybe in the evening...any time... but you will know that you are meditating, when you can get into thoughtless awareness...your reaction will be zero... you look at something... you'll just look at it, you won't react because you are thoughtless... you won't react. When that 'reaction' is not there, then everything... you'll be surprised... is Divine. Once you are absolutely thoughtlessly aware, you are 'one' with the Divine... so much so that the Divine takes over every activity, every moment of your life, and looks after you... you feel completely secured, 'one', with the Divine... and enjoy the blessings of the Divine (980510)

Sahajvidya - Thoughtless Awareness

Thoughtless Awareness, the term defined by Jung, where you go beyond the thinking mind, and is also the state described by the Russian Scientists as the Physical Vacuum State, needed to see or feel 'Reality' (980705; 980706); If you cannot become thoughtless, pray to me 'forgive me for what I have done... and forgive those who have done harm...' (750209)

After some time, when you have really become a Sahaja Yogi, you just close your eyes and then you find you are in that blissful state, where you get rid of all problems, all worrying things, and you just become silent, thoughtlessly aware (980706)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 760330.2 Deities on various Chakras, Delhi - see 800102
- 760330.1 Gudi Padwa, Delhi - see 760330 good 30
- 750209 Prayer by Shri Mataji - see 760330 not good 5
- 760330 Gudi Padwa, Delhi/Transformation, Bordi
- 770215 Talks about Sat Chit Anand, Delhi poor 65
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 980510 Meditation is the only way, Sahastrara, Cabella good 60
- 980705 Royal Albert Hall 1998 good 50
- 980706 Holland Park School, London 1998 good

Three Dimensions

When we are moving in the 3-Dimensions of our life, i.e. of our emotional, physical and mental being, we are not 'inside ourself'. But when we are 'inside', then we are in thoughtless awareness, and that is when we are in contact with the Principle, the Shakti, the Power that permeates into everything... and we then are in meditation, and the Unconscious itself will take charge of us; When you are giving vibrations to other people, if you give in thoughtless awareness, you will not catch anything, because all the entities that enter into you, all these material problems that come into you, come when you are in those 3-Dimensions. But when you are on the Eternal Principle, all that is not eternal changes, drops out, dissolves and becomes non-existent; Only by Mother's Grace, and by one's own desire, one's own efforts to give up all that is 3 dimensional, are we going to ascend; Once you say 'how to... remove the attention from outside' that means that you have created the 3 dimensional involvement - you are not to remove... it is there (760330)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-760330.2 Deities on various Chakras, Delhi - see 800102

-760330.1 Gudi Padwa, Delhi - see 760330 good 30

760330 Gudi Padwa, Delhi/Transformation, Bordi

Throat

If the throat is drying up, and there is coughing, it is best to put a few drops of ghee on hot milk, hot water, or with soup... and take it - it will spread over the epithelial cells... of the throat and trachea. It soothes down all your sites... Krishna is soothed by that (810330); The ghee can be kept in a small bottle, which may be heated in hot water prior to use (870408); The throat is controlled by the Vishuddhi (790722); Shri Krishna is very fond of butter (810330); butter is softening in it's effect (810330; 830202; 850502)

To keep Vishuddhi OK, we can do the following... eat the butter... take it on hot water, so that it lines the epithelial cells, and clean throats every morning by gargling; For throat, gargling is a very good thing... with salt, every night. Gargling is something... is a must... for all the Sahaja Yogis... is a must (.0012); Is to be done every morning, using salt, as a treatment for Vishuddhi (830202; 810330), with a little warm water (881221); Sauces... are very important for use with food to prevent drying of the membranes of the throat (841005); Protect the throat from cold conditions, and if we speak, speak of Sahaja Yoga (830202); Shri Krishna is very fond of ghee or butter... so when you rub my feet with say butter, your Vishuddhi will improve... 'you' know that (800927)

Also I find that in Europe, people do not clear their throats... and tongues... which is another thing that is very much on left Vishuddhi... and that must be one of the reasons that your left Vishuddhis are bad. And so, though it is not fashionable here in the west... but it is very important... to put your two fingers in the mouth... and rub... and clear your tongue in such a way that everything comes out... in the morning is important... because that accumulates... and then it rots... so this has to be done. Maybe you think that if you are doing this... you will make a noise and all that... doesn't matter... you have to clear out your throat... and that is how you'll keep your Vishuddhis very clean (860504)

Sahajvidya - Throat

Dryness of the throat, may be due to psychological tricks, like 'I'll not talk to her, or I'll not speak'. This type of behaviour can lead to a dryness (800517.2); If we move to the right side more, we get dry feelings, a dry throat - we cannot speak (800517.2)

The Vishuddhi... controls the lymphatic system, ears, outside of the eyes, nose, neck (811004; 810330), throat, face (820711) and teeth (880710)... and all the mastoid muscles, the tongue, the cheeks and also the balls of the eyes (790722); Radha Krishna... is the mantra for the Vishuddhi... and is for where there are... problems of ears, nose and throat... or where you get bad colds... or where you get your attention diverted (850502)

All extreme behaviour from left and right creates problems of Hamsa... like if you eat... anything fried... after taking anything fried... you should not take water... or after eating fruit... you should not take water - you can take a biscuit... or bread... something like that to dry up your... throat, and then... you can take water (.0011)

For those who are in the centre, their main disease is in their excretion... and their all kinds of vomiting... if they eat at a place where they should not have eaten... or if they eat a wrong type of food or a wrong type of liquid... they have to immediately go and vacate it... either they'll vomit, or they'll have diarrhoea. Other problems they may develop include: swellings on the body, arthritis or pain in the joints, low breathing, low blood pressure, temporary tiredness, throat troubles, drying up of the liquid in the body, headaches and pressures on the sides of the head, all these from fighting the negativity in the persons they are with (830209)

- Jai Shri Mataji -

Sahajvidya - Throat

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 880710.2 Discretion of Hamsa, second talk - see 880710 good 10
- 880710.1 Discretion of Hamsa - see 880710 good 55
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 790722 Leeds at Jim's House poor 45
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800927 Lethargy, Chelsham Road good 75
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 811004 Becoming the Truth - Houston [+PP video set 5/3] good 30
- 820711 Nabhi to Sahastrara, Derby good 90
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 841005 Farewell to Mother - Chelsham Road good 50
- 850502 Niraananda, Vienna Ashram good 60
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 880710 Discretion of Hamsa, Munich

Tongue

With eating also there are problems: We can test the tongue, by going on a bland horrible diet, just to test the tongue. Is food important? Is the tongue fussy about food? Does it start watering? To overcome these problems, starve yourself, reduce what you eat by half - your intestines will go down. But don't think about food. This 'starving' is for Westerners, because the people of the East already do regular fasting. For them the correction is to eat. Best day for starving is Thursday, the Guru's day - and to start with a ½ day (821101); Food also we should not eat immediately from the oven, sizzling... sizzling food you should not eat. I don't know why such devilish ideas are coming - let your juices flow out to digest it... and then eat it... otherwise you'll burn your tongue... your palate... burn everything. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot (0.0011)

When you eat, you don't understand that this tongue belongs to a Sahaja Yogi... you shouldn't hanker after anything... like if somebody likes tea, he'll go on taking 15 cups... that's no good... or if he's fond of one sort of food, he won't take another food. Thinking too much about food all the time... asking for food and organising food all the time... that spoils your Vishuddhi very badly (800127.2); The tongue is controlled by the Vishuddhi (790722)

Also I find that in Europe, people do not clear their throats... and tongues... which is another thing that is very much on left Vishuddhi... and that must be one of the reasons that your left Vishuddhis are bad. And so, though it is not fashionable here in the west... but it is very important... to put your two fingers in the mouth... and rub... and clear your tongue in such a way that everything comes out... in the morning is important... because that accumulates... and then it rots... so this has to be done. Maybe you think that if you are doing this... you will make a noise and all that... doesn't matter... you have to clear out your throat... and that is how you'll keep your Vishuddhis very clean (860504)

Sahajvidya - Tongue

The tongue is used in many ways, and has many problems... we speak things to hurt others... we go on jabbering... we can show how frivolous we are... we are either tongue tied... or tongue loose (821101); Tongue is first of all... for saying things which are sweet and beautiful... let us find out what sweet things we are going to say to people... not expressing 'our' views, like 'I like it... I like that' or 'I want that', but on the contrary... 'do you like this'... 'would you enjoy this'... so the language should be directed towards others... showing interest and concern. The voice Should be melodious, and the language should be controlled. If we can control our tongue, 80% of collectivity we will achieve (850502)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55

-800127.2 Deep Meditation - see 800127.1

790722 Leeds at Jim's House poor 45

800127.2 Powers bestowed upon S Yogis & how maintain them, Bordi good 30

821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105

850502 Niraananda, Vienna Ashram good 60

860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85

860504.2 2nd Sahastrara Talk, Milan/Delhi University address

- end -

6 Oct 2002

Trachea

Butter is needed for the Vishuddhi and can be taken on a hot drink or with soup... or you can take a little ghee or butter on top of a cup of hot water...when it lines the epithelial cells of the throat and trachea - it soothes down all your sites... Krishna is soothed by that. Is also good for sinus problems, and can be administered warm with a dropper, to the inside of the nose for 3 to 4 days, where it lines the inner dry and cracked membranes... butter is softening in it's effect (810330; 830202; 850502)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

810330 Vishuddhi & Agnya, Sydney Poor 170

830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80

850502 Niraananda, Vienna Ashram good 60

- end -

6 Oct 2002

Training the Body

You have to train your body... better behave yourself... supposing your body cannot sleep on the ground... make your body sleep... lets see what happens... this is the tapasya... this is the penance... through which the Sahaja Yogis have to go, that they make their body their slave... if your body tries to be funny... better tell the body 'you behave yourself... what do you mean... why can't you do this'; There's no need for you to get up at 4 o'clock otherwise... but in the beginning it is necessary... because... you are such slaves to your sleep... so just to overcome that habit of yours of sleeping, of sloth... you should be able to get up at any time that you have to get up. So this is what it is (850310)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

Transformation

Sahaja Yoga is a very different type of a living process - when you get Realisation, it starts transforming you, and then others. By your presence you start transforming other people. First you receive the light, then you generate the light. With your 'will' you can generate Sahaja Yoga to go further (801116); Sahaja Yoga is not just to pass energy through us. You have to absorb... assimilate it... and transform yourselves... and see for yourself, how are you behaving, how are you feeling about things. Are you taking a new view of things or not. Progress is slow because we do not want to transform ourselves - every moment try to see that you transform yourself - this transformation is going to help you (800127.2); Let us decide to improve ourselves, and not to feel bad about it... we have to improve a lot (800927)

It is very important to understand that without transformation you have no meaning... whatever you have been, has been useless... of no good... whatever you are transformed, you are of some use. So, whatever you have been, you do not be identified with that... but whatever you have to be, you try to be that... and with this power you have got, that 'whatever you want, you will be that'. But some people are so funny that they say that... I want to be a donkey... all such silly and foolish people are no good for Sahaja Yoga (800127.2)

But even after transformation... if you do not want to become what you have to be... for which you have come here... you will be left behind... there is a big transformation taking place. In that transformation also, a 'rising' is taking place... there's a big evolution going on, and those who will not evolve properly will be left behind... this is the last judgement... and you'll be judged... you'll be left behind. If you cannot adhere to people who are rising higher... with your weight, you will fall down (971225); To transform ourselves, there has to be some evolution - you have to become collectively conscious. It is an actualisation within yourself... it is a living process... it takes place spontaneously (860707.1)

Sahajvidya - Transformation

This transformation within you is going to change the whole world... people are going to see... that you are no more a confused person... you are not a person who is doubting... and neither you are a fanatic... you are not a blind person... but you are a person who is alert, and aware... and can see things better than others. The more alert you become, the more the Divine takes interest... but this alertness is nothing but the enlightenment of your sincerity... and... sincerity is the thing that means... you are loyal to your Self... the loyalty to your Self is sincerity. Sincerity is my nature... I don't have to strive for it... I cannot get out of it. Now... if I am your ideal... you should try and imbibe my nature within yourself... and then you'll be amazed how you are connected with me... then we all move like one wave, one being, one personality (800505)

Our idea is that by God's Grace we are so many... and if we want we can transform the whole world... we can bring peace, joy and bliss to this world... bliss and joy... for this we have to have our balance, our ascent and then the desire to fly into the whole Universe. How to do it... you can find out yourself... it's not difficult... how can I do it... face yourself... find out about yourself... don't justify yourself... don't be miserable... you have to be joyous, happy, balanced, well behaved, sober. Outwardly it will show, whatever is inward... all your dignity will express, if there is dignity. So all these things can be built from inside out... not from outside in. So let's work it out that way... then things will be very easy, because now you have a state where you are separated from yourself... so that is the state of Nirvikalpa, where you are not attached to anything... you have no diseases... you have no troubles... you are above everything... you do not try to complicate things for me... you do not try to say things more than me... you just take it... a hint... is sufficient... Mother said so, alright. But another bad habit some people have... is to say... 'Mother said so, so this is so'... use your discretion, how can Mother say - if she has said something there must be something in it... we must understand (850310)

Change

We have to change very much... we have to transform ourselves into a new style of thinking. It is very very important... are we depending on Him... or on our own old ways (791015); 'Changing' is the sign of life. Like a little root has got a very little, small, tiny cell at the end of it, which is very discrete, and it changes its course according to the way it can penetrate into the Mother Earth. If there is a big boulder, it goes round and round and round to create a bondage for it later on, for the tree to stand up. Then it goes into all various areas in a proper manner, which ever way is the best. And 'Sahaj', in the same way... is a living process, and whatever works out, has to be worked out in that manner. We have to be prepared for everything in a very sweet and enjoyable manner (880103); So we must change. If you don't want to change... you'd better leave... that's the main point (810904)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 971225.2 Christmas Puja, G'pule - see 971225.2
- 971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30
- 880103 Patience and sweetness - G'pule - see 871213 good 15
- 860707.1 Press conference, Vienna - see 860707 good
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 800127.2 Deep Meditation - see 800127.1
- 791015 How Realisation... develop, Caxton Hall - see 790928 good 30
- 800127.2 Powers bestowed on SYogis, how maintain them, Bordi good 30
- 800505 Sahastrara Day, Dollis Hill Good
- 800927 Lethargy - Chelsham Road good 75
- 801116 New Age - Plaw Hatch Seminar good 70
- 810904.1 Advice given by Shri Mataji, Brahman Court poor
- 810904.2 Heart of the Universe, Caxton Hall
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe
- 971225.2 Christmas Puja, G'pule/New Year Puja, Kale - see sub

Tree of Awareness

Shri Krishna has said that the Tree of Awareness grows upside down - that the roots are in the brain and the branches grow downwards. Those who have gone towards materialism have grown downwards, whilst those who have gone towards the Divine, have grown upwards, towards the roots. The main tap-root is innocence, is Shri Ganesha (850000.1)

Krishna is the brain... Shiva is the heart... and Brahmadeva is the liver. Now what is the faculty of this brain... is... that the tree of life, of evolution, grows downwards as they say... and this tree is growing downwards, of awareness, from the brain... but if you have to go to the roots, you have to ascend... and that ascent you have achieved... now you have gone to the roots of your brain... where all your roots... all your nerves are enlightened... where your brain is enlightened... you are an enlightened person (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

-850000.1 Mahaganেশa Puja - see 850000.1 good 10

850000.1 Mahaganेशa Puja and other Talks - India

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

Trigunas

In India, medicine is based on the Trigunas, the three types of people, with the three types of problems: the Tamo, Rajo and Satwo Gunis, being of the left, right and centre respectively. Each is treated accordingly, in order to bring them back to a balanced state (840906)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

840906 Talk at Gregoire's House - Vienna [German translation] good 65

- end -

13 Jun 2003

Tropic of Cancer

This is the one which represents the motherhood of the Earth, and passes through quite a big area of land, while the tropic of Capricorn does not, and the area through which it has passed has created different beautiful manifestations of the motherhood qualities of this Earth (870114)

In India, is celebrated the change of the axis of the Sun, when it moves towards the tropic of Cancer... because the Sun now moves into the new dimension, so that all over the world there will be the warmth of the Sun, which represents the warmth of God's Love. This festival is celebrated by giving some sort of a sweet, made out of sesame seeds, because they are also heat giving... and also... to prepare you for the warmth of the Sun this special thing is made. At this time it is said that now you must speak in a sweet manner... which is very important (870114)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-870114.2 Dhumal's House, Rahuri - see 870111 good 20

-870114.1 Sankranti, Farewell - see 861221 (6 Puja Talks) Not good 15

- end -

28 May 2003

Truth

That which must be felt (verified - Ed) on your Central Nervous System (840718); Which can only be revealed to Realised Souls, because it would otherwise be too much to bear (890801); Truth is what it is (890801); Is perceived in the brain. When the Kundalini enlightens the brain, we start seeing the truth (830204); The truth is that we are the Spirit (980321), and the Spirit is the source of Truth - on your finger tips you will know. As Mohammed has said, at the time of Resurrection, 'your hands will speak' (980320); Truth is the first great quality of the angels - truth is their life (890423); At the level of Sahastrara, you know the truth... all kinds of illusions, misunderstandings, self imposed ignorance... all disappear, because what you know is the truth. Truth is not sharp, harsh, or difficult to assimilate, nor it creates problems between human beings (980510)

Whenever people talked of truth, they used it for a wrong purpose... their own purpose. It's such a common thing with human beings, that they want to have power over other men (980510); Now the truth is that this Divine Power is compassion and is love... this is the truth. They say that God is love, God is truth. So the equation has to be made, that Truth is Love, and Love is Truth... but it is not 'attached' love. It is not truth if you are attached to somebody - then you never see the bad points of that person. If you are angry with somebody, then you can never see the good points of that person. It's a complete detached love, and that love is extremely powerful... because when you project that love to anyone, you'll be surprised the problems of that person will be solved... his personality will improve... everything will work out in a big way, and his life will be changed. But if you are attached to anything whatsoever, that attachment itself causes problems, and doesn't allow Sahaj to grow (980510)

Sahajvidya - Truth

It is nice to tell the truth... alright... you must tell the truth... this was said long time back by one of our earliest writers... he said that the truth must be said... and you must say something that is very appealing, which is called as Priya. Then Shri Krishna came, and people asked him, how do you combine this, because if you say something that is truthful, we hurt others... they may not like it... it may not be Priya. So Shri Krishna said 'Satyam Vade (tell the truth), Hitam Vade (say something which is for the well-being of your Spirit), Priyam Vade' (790618)

Many have found out the truth about themselves - that they are not the body, not the mind or the emotions, not the ego or conditionings, but, that you are the pure Spirit. When you become the Spirit, your attention gets enlightened by the Spirit, and this enlightened attention is so intelligent... and as it is connected with this All Pervading Power, you'll be amazed that whatever you put your attention to, it just works... how you are able to do so many things which you would never do, and how your personality becomes very sensible, wise and absolutely in balance. But first you have to grow to that point - until you become that, you are not yet empowered fully (980706)

Then some people who are not yet understanding the importance of 'becoming', who do not know that they have to grow, become again useless, good-for-nothing. If you people get your Realisation, all the global problems can be solved, like the pollution problems get settled down. The power of love can settle pollution problems because it also acts on the 5 elements. It works in such a manner that should in every way encourage you, help you... work out your programs, your ventures, your meetings... anything that you want to do. It's worked out in such a beautiful manner. You become the master no doubt, but you don't have the arrogance or anger of a master. We are part and parcel of the whole - it is all interwoven. It is not mental... it is what you experience all the time. You don't have to worry... it will all work out... even in small small things (980706)

Sahajvidya - Truth

Every word that the Mother says is the truth (790422); I am your Mother... I am going to tell you the truth... I am not going to tell you... 'you go and smoke', and 'do whatever you like' - none of these gurus ever say that 'you don't smoke'... nor do they ever say 'you don't drink'... at the most they'll tell you that 'you become vegetarian'... that's the best way of making you people weak (790200.1)

The stronger we are, the more that truth manifests through us. Every word we say, that we do not say, every thought is known - so we must purify ourselves, so we can bear the truth. The worst thing would be that this Divine Love, the attention of God should go away. Ultimately our own lives, our own faces will convince of the truth, that the Divine is there (800629); In Sahaja Yoga... the truth is exposed gradually (831001); The truth is very simple... it is so very simple... that you are the part and parcel of the whole... and you have to feel the whole... that is what you are seeking (810511)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 800629 How prove the existence of God, Dollis Hill - see 800630 good 20
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 831001 Santa Cruz interview good 45
- 840718 Chiswick Town Hall [+33mins Q&A + incomp. Experience] good 55
- 890423 Archangel Shri Hanumana - Margate good 45
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- 980320 Felicitations, Delhi good 55
- 980321 75th Birthday Puja, Delhi good 55
- 980510 Meditation is the only way, Sahastrara, Cabella good 60
- 980706 Holland Park School, London 1998 good

Tuberculosis

Tuberculosis is a disease of an over-heated left side. Although the left side is the cool side, if it gets heated up, then diseases like TB may result (800517.2); Left side diseases include... tuberculosis (800517.2)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

- end -

12 Jun 2003

Tulsi Leaf

(While saying the 108 names of the Guru - Ed)... we say... 'we surrender everything to you'... after that we have to put a Tulsi leaf, and put the water on it... so we put water to see that it goes away... even it's smell... everything goes away... everything... all our health... all our wealth... everything that we have... we surrender everything to you... it's symbolic like that... everything... our body... our mind... our speech... our thoughts... our thinking... everything we've surrendered... all our work... our jobs... responsibilities... everything we have surrendered... all our estates... our wealth... our money... everything we have surrendered... all our relations... all our connections... all our friends... all our Nations... the whole world we've surrendered... all our education... all our reading... all our books... all that we have done so far, we have surrendered. I hope you have heard it, and... put it in your head again... meditate on this point: we surrender everything... nothing belongs to us. Now the symbolism is like this... you must understand the symbol... that it's just a leaf... the last thing left with us is this leaf. Of course Tulsi represents left Vishuddhi, and also attachment. So now, when you have it in the hand, it sticks... it doesn't fall... so you put water to see that it goes away... even it's smell... everything goes away from the hand... it's significant of that (850629); Nothing is surrendered to Mother, as such... She doesn't take anything, nothing goes to Her. Only we surrender ourselves... by leaving all that is not wanted... is a beautifying process (830725)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830725 Guru Puja, Why in England, pt 4 - Lodge Hill good 50

850629 Guru Puja - Paris (Strong correcting tape) good

- end -

6 Oct 2002

Uterus

Right sided women are vulnerable to uterus troubles... they may become barren... they may not have children at all... especially women who are flirtatious type, and think they are very beautiful... and also if they are having a very active life... they can become completely barren (830209); The uterus is controlled by the Swadisthan (821008)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-821008 We don't have to suffer, Bedford - see 821007(Video) Good
830209 Problems of Left, Right and Centre - Bombay good 65

- end -

7 Oct 2002

Utistha - Jhutha - Urtha

Once you have used your hands for eating, or spoon for eating... if it has touched your lips... it is Jhutha... whatever is like that is not to be eaten... once you have eaten something, or touched something with your lips, it is finished, in India. In India, they are very particular about this. In Marathi, it's called Urtha, and in Sanskrit it's Utistha. So whatever is like that is not eaten (840118); In India, nobody eats anything which is touched by mouth... it is something wrong (960716); We don't eat things eaten by others... we call it tushta... Utistha... is never eaten (850310)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

840118 Spontaneous talk, Vaitarna not good 35

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

- end -

7 Oct 2002

Value Systems

We have risen above our human awareness, and our priorities must change, our value system has to change... and if it has not changed automatically, then we have to little bit deliberately work it out... or else we have to see that we become really the Spirit. Human endeavour is based on gathering property. Whether it is communism, or democracy, or socialism, or anything... it is going round and round the point of property... which may be land, or money, or anything. All economic activity surrounds that one point... of property. But as soon as you become a Realised Soul, you must know that your properties and your priorities are very different. Your property is your Spirit... and your priorities are where you can manifest your Spirit, or can feel the Spirit of others (881226)

What is the 'value' of a thing... the value is not money. If you want to give something to others... then the 'feeling' you have in your heart... is the value... and that value is the real Lakshmi (971102)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-881226 Value systems, G'pule - see 881217 good 10

971102 Lakshmi & the Maya of Money, Diwali Puja, Lisbon good 55

Vanity

Is something stupid, and must be watched all the time... it is more apparent in the West, than in the East, because it's so superficial a life there. Vanity is something like... we show off... like in our behaviour, there is more chance in the West... because the whole structure is based superficially on the protocols of... how you eat your food... how you keep your spoons, your knives... all these sophistications... what kind of a napkin you had... which dinner sets... whether it is cheapish... or is elaborate... or sophisticated. It's not needed... it gives a tremendous pressure on the mind... the artificiality of life gives you a tremendous pressure (840118)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

840118 Spontaneous talk, Vaitarna not good 35

- end -

7 Oct 2002

Varicose Veins

The women... the way they dress up... I'm surprised... this is the best way to get sick. They wear such big heels... this modern generation in the West... they are going to develop such terrible diseases... their legs will become swollen up... not only varicose veins... such big heels they wear. God has created you with such care... what are you doing to yourself - little heels are alright... but to have heels of this height... this is the best way to spoil all your nerves... and circulation (.0011); Varicose Veins... may be associated with wearing tight clothing (870503)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-870503.1 Sahastrara Puja, Australia - see 870503 good 45

.0011 Weekend seminar in Pune, Tape 1 good 180

- end -

7 Oct 2002

Vegetarianism

Vegetarian food is useful for correcting an imbalance in the subtle system, where the person is too much on the right side of the subtle system (830121); We should eat food according to our needs. In general, in the West one should take more to vegetarian foods (830131); Those who are right sided should take to foods which are left sided i.e. carbohydrates, and should become partly vegetarian, and should eat things at the most like chickens, but not fishes or sea food, because they are all hot (830121); Organs can be Active type, if we eat too much protein type of food - in which case we should take more of vegetarian foods (830131); Vegetarianism or non-vegetarianism, neither goes against one's awareness - unlike drinking (830131)

Vegetarianism can go to extremes, to the point of caring for bugs - what are we going to do with bugs? You are not going to find God by vegetarianism. If you want to be vegetarian, it is o.k. - but it is not the way to find God (790507); The Jains... believe in vegetarianism to such an extent... that they do not want to destroy the insects... so they make a man to get inside a hut... and the bugs must come... and bite him... and take out his blood... and they pay him lot of money... it's a fact... even today they do sometimes in the village... they think it's the greatest punya... the greatest religious deed (771121)

Those who are strict vegetarians, who don't eat even garlic... and don't eat even onions, are very vulnerable to the left side business... and on top of that, if they go to a guru who is left sided, they are even worse. One has to be a normal person, eating the right proportions of proteins, carbohydrates and fat... left sided people have to be very very careful... and not to just assert themselves on that point (830209); Shri Mataji is not a vegetarian... nor was Shri Krishna... nor was Shri Rama; Shri Krishna could not be, because he had to kill so many people... and you should not be. By becoming vegetarian, you won't reach God... on the contrary you catch on left Nabhi (811006)

Sahajvidya - Vegetarianism

None of these gurus ever say that 'you don't smoke'... nor do they ever say 'you don't drink'... at the most they'll tell you that 'you become vegetarian' - that's the best way of making you people weak (790200.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 771121 Tantrism, Caxton Hall poor 75
- 790507 Sahaja Yoga Introduction good 60
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 830131 Nabhi Chakra, Delhi good 80
- 830209 Problems of Left, Right and Centre - Bombay good 65

- end -

7 Oct 2002

Vibrated Water

Water in which the Shri Ganesha Tattwa is enlightened, and which when applied to for example the eyes or taken into the stomach, it acts (890808); We can use vibrated water to improve the attention, by drinking it so that it works on the void area (781005); Water can be vibrated by Realised Souls, and when taken in by someone, can then make that person dharmic. If taken in repeatedly, then that person will not get cancer of the stomach. 'Curing Waters' are vibrated waters. Given to plants etc. will produce better crops (781005)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

781005 Dharma [+ further 30 mins - Qual. not good] good 40

890808 Shri Ganesha Puja - Les Diablerets, France good 45

- end -

7 Oct 2002

Vibrations

The very first thing God created on this Earth was Shri Ganesha, because he could emit Holiness. He exists as Chaitanya... in the atoms and molecules, as vibrations, symmetric and asymmetric. These vibrations later on start expressing themselves in the plant kingdom as 'life force', and you see how they are kept under a bondage... it's all under control. And then it is expressed in the animals, where it binds them... that's why they are called as 'Pashus', meaning 'under bondage'. But in human beings, it is expressed as auspiciousness, and ultimately as Holiness (870114)

Is the feeling or pulsation of the Divine, All Pervading Power of Love, of the Holy Ghost, within yourself, on the central nervous system (830210; 830208); Chaitanya Lahari (790616); The flow of Vibrations is greater at the Feet of the Adi Shakti (890527); Feels as Cool flow; Cool flow increases for truth, or for that which is Divine, or stops and even may become hot for that which is untrue or against the Divine (870516); Is very temperate... it's not a thing that is freezingly cold... if it is freezingly cold, that means 'left side'. Cool breeze is actually never 'very cold'... it's not freezing. It could be hot with some people... it could be 'very cool'... because of their problems... but if you are a normal person, you feel a cooler sensation... it is slightly less than your body temperature... it's not so very cooling as to freeze you - if it is hot, there is something wrong with you (810524)

Can be seen like small commas (840702); Each particle of vibration has a sparkle of light in it, and if there are many vibrations, cameras can catch them (871016); They are tiny points, going into a half circle, and may combine to form an 'Ohm', 'Cross', or even sometimes 'Chains' (871016); They are very basic things, that can think very fast, and are very collective, and move and think the same way, and work out in a silent way (871016); Are nothing but the principle of Shri Ganesha; The Paramchaitanya is nothing but Vibrations, but with everything within it (890808)

Sahajvidya - Vibrations

The Chaitanya, contains emotional, physical, mental and evolutionary elements, and when it flows through Sahaja Yogis, and is applied to a faulty chakra, it causes it to return to normal (840313)

Every human being has got these vibrations within him, in the Spirit... but they are only manifested when he gets Realisation (781002); Now these vibrations are there from the very beginning of the matter... up to the vibrations where you come up to the human level. In the beginning they just look like electromagnetic... then they look like... more there is emotions in it. Then you go a little higher... and you find these vibrations act... they also think... they report. All these vibrations are combined together absolutely completely in human beings... where they manifest gradually, and they act according to the need of the time... they think... cooperate... cure... relate things... report... the complete telecommunications is built in these vibrations... so you can cure people... you can raise their Kundalini... you can work on people, sitting down here... all these things are possible (781002)

For example... Leukaemia which is caused more by speedy people... can easily be cured... because when you put your hand on the spleen, if you are a Realised Soul, the energy flows... and the spleen settles down, because it gets new vitality... it gets the wisdom from these vibrations... because this is the energy which thinks, cooperates, organises, sorts out... and when given to this spleen, it becomes wiser... it rests... it becomes silent. Also if you give the person the balance with your hands... you can make the person much more relaxed, much more silent... that is how you can cure (821008)

Now... if you do something... and if the vibrations are going down, then of course... you have to see... 'I'm a Sahaja Yogi... to me vibrations are my ascent'... this is the most important thing. For that... you have to know your goals, your destination... you must know on what path you are standing... where you are brought... where are you today - you are not like other people. For that you need pure intelligence (880710)

Sahajvidya - Vibrations

Vibrations are what we feel... and are the reflection of the light of the Spirit, but the Spirit does not vibrate (860725); Vibrations come as an indication from your Spirit - so the information that is given is Absolute (860305); We should use our vibratory awareness all the time - this we forget (800517.1); If you want it to circulate and flow, then you must open another door of giving Realisation to others. If you open one door, at Sahastrara... it's not sufficient... you have to open another door... otherwise it doesn't flow (891203); To get your vibrations alright you must wash your hands... use water as much as you can... wash your hands 10 times... is very essential (800927); When the attention is absolutely one with the Atman, with the Spirit, then there is a manifestation of Vibrations... you start getting the Cool Breeze in your hands (781002); If you start to think, you will lose it (791203)

In people who are in the 'centre'... the vibrations may start flowing too much... at any of the chakras... when they may develop... may develop I am saying... a kind of a suction or emission of vibrations, depending on the quality of the person who is facing them. This can be corrected easily, by giving a bandhan... and in case the vibrations are too much, by asking another Sahaja Yogi to take out the vibrations from a particular chakra and giving them to the atmosphere (830209)

To Me everything is nothing but Vibrations - all my movements and everything is nothing but Vibrations (800609); I have only one problem... that you are within me, and when you have a problem, I have a problem... because these vibrations have to go to you... so I prepare vibrations here as an antidote... and they have to flow. It's a very subtle thing (800927); Sometimes the Deities emit too much of vibrations in Pujas, I have seen... but if you cannot bear it, they don't enter into you - they trouble me... but they won't enter into you (930721); We must meditate also after Puja, because my

Sahajvidya - Vibrations

vibrations you do not suck in without meditation, I have seen. If you have sincerity about it, really... you will suck all my vibrations. Tell your mind not to ask questions or to misbehave... but to suck the vibrations clearly. This is for your own nourishment... for your own growth... for your own enjoyment (800505)

Reaction to vibrations should be a very humble receptive reaction (830204); Something quite modest, for example like a small monkey nut, but which has vibrations, should be valued much more than a diamond of the same size (860921)

Now how will you know that these vibrations are telling you the truth... it's very simple if you understand the common sense of 'relativity'... like... bring two mad people, absolutely certified as mad... and two sane people... now you put your hands towards the people who are mad... you will get horrible burning... maybe in the whole hand... on the left hand side. You get maybe ten cases like that. Now you ask the question... 'is there God'... and you start getting Cool Breeze flowing into you... or... 'is this power... All Pervading'... you start getting Cool Breeze flowing into you. That is how you find out which is the truth (800721)

- Jai Shri Mataji -

Sahajvidya - Vibrations

Tape References:

Date/Ref - Title - Qual - mins

- 891203 Farewell talk, Shudy camps - see 891008 good 35
- 880710.2 Discretion of Hamsa, second talk - see 880710 good 10
- 880710.1 Discretion of Hamsa - see 880710 good 55
- 871016 Mahakali Puja, Germany - see 871016 good 25
- 860725 Soul & Spirit, Volterra (+ Mahalakshmi Med'ns) see 860725 poor 25
- 860305 Wimbledon Address - see 860305 good 45
- 840313 Intro talk - 3 channels, Delhi - see 840313 good 35
- 830210 Talks about America - see 830210 poor 40
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 781002 Knots in the 3 channels, Caxton Hall poor 90
- 790616 Dr Johnson House, Birmingham not good 55
- 791203 When You meet Me - Caxton Hall good 35
- 800505 Sahastrara Day, Dollis Hill Good
- 800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50
- 800609 Subtlety Within - Caxton Hall good 50
- 800721 Auspiciousness - Caxton Hall good
- 800927 Lethargy, Chelsham Road good 75
- 810524 Subconscious, Supraconscious, Chelsham Road not good 70
- 830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60
- 830208 India and West, Delhi [+ 30 mins Q&A] good 50
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 830210 Talks about America/Tales of Shivaji - Delhi
- 840313 Intro Talks - Delhi and Hampstead
- 840702 Hampstead Public Programme [sound quality very poor] poor 40
- 860305 Wimbledon address/Brompton Square
- 860725 Informal Talks - 1986/85 (various)
- 860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45
- 860921.2 Role of Belgium and Holland, Mechelen good 65
- 870516 Establishing Foundations, Auckland [+PP video set 5/2] good 20
- 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
- 880710 Discretion of Hamsa, Munich
- 890527 Essence of Self respect, Devi Puja - Istanbul, Turkey good 30
- 890808 Shri Ganesha Puja - Les Diablerets, France good 45

Vikrut

The 'sick mind' that we get when we go on accepting, when someone says there is something wrong with somebody, who in fact may be quite normal, and we say yes it's true, and it goes into our mind, and makes our mind a sick mind. It is extremely dangerous, not to others, but to ourselves (980321)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

980321 75th Birthday Puja, Delhi good 55

- end -

12 Jun 2003

Virata

The Macrocosmic Being (900818); The Primordial Vishuddhi Chakra, and is manifested in the head at the front (810330); The Primordial Being (830202); Who, with Adi Shakti also, creates the Universal Awareness of Collectivity within us, and whose Shakti is called Viratangana (900923); The Brain of Lord God Almighty (890611); Is the totality (890611); Akbar, the brain in the Macrocosm (890814.1); Incarnated as Shri Krishna (910001); God Almighty, you can say... the Virat, in which we are born cells in His Being... we are made the same way as the Virat is made. The great Primordial Being is... the Virat (790200.1)

Those who worship Shri Krishna become brainy people, but without ego - egoless intelligence, or pure intelligence (890814.1); Shri Ganesh becomes Maha Ganesh in the Virata, that is the brain. That means that it is the 'seat' of Shri Ganesh, from where he governs the principle of innocence. It is placed at the back of the head, in the region of the optic thalamus, or optic lobe, and is the giver of innocence to the eyes (850000.1)

The establishment of yoga is possible... when you completely surrender yourself to Shri Krishna... means what... means all your balances will be established... you go into complete balance... and that balance is complete because Vishnu who is the Incarnation for sustaining the dharma... who is responsible for giving you the balance... becomes complete in the form of Shri Krishna... he is the Collective Being... he is the Virat... because he is the integrated form of all the dharmas... and he is the Virat in our brain... he represents our brain. When this Virat in us is awakened fully... we automatically become dharma ourselves (860823)

So now you have become dharmatit... means you have entered into the Kingdom of God... into the Virata's conditions... and there your condition is such, your state is such that you are dharma... if you try to do adharma, you suffer... if you try to do wrong you suffer... I don't have to tell you to be righteous... there's no need... I don't have to tell you to tell the truth... or don't steal... I don't

Sahajvidya - Virata

have to tell you all these things. You will follow Christ... or Krishna... automatically... sahaj. You become the dharma of Virat... now what is the dharma of the Virat... of Shri Krishna... is collectivity (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 850000.1 Mahaganেশa Puja - see 850000.1 good 10
- 790200.1 Talk to westerners & about negativity - see 790200 poor 65
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 850000.1 Mahaganेशa Puja and other Talks - India
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 900818 Evening before Shri Krishna Puja - Hallow Tree, Ipswich good 55
- 900923 Navaratri Puja - Geneva, Switzerland good 75

Virtue

Whatever your virtues are, enjoy those virtues. Virtues are your ornaments, and are not like a noose around your neck. Those who enjoy their virtues are great men, and don't feel unhappy, but are proud of their virtues. If you are complaining about your virtues, better to give them up (860921.2); Virtue... can give you health, wealth and prosperity... which is glorified... and not which is degrading (800505)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800505 Sahastrara Day, Dollis Hill Good

860921.2 Role of Belgium and Holland, Mechelen good 65

- end -

29 Jun 2003

Vishnumaya

Deity of the Left Vishuddhi; Kali (daughter of Mahakali); Sister of Shri Krishna... daughter of Yeshoda, and killed by Khamsa; Was also Draupadi, when Krishna was King of Dwarika (920000); Has a pure sister/brother relationship with Shri Krishna, expressed in the Raksha Bandhan festival; The lightning, which contains all 5 elements... who warns (900811.1); The electricity (890814.1)

Vishnumaya is Gauri, the pure virgin, is the power of a sister in a family, and is there to protect your chastity - the practice of innocence is chastity. Chastity is the Vishnumaya power (850901); Vishnumaya will see that husband and wife... sit together (850901); The power of Vishnumaya is the most powerful thing that a human being can have, is the most auspicious thing - you become a holy personality - and is one of the ways of getting God Realisation; Vishnumaya is that part of the Unconscious that has told the Law-Makers what is 'wrong' (850901)

On the left hand side of this Vishuddhi... is Vishnumaya... is the sisterly relationship. When the sister, who is your pure relation, is not treated as a sister... when the attitude of a person towards women is of indulgence and of lust, then we develop the left Vishuddhi. When we develop the left Vishuddhi very strongly, and if we have a bad Agnya, or if there are eyes which are roving, then this left Vishuddhi causes a lot of trouble (860823)

The practice of innocence is chastity. It is the foundation of all dharmas, and works in you as Gauri, as Kundalini, and gives you the Mariadas. The sense of chastity is completely lacking in the West. You must respect your chastity, which is the Vishnumaya power, the Gauri power, the pure virgin, and it is protected by Shri Vishnumaya. The essence of religious life, of righteous life, of Sahaja Yoga life is chastity - without a sense of chastity, you cannot have dharma; Moral chastity comes before material chastity. But whether you do money cheating in Sahaja Yoga, or you cheat morally, the result is the same - the left Vishuddhi catches... the whole problem will start from there (850901)

- Jai Shri Mataji -

Sahajvidya - Vishnumaya

Tape References:

Date/Ref - Title - Qual - mins

- 890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 870516 Establishing Foundations, Auckland [+PP video set 5/2] good 20
- 900811.1 Saraswati Puja, Vancouver, Canada [3 min music Intro] good 40
- 920000 Diwali Puja, Rumania

Vishnu

Narayana; The Father principle (830131); That aspect of God that is responsible for our Evolution (910002) and our Ascent (830211); Whose sister Parvati, is married to Shiva (850901); The Principle that kills, and teaches by playing tricks (830211); Whose conveyance is the Condor, who incarnated many times since way back, e.g. as Dolphin, Tortoise, Quadruped, Short Man, Big Man (Pacedon), Shri Ram (811005); Who has incarnated 10 times, and who incarnated in his complete form as Shri Krishna, and becomes the Virat... who creates wisdom (900818)

Between the successive Incarnations of Shri Vishnu - at each of which Incarnations, an evolutionary step was initiated... is a Yuga or 'Age'... a period of time... thousands of years long, that recur in a cyclic or spiral progression: the first or Golden age, the second or Dwapara Yuga, Modern times (Kali Yuga) the low point, then Krita Yuga leading to Satya Yuga and finally the Golden Age once more (MME)

Now Vishnu is there... his power is there for you to rise up to the Shiva Principle... one is supplementary for another... you cannot reach Shiva without Vishnu... and you cannot stick to Shiva's Principle, if you have not understood Vishnu's Principle. Kundalini itself rises through the Sushumna Nadi... and she is the Principle, she is the Tattwa of Shiva... and she rises through the channel that is made by Vishnu, out of the evolutionary process. So how can you do away with one of them... one is the road... another is the destination (000206)

So I hope you understand how important it is that your centres should be corrected... your road should be alright... that your Sushumna should be cleared... because we are Madyamargis... we have to go by the centre... by the central path... til you reach your Talubhag... where sits Sadashiva. When these two powers meet... or when you reach Shiva Principle through the Vishnu Principle, then you realise that these two powers are so complimentary... and so much related to each other... there's no difference in a way between the

Sahajvidya - Vishnu

two powers. So keep your road, the Madyamarga clean... and let the Kundalini pass through it. When the Kundalini will pass through it... you will be amazed that... the same Kundalini is going through the Vishnu path and reaching at the Lotus Feet of Shiva (000206)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

811005 Beauty that you are - Houston good 70

830131 Nabhi Chakra, Delhi good 80

830211 Mahashivaratri Puja - Delhi good 50

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq

900818 Evening before Shri Krishna Puja, Hallow Tree, Ipswich good 55

000206 Shri Shivaratri Puja, Pune, India good 15

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

20 Apr 2003

Vishuddhi Chakra

The fifth Chakra, which exists behind the base of the neck, having 16 petals, and manifests outwardly as the Cervical Plexus. It is associated with the thyroid gland. This chakra is of the greatest importance, and in terms of evolution, developed to the maximum, when we raised our heads from the animal to the human stage, and was the balance between our ego and superego, Ego and Superego start from here.

Is represented by America, and Saturn (16 planets) and controls the lymphatic system, ears, outside of the eyes, muscles of the eyes, nose, neck, throat, tongue, face, cheeks, teeth, and gums ... and all the mastoid muscles, Vishuddhi Chakra looks after so many things, especially your skin, your eyes... people who have bad Vishuddhi can have all kinds of funny troubles with their skin... of course it has to do with your liver, but skin is... the way it shines... the way it glows... depends on how you smile... how you look at the world. If the Vishuddhi is good, then there is a bloom on the face, a glow, a sparkle in the eyes, The centre which is absolutely Holy, where everything is absent.

Vishuddhi has a very important role in Sahaja Yoga - it connects to the Virata, and the Virata communicates through Vishuddhi, The Vishuddhi looks after the cooling function - the liver gives heat, whilst the cooling is done by Vishuddhi.

On left Vishuddhi, works our self confidence... our faith in God that he forgives us, Through the power of the left Vishuddhi, we can become good speakers, and are able to expose those who are wrongdoers, Left Vishuddhi should be ok, if we wish to say mantras, On the left hand side is Vishnumaya... is the sisterly relationship.

Other qualities on the Vishuddhi chakra include collective communication, sweetness in talking, discretion, democracy, freedom, noble ideas, responsibility and Collectivity.

Responsibility is a quality of the Vishuddhi. You have to take up the responsibility... those who do not, are not the people who are yet matured... every type of responsibility that you can take... think of what responsibilities you can take up. That's why most of us have bad

Sahajvidya - Vishuddhi Chakra

Vishuddhis, because we do not take responsibility, This Vishuddhi centre can also catch, if we feel 'too responsible', and can result in tensions and headaches - the remedy is to witness, and realise that everything is done by the Divine.

Your responsibility is to yourself, to be the Spirit... your responsibility is to Sahaja Yoga, is to understand Mother better, is to understand this mechanism within you, how it works out everything, to understand how to become the Guru yourself, how to be a dignified and a glorified personality, to be a respectable person, and not a cheap personality.

Responsible also means that others should be given a chance... and when you start leading a responsible Sahaja Yogi life... thousands of evolved Souls will hang around you... you'll have a different light on your face... you will be amazed... when you speak, you will be amazed at how you are speaking... how things are happening... how things are working out.

What is the knack, then of being a good Sahaja Yogi... in one word, that you can understand... one small thing... is to be responsible... if you are a responsible Sahaja Yogi... you will find your own way... because if you are responsible... then only God is going to give you more. Give Realisation... take responsibility of Sahaja Yoga now... you have to become responsible for it, in your own way. You have to do it, because you are doing it for the greater good - the more you think of the greater good it is doing... the better it will be for you.

Anywhere when there are people sitting together in meditation, Sahaja Yoga itself manifests... because it is a collective phenomena. There is a mathematics about it... and Sahaja Yoga works out after actually there are more than seven people. The best way to strengthen yourself is... to be together as Sahaja Yogis... attend the programs, when there is a collective Aarti... or Puja... or Meditation. When you collect together... something happens to you - if you sit at home, and do something... nothing works out much.

Sahajvidya - Vishuddhi Chakra

Today is the day to make a big determination... that you will start enjoying your collective spirit... everything for the collectivity... then the enjoyment will be maximum... you will never feel that you have sacrificed anything. But still you are more identified with your own enjoyments... and your own ideas of enjoyment... you still do not enjoy that collective spirit... you still like... in companionship... in company with each other... you enjoy it more like people who are not in Sahaja Yoga... very low grade... just want to take advantage... and have a nice time... and all that... that type of people are not going to make much mark for us. You all must be connected to God individually... so that you are all connected among yourselves.

It is necessary to meet collectively every day to avoid problems... only in collectivity maturity starts - it is a living process. If we are not collective, we will disappear one day. It is like a tree, where everything belonging to that tree grows - if a leaf separates off, it dies - we have to stick onto the tree. In winter, leaves fall, because a little bark forms a barrier in between, and they fall off. The same thing happens in Sahaja Yoga, when we do not accept the principles of Sahaja Yoga - we put a barrier. So we have to open ourselves up to suck the sap - give up the ego and superego, our conditionings, and ideas of before... and so we surrender. This does not help the tree, but it helps you. Pure intelligence gives you that sense, to do this. Then all the blessings start to come, We must come to the Collective, otherwise there is the possibility of getting lost.

Now you have reached to the human level... and to rise above the human level, what you have to do is to seek your complete freedom... and for that Vishuddhi chakra is going to help you a lot. On this Vishuddhi chakra we have to pay full attention... it is such a complicated chakra.

- Jai Shri Mataji -

Problems with Vishuddhi

On the left side... if you have been immoral, you get left Vishuddhi... is the basics... then there is the sister relationship... then the guilt, Left Vishuddhi gives all kinds of social problems, Problems start when we get confused about 'sisters' relationships, or the pure relationships like those of our mother. Confusion with relationships with other men, other women, or no understanding of men and women relationships, lead to guilt, because we know it is wrong, On the left hand side is Vishnumaya... is the sisterly relationship. When the sister, who is your pure relation, is not treated as a sister... when the attitude of a person towards women is of indulgence and of lust, then we develop the left Vishuddhi. When we develop the left Vishuddhi very strongly, and if we have a bad Agnya, or if there are eyes which are roving, then this left Vishuddhi causes a lot of trouble.

Then we get problems from feeling guilty, like 'I should not have said that...' or 'I should not have gone there...' For this we should say 'Mother I am not guilty', Also can be in problem, if we smoke, Problems include sarcasm, shyness, timidity, problems of inferiority complex, slyness, and people who never talk, are uncollective, fearful and frightened, and always see negativity in others, Sometimes it may be that a man is having a bad time with his sister.

Left Vishuddhi may be bad because we have never respected our chastity, or we have crossed the Mariadas, the limits, or we have neglected some kind of morality, or we have gone on a wrong path against the Mother or the Father, or we have said 'No' to the Mother, The ego reaction hides in left Vishuddhi, is like a kind of a perverted ego, and will not accept that anyone can be better than me, Slyness, when it goes down too much, it goes into a perverted sex life.

Left Vishuddhi is the indication of the mistakes, the wrongs, the sins. Then we start giving explanations, instead of facing it and saying 'I was wrong, People who are with Mother go into left Vishuddhi very fast, because they are lacking in protocol - as soon as you cross the limits, left Vishuddhi is created. There should be awe, respect for your Mother, which is guarded by left Vishuddhi. This is the hidden power of Shri Ganesha. Ganesha's powers are all expressed through left Vishuddhi.

Sahajvidya - Problems with Vishuddhi

Disturbing and moving about is nothing but the upheaval of the left Vishuddhi. All this show-off, or disturbing, or trying to be overpowering, or very forward person, or bumptiousness... all these come from left Vishuddhi, because you want to overcome your left Vishuddhi so you do it - and then it is added to. The more you try to overcome it, the more it is added to.

If you tell someone he is catching left Vishuddhi, he will become even worse - what a vicious circle it is. So how to correct it, how to break the vicious circle, is to face it... tell yourself 'No! I have done this today... tomorrow I am going to do it... No! Stop it now! Stop!'.

On centre Vishuddhi... there could be problems when we talk against God, or are against God or collectivity... problems with communication, collectivity, and inability to sing, Also may get into problem, if we take the responsibility of the whole world upon our heads. If we take responsibility of everything upon ourselves, then we have problems on centre Vishuddhi, and can result in tensions and headaches - the remedy is to witness, and realise that everything is done by the Divine.

Most of us have bad Vishuddhis, because we do not take responsibility, If this chakra is spoilt, we take to negativity more easily, and want special things for ourselves.

On the right side... it gives all kinds of political problems, Problems when we talk too much, too loudly or use our words to intimidate others, are aggressive, arrogant, or blunt... and is counteracted by Madhuria, sweetness and also by going into Mona, silence, Which may catch... when you say mantras given by False Gurus... because of your right side... physical effort... and which is unauthorised... you have no business to do it, Sneezing is nothing but the right Vishuddhi opening out, Problems can include hoarseness or loss of voice. If you take the name of God in vain, Vishuddhi catches.

Sahajvidya - Problems with Vishuddhi

Many people have a habit of smiling for nothing at all... especially women I have seen... some of them have such eyes that they'll go on looking and pouring their greedy eyes onto others, or their lusty eyes onto others... this is the worst thing you can do to your eyes. So one has to be careful to keep the eyes very pure... the eyes of a Yogeshwara... who was Shri Krishna... he had no lust in his eyes, he was beyond that... he had no lust in his eyes about these women that he had.

Some people have a habit of showing anger with the eyes... and the angry eyes are another dangerous thing to do with your eyes... because they can become mesmeric. If you start putting your eyes onto something and concentrating on it, your eyes might become mesmeric... it's a very very dangerous thing to go on looking at something continuously with concentration.

Too much of nodding is not a good sign... is very bad for the Vishuddhi chakra. Because of Vishuddhi there are so many problems... like Angina, Spondylitis... sometimes people lose their voices completely... sometimes they have all the time coughing. Above all is the centre of discrimination, which only comes when you are free people.

Some people think... by their talks they can cheat you... but actually they are cheating themselves. All such people who cheat others by sweet talks, by artificial talks or by some manoeuvring... get exposed... and people know about them that these are the greatest liars ever known.

- Jai Shri Mataji -

Correcting the Vishuddhi Chakra

To keep Vishuddhi ok, we can do the following... eat the butter... take it on hot water, and if you drink it, so that it lines the epithelial cells... that soothes down all your sites... Krishna is soothed by that. Krishna is very fond of butter... so we can take vibrated ghee or butter, which is heated up... and put it in the nose.

But before that we gargle... with salt... we clean the throats every morning by gargling, Clear your throats... and tongues... is another thing that is very much on left Vishuddhi... and must be one of the reasons that your left Vishuddhis are bad. Clear your tongues... and throat... that is how you'll keep your Vishuddhis very clean.

There's another thing called Primrose oil, that you can get... 2 or 3 drops of that, if you can take it in the water, that will also soothe your Vishuddhi, So oil is the one that helps you... in your ears, if you can put some olive oil, heated up... with one garlic piece in it... that's very good for the ears. So the oil is the one that keeps your Vishuddhi alright.

Olive oil can be used for a massage on the Vishuddhi, as well as the head and backbone. When you touch somebody with oil, you see, the Krishna tattwa acts... because Krishna is the one who represents the Madhuria, the sweetness of your character. In little little things are expressed Madhuria... like in poetry or in relating some events - Krishna's Leelas were all full of Madhuria... it's like a sport... it's like a sport. The voice should be melodious, and the language should be controlled... the tongue is first of all... for saying things which are sweet and beautiful... try to use language which is extremely sweet.

Protect the throat from cold conditions, and if we speak, speak of Sahaja Yoga. From very childhood, you should take care of your Vishuddhi... by having something around your neck.

To correct the left Vishuddhi, put left hand towards the Mother or the photo, and right hand on Mother Earth, give a bandhan to the left Vishuddhi, and say in your heart: "Mother I am not guilty". But these become rituals if you do not say it from your heart. Forget the past.

Correcting the Vishuddhi Chakra

For right Vishuddhi... basil can be taken in tea... and can then be followed by an Ajwain Dhuni treatment... and is corrected by Madhuria, sweetness, and also by going into Mona, silence, There is also the mantra of Radha Krishna, or Vitthala... and is for where there are... problems of ears, nose and throat... or where you get bad colds... or where you get your attention diverted.

To clear out most of your problems about Vishuddhi... you have to put your fingers into your ears, and say 'Allah ho Akbar' 16 times... is for when there... is the problem of... saying aggressive words, of sarcastic language, of all kinds of things that breaks the collectivity... for... the problem where... when you speak, you hurt others.

- Jai Shri Mataji -

Vishuddhi Chakra - Aspect or Deity

Shri Krishna, the complete incarnation of the Virata, the Primordial Being, with the witness quality controls this centre, Shri Krishna resides in our Vishuddhi chakra... in the centre he resides as Shri Krishna... and on the left hand side his power, Vishnumaya, his sister resides... there he resides as Gopala, as the one who lived in Gokul and played as a child. On the right hand side he resides as the king who ruled in Dwarika... the king, Shri Krishna. Radha Krishna... the mantra for the Vishuddhi... and is for where there are... problems of ears, nose and throat... or where you get bad colds... or where you get your attention diverted. Vitthala Rukmini is for right Vishuddhi.

Now the greatest freewill comes from Vishuddhi chakra... and that's why they call him Yogeshwara - he is the Ishwara of yoga. The establishment of yoga is possible... when you completely surrender yourself to Shri Krishna... means what... means all your balances will be established... you go into complete balance... and that balance is complete because Vishnu who is the Incarnation for sustaining the dharma... who is responsible for giving you the balance... becomes complete in the form of Shri Krishna. He is the Collective Being... he is the Virat. When this Virat in us is awakened fully... we automatically become dharma ourselves... now what is the dharma of the Virat... of Shri Krishna... is collectivity.

- Jai Shri Mataji -

Vishuddhi Chakra - Summary

<u>Chakra:</u>	Vishuddhi - 5 th Chakra
<u>Deity:</u>	Vishnumaya(L); Radha Krishna(C); Virata, Yogeshwara, Vitthala Rukmini(R)
<u>Physical:</u>	Cervical Plexus, Thyroid Gland
<u>Functions:</u>	Lymphatic System, Ears, Outside of the eyes Muscles of the eyes, Nose, Neck, Throat, Tongue, Face, Cheeks, Teeth, and Gums, Mastoid muscles, Skin
<u>Qualities:</u>	Witness, Bloom on the face, Sparkle in the eyes, Collective Communication, Sweetness in talking, Freedom, Discretion, Democracy, Diplomacy, Awe for God, Noble Ideas, Responsibility, Collectivity, Sensitivity, Purity of Relationships, Self Confidence, Announcement, Cooling, Power of Mantras, Chastity, Morality, Protocol
<u>Catch:</u>	Feeling 'too responsible' or 'irresponsible', Aggression, Arrogance, Excessive talking, Bluntness, Uncollective, Individualism, Immorality, Social Problems, Guilt, Smoking, Sarcasm, Shyness, Timidity, Not talking, Inferiority Complex, Slyness, Fearful and Frightened, Seeing negativity in others, Lacking in protocol, Giving explanations, Criticising Sahaja Yoga or Divine,
<u>Diseases:</u>	Angina, Spondylitis, Loss of voice, Persistent Coughing
<u>Treatments:</u>	Eat the butter, Gargling, Keep throat warm, Speak of Sahaja Yoga, Clear Throats and Tongues, Use of Oil, Ghee or Butter for Ears, Nose, Throat, Neck, Teeth & Hands, Primrose Oil, Olive Oil with Garlic for Ears, Basil Tea, Ajwain Dhuni, Madhuria, Mona or Silence
<u>Affirmations:</u>	Mother I am not guilty
<u>Mantras:</u>	'Allah ho Akbar', Radha Krishna, Vitthala Rukmini
<u>Petals:</u>	Sixteen
<u>Elements:</u>	Ether
<u>Day:</u>	Saturday
<u>Position:</u>	Base of neck, Index Fingers
<u>Country:</u>	America
<u>Planet:</u>	Saturn

- Jai Shri Mataji -

Vishuddhi - Centre

There could be problems when we talk against God, or are against God or collectivity (811005)... problems with communication, collectivity, and inability to sing (MME); Also may get into problem, if we take the responsibility of the whole world upon our heads. If we take responsibility of everything upon ourselves, and run like a mad bull... oh I'll do it... I'll get it... I feel so bad I could not help... then we have problems on centre Vishuddhi (810330), and can result in tensions and headaches - the remedy is to witness, and realise that everything is done by the Divine (890801)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

810330 Vishuddhi & Agnya, Sydney Poor 170

811005 Beauty that you are - Houston good 70

890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

23 Mar 2003

Vishuddhi-Left

Here works our self confidence... our faith in God that he forgives us (790722); The centre of self confidence (851128); Controlled by the Deity of Shri Vishnumaya (850806); Through the power of the left Vishuddhi, we can become good speakers, and are able to expose those who are wrongdoers (890814.1); Left Vishuddhi should be ok, if we wish to say mantras (830202); On the left hand side of the Vishuddhi... Shri Krishna's power, Vishnumaya, his sister resides... there he resides as Gopala, as the one who lived in Gokul and played as a child (860823)

If you have been immoral, you get left Vishuddhi... is the basics... then there is the sister relationship... then the guilt that is built in the Subconscious - if you become immoral, in the Subconscious the guilt is built in. The guilt is a subconscious action, is what you call the conditioning in the left. It could be from your previous lives also... it could be that you have said something very filthy which you do not remember; Do not worry what guilt you have... now forget it... detach yourself... the one that has committed mistake is your ego, not you... you are pure... you are the Spirit. So don't condemn yourself for that... and do not tax your minds... we are not psychoanalysts at all (800907)

Left Vishuddhi gives all kinds of social problems (801116); Problems start when we get confused about 'sisters' relationships, or the pure relationships like those of our mother. Confusion with relationships with other men, other women, or no understanding of men and women relationships, lead to guilt, because we know it is wrong (810330); Vishnumaya will see that husband and wife sit together (850901); On the left hand side is Vishnumaya... is the sisterly relationship. When the sister, who is your pure relation, is not treated as a sister... when the attitude of a person towards women is of indulgence and of lust, then we develop the left Vishuddhi. When we develop the left Vishuddhi very strongly, and if we have a bad Agnya, or if there are eyes which are roving, then this left Vishuddhi causes a lot of trouble (860823)

Sahajvidya - Vishuddhi-Left

Then we get problems from feeling guilty, like 'I should not have said that...' or 'I should not have gone there...' For this we should say 'Mother I am not guilty' (810330); Vishuddhi... may catch when we feel guilty, and prevent the Kundalini from rising above it, and which may result in spondylitis or angina (900811.2); Also can be in problem, if we smoke (811005); Problems include sarcasm (850806), shyness, timidity (MME), problems of inferiority complex, slyness (890814.1), and people who never talk (820711), are uncollective, fearful and frightened, and always see negativity in others (830202); Sometimes it may be that a man is having a bad time with his sister (790618)

Left Vishuddhi may be bad because we have never respected our chastity, or we have crossed the Mariadas, the limits, or we have neglected some kind of morality, or we have gone on a wrong path against the Mother or the Father, or we have said 'No' to the Mother (850901); The ego reaction hides in left Vishuddhi (830202); Is like a kind of a perverted ego, and will not accept that anyone can be better than me (850901); Slyness, when it goes down too much, it goes into a perverted sex life (801116)

Left Vishuddhi is the indication of the mistakes, the wrongs, the sins. Then we start giving explanations, instead of facing it and saying 'I was wrong, next time I am not going to do it' (850901); Once you start giving explanations, then left Vishuddhi becomes bloated. Left Vishuddhi people will always give explanations... will always answer back... give sarcasm (850901); We cannot afford to have left Vishuddhi; People who are with Mother go into left Vishuddhi very fast, because they are lacking in protocol - as soon as you cross the limits, left Vishuddhi is created. There should be awe, respect for your Mother, which is guarded by left Vishuddhi. This is the hidden power of Shri Ganesha. Ganesha's powers are all expressed through left Vishuddhi (850901)

Disturbing and moving about is nothing but the upheaval of the left Vishuddhi. All this show-off, or disturbing, or trying to be overpowering, or very forward person, or bumptiousness... all these come from left Vishuddhi, because you want to overcome your left Vishuddhi so you do it - and then it is added to. The more you try to overcome it, the more it is added to (850901)

Sahajvidya - Vishuddhi-Left

If you tell someone he is catching left Vishuddhi, he will become even worse - what a vicious circle it is. So how to correct it, how to break the vicious circle, is to face it... tell yourself 'No! I have done this today... tomorrow I am going to do it... No! Stop it now! Stop!' - give yourself shocks. If you have done something wrong, punish yourself, for example by not doing something that you would like to do normally (850901); So we have to correct the instrument. Now if you think you are the electricity, you can correct it, but if you think you are the instrument you can never correct it (800907)

To correct the left Vishuddhi, put left hand towards the Mother, (or the photo), and right hand on Mother Earth, give a bandhan to the left Vishuddhi, and say in your heart: "Mother I am not guilty". But these become rituals if you do not say it from your heart (860305; 850901). On left Vishuddhi point Mother says She fails... it is for us to do it. Forget the past - now you belong to a new family, a Holy family - people who are saints are sitting here, and amongst them you are (850901)

Also I find that in Europe, people do not clear their throats... and tongues... which is another thing that is very much on left Vishuddhi... and that must be one of the reasons that your left Vishuddhis are bad. And so, though it is not fashionable here in the west... but it is very important... to put your two fingers in the mouth... and rub... and clear your tongue in such a way that everything comes out... in the morning is important... because that accumulates... and then it rots... so this has to be done. Maybe you think that if you are doing this... you will make a noise and all that... doesn't matter... you have to clear out your throat... and that is how you'll keep your Vishuddhis very clean (860504)

I have known of people who were caught up with Left Vishuddhi and have become devilish by nature... devilish... they have gone out of Sahaja Yoga... they have criticised Sahaja Yoga... they have tried to trouble me a lot... so don't think that if Vishuddhi is spoiled there's nothing so special about it - it can be a very dangerous centre. Of course Heart, Agnya and Vishuddhi... these three centres one has to guard against... because three of them can allow you... or can force

Sahajvidya - Vishuddhi-Left

you to become one with identification of evil as your own... you might just feel it's nice to be evil... you might just feel that it is a great fun to be evil... and you might become evil... so at the Vishuddhi chakra one has to be extremely careful (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 860305 Wimbledon Address - see 860305 good 45
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 790722 Leeds at Jim's House poor 45
- 800907 How to know where you are - Chelsham Road good 120
- 801116 New Age - Plaw Hatch Seminar good 70
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 811005 Beauty that you are - Houston good 70
- 820711 Nabhi to Sahastrara, Derby good 90
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 851128 William Blake, Hammersmith (C100) Not good
- 860305 Wimbledon address/Brompton Square
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Vishuddhi

The fifth Chakra (810829), which exists behind the base of the neck, having 16 petals, and manifests outwardly as the Cervical Plexus. It is associated with the thyroid gland. This chakra is of the greatest importance, and in terms of evolution, developed to the maximum, when we raised our heads from the animal to the human stage, and was the balance between our ego and superego (810330); Ego and Superego start from here (811004); Shri Krishna, the complete incarnation of the Virata, the Primordial Being, with the witness quality controls this centre (811005); It is represented by America, and Saturn (16 planets); Controls the lymphatic system, ears, outside of the eyes, nose, neck (811004; 810330), throat, face (820711) and teeth (880710)... and all the mastoid muscles, the tongue, the cheeks and also the balls of the eyes (790722)

Vishuddhi has a very important role in Sahaja Yoga - it connects to the Virata, and the Virata communicates through Vishuddhi (830202); The Vishuddhi looks after the cooling function - the liver gives heat, whilst the cooling is done by Vishuddhi. If the Vishuddhi is good, then there is a bloom on the face, a glow, a sparkle in the eyes. If you take the name of God in vain, Vishuddhi catches (830202); The centre which is absolutely Holy, where everything is absent (810330); At Vishuddhi, are the 16 vowels, the 16 bija mantras - also there are 16 sub-chakras, the 16 petals (830202)

Qualities include collective communication (MME), sweetness in talking (830202); Also the qualities of discretion, democracy, freedom, noble ideas, responsibility (831001); That's why most of us have bad Vishuddhis, because we do not take responsibility... and we have to be much, much, much, more responsible than ordinary government servants are (830821); This centre can catch, if we feel 'too responsible', and can result in tensions and headaches - the remedy is to witness, and realise that everything is done by the Divine (890801); If this chakra is spoilt, we take to negativity more easily, and want special things for ourselves. If not spoiled, then the hands work better (830202); When there is 'cold', you feel it on the right hand... is the physical, as I said. On the left hand, if it is... then the person feels guilty... mostly he may be Catholic (790608.2)

Sahajvidya - Vishuddhi

To keep Vishuddhi OK, we can do the following... eat the butter... take it on hot water, so that it lines the epithelial cells, and clean throats every morning by gargling; Protect the throat from cold conditions, and if we speak, speak of Sahaja Yoga (830202); Shri Krishna is very fond of ghee or butter... so when you rub my Feet with say butter, your Vishuddhi will improve... 'you' know that (800927)

One exercise for Vishuddhi is to put your head on the ground with your feet on the bed, and to push the body more and more onto the bed, and to let the weight rest on the Vishuddhi - from this position you should see the Photo. If it is left Vishuddhi turn the face to the right, if it is the right Vishuddhi, turn the face to the left whilst watching the Photo (790422)

Shri Krishna resides in our Vishuddhi chakra... in the centre he resides as Shri Krishna... and on the left hand side his power, Vishnu-maya, his sister resides... there he resides as Gopala, as the one who lived in Gokul and played as a child. On the right hand side he resides as the king who ruled in Dwarika... the king, Shri Krishna. These are the three sides of our Vishuddhi (860823)

Vishuddhi chakra has a speciality. When human beings raised their heads upwards from Mother Earth towards the sky - the sky is... Ether is... Shri Krishna's nature - then this Vishuddhi chakra developed into a different dimension... and people started developing ego and superego... superego was already developed... but the ego developed in such a way that it started suppressing the superego (860823)

Now you have reached to the human level... and to rise above the human level, what you have to do is to seek your complete freedom... and for that Vishuddhi chakra is going to help you a lot. On this Vishuddhi chakra we have to pay full attention... it is such a complicated chakra... it has all the 16 vowels of the devanagari script emitting out of the sound of the shakti, the Kundalini, that is passing through it... so all the vowels are heard on this chakra. Without the vowels in the devanagari, you cannot write anything... vowels are the sustenance... are the power that supports every consonant... so it's important that our vowels have to be fully nourished and respected (860823)

Sahajvidya - Vishuddhi

The movement of the neck... as you have seen... in all international life if you see... everybody has practically the same... even those who do not hear... or do not understand your language... you can nod like this, say no like this... and everybody understands... that this is yes or no. But too much of nodding is not a good sign... you just have to say 'alright' or 'I understand' that's all... you have to use your voice instead of nodding like this all the time... is very bad for the Vishuddhi chakra (860823)

Because of Vishuddhi there are so many problems... like Angina, Spondylitis... sometimes people lose their voices completely... sometimes they have all the time coughing. Above all is the centre of discrimination, which only comes when you are free people. Til you are biased... til you have your own concepts, you cannot be discrete... and that's the one point where one must understand that to achieve your complete freedom, you have to get your Vishuddhi chakra cleared out. First and foremost is you must speak in a sweet manner, not artificially, but sweetly... speak in a manner that another person likes it... Satyam Vade... Priyam Vade... speak the truth... don't tell the lies (860823)

Some people think... by their talks they can cheat you... but actually they are cheating themselves. All such people who cheat others by sweet talks, by artificial talks or by some manoeuvring... go to such a horrible state... in this Kali Yuga especially... they are cursed, and they get exposed... and people know about them that these are the greatest liars ever known. Now the times are coming when all such people will be exposed very much more than they have ever been exposed... so be careful not to think that you can cheat... in Sahaja Yoga especially you cannot cheat. Those who try to cheat, sometimes think that we can befool Mother... we can somehow or other carry on... if you sit in front of Mother, she won't know what we are up to... it's not so... I may not say... I may use my discretion not to say... I may allow you to have a long way... but be careful... do not come into my illusions... I am very elusive. When I play my illusions, you will suddenly find yourself in a very difficult situation... and then you will say 'Mother why am I in this situation'... so this is one of the

Sahajvidya - Vishuddhi

qualities of Shri Krishna, that he is the one who becomes elusive. In his elusiveness he exposes people. There are so many stories of Shri Krishna, in which he has elusively acted to give... greater joy to some people... to give nice lessons to some people... and sometimes to punish (860823)

Vishuddhi Chakra looks after so many things, especially your skin, your eyes... people who have bad Vishuddhi can have all kinds of funny troubles with their skin... of course it has to do with your liver, but skin is... the way it shines... the way it glows... depends on how you smile... how you look at the world. Many people have a habit of smiling for nothing at all... especially women I have seen... they just smile stupidly... that's not proper... one should not be stupid... stupidity is against Shri Krishna (860823)

Now eyes are very important... and eyes in a way are very much looked after by Vishuddhi... because the muscles of the eyes are looked after by Vishuddhi. You must have noticed that there are some people who come to me... their eyes go on... like this... those who are keeping the eyes open all the time are having Supraconscious bhoots... and those who are flickering their eyes are having the Sub-conscious bhoots (860823)

Some people have a habit of keeping the eyes in an angle all the time... they never see you straight... they think sometimes it's fashionable... and some of them have such eyes that they'll go on looking and pouring their greedy eyes onto others, or their lusty eyes onto others... this is the worst thing you can do to your eyes... because such people easily can become blind. Such people may have trouble of the eyes... specially reddening of the eyes can come to such people very much (860823)

So one has to be careful to keep the eyes very pure... the eyes of a Yogeshwara... who was Shri Krishna. He played with Radha - he married 5 women who were the 5 elements - 16000 women he married... they were his 16000 powers... but he was Yogeshwara... he had no lust in his eyes, in his mind about that at all... he was beyond that... he had no lust in his eyes about these women that he had. Of course I don't

Sahajvidya - Vishuddhi

expect you to be Shri Krishna... but you have your wife... those who do not have wives, must look forward to a wife... that we'll get a wife and think of a wife who will be your own, so that your eyes will not fall onto every woman (860823)

Some people have a habit of showing anger with the eyes... and the angry eyes are another dangerous thing to do with your eyes... because they can become mesmeric. If you start putting your eyes onto something and concentrating on it, your eyes might become mesmeric... means bhoots will start coming out of your eyes. First of all you catch bhoots in your eyes... they settle down there... and then they will be falling on other people as bhoots... it's a very very dangerous thing to go on looking at something continuously with concentration (860823)

Now the greatest freewill comes from Vishuddhi chakra... and that's why they call him Yogeshwara - he is the Ishwara of yoga. The establishment of yoga is possible... when you completely surrender yourself to Shri Krishna... means what... means all your balances will be established... you go into complete balance... and that balance is complete because Vishnu who is the Incarnation for sustaining the dharma... who is responsible for giving you the balance... becomes complete in the form of Shri Krishna. That's why he said 'you leave all the dharmas... surrender all of them to me' ... so all the dharmas, if you put at the Lotus Feet of Shri Krishna, means if you follow his ideas, then all your dharmas are balanced. There are so many dharmas... pati dharma... patni dharma... rashtra dharma... but he says forget all the dharmas... surrender them to me... that is at Vishuddhi. It means that it all gets sublimated... it all gets complete... because he is the Collective Being... he is the Virat... because he is the integrated form of all the dharmas... and he is the Virat in our brain... he represents our brain. When this Virat in us is awakened fully... we automatically become dharma ourselves (860823)

So now you have become dharmatit... means you have entered into the Kingdom of God... into the Virata's conditions... and there your condition is such, your state is such that you are dharma... if you try

Sahajvidya - Vishuddhi

to do adharma, you suffer... if you try to do wrong you suffer... I don't have to tell you to be righteous... there's no need... I don't have to tell you to tell the truth... or don't steal... I don't have to tell you all these things. You will follow Christ... or Krishna... automatically... sahaj. You become the dharma of Virat... now what is the dharma of the Virat... of Shri Krishna... is collectivity (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 880710.2 Discretion of Hamsa, second talk - see 880710 good 10
- 880710.1 Discretion of Hamsa - see 880710 good 55
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 860303 Brompton Square Address - see 860305 good 15
- 790422 Give up misidentifications, Dollis Hill, poor
- 790608.2 Maria's House Tape 2 poor
- 790722 Leeds at Jim's House poor 45
- 800927 Lethargy, Chelsham Road good 75
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 811004 Becoming the Truth - Houston [+PP video set 5/3] good 30
- 811005 Beauty that you are - Houston good 70
- 820711 Nabhi to Sahastrara, Derby good 90
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830821 Mother Earth, Surbiton good 50
- 831001 Santa Cruz interview good 45
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 880710 Discretion of Hamsa, Munich
- 890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

Vishuddhi-Right

Gives all kinds of political problems (801116); Problems when we talk too much, too loudly or use our words to intimidate others (890814.1), are aggressive (MME), arrogant, or blunt... and is counteracted by Madhuria, sweetness (811005) and also by going into Mona, silence (890814.1); Which may catch... when you say mantras given by False Gurus... because of your right side... physical effort... and which is unauthorised... you have no business to do it; Sneezing is nothing but the right Vishuddhi opening out (790609.3); Problems can include hoarseness or loss of voice (MME); Vitthala is associated with this centre (811005)

For right Vishuddhi you can take basil in tea... and then also have an Ajwain Dhuni (850502); The mantra for right Vishuddhi... is Om Twamewa Sakshat Vitthala Rukmini Sakshat (791009.2); On the right hand side Shri Krishna resides as the king who ruled in Dwarika... the king, Shri Krishna (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

790609.3 Maria's House Tape 3 poor

791009.2 Maintaining the purity of Sahaja Yoga + working on new people good

801116 New Age - Plaw Hatch Seminar good 70

811005 Beauty that you are - Houston good 70

850502 Niraananda, Vienna Ashram good 60

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

Vishuddhi's Powers

On Vishuddhi chakra, you have 16000 powers awakened in you... as you are today... but when you speak, you don't understand... that when you are speaking, you are a Sahaja Yogi... with all these powers you are speaking... when you eat, you don't understand that this tongue belongs to a Sahaja Yogi... you shouldn't hanker after anything... like if somebody likes tea, he'll go on taking 15 cups... that's no good... or if he's fond of one sort of food, he won't take another food. Thinking too much about food all the time... asking for food and organising food all the time... that spoils your Vishuddhi very badly (800127.2)

Then talking ill about anyone, complaining about anyone to me... will spoil your Vishuddhi - if there's some sense... if I ask... then is alright... but all the time talking ill about each other will spoil your Vishuddhi. If possible try to talk good about others, always... by telling good about another person, you will help yourself and another person. When you judge others... you should know that you are judged by God... it is 'his' judgement... which is going to decide how far you are (800127.2)

There may be some... in Sahaja Yoga today... who think they are great Sahaja Yogis, big people... but maybe they are not... and those who do not think that they are anything great... that they want to increase and improve their shakti... they may be the people who are occupying very high places. So, under these circumstances... one should never boast... and should not have wrong, false estimation about oneself... that is the way you can preserve your powers much better, of your Vishuddhi (800127.2)

Also I have seen people start discussing me... and in a very funny way they do it... I think the best way to deal with the problem is not to speak about me... if you have to speak, then know that it has to be absolutely positive... otherwise you are harming yourself... and you are harming others... then you don't blame me for that (800127.2)

Sahajvidya - Vishuddhi's Powers

So that's how your Vishuddhi Chakra's problems are increasing... and they go on increasing, especially when you try to confuse yourself... and quarrel with yourself... and think that Sahaja Yoga has gained by your coming... then you catch on Vishuddhi. 'You' have gained, not Sahaja - by accepting truth, 'you' are enhanced... 'your' position has gone up... not the position of the truth... so this idea, from you head must go, right away... that you have any way obliged Sahaja Yoga... or that you have obliged God by coming to him (800127.2)

So to keep your Vishuddhi alright is... the easiest when you keep yourself in a state of witness... and that is possible if you develop the habit, after Realisation that everything that you do is put into Nirvichara, into thoughtless awareness. If you start that habit, you will be amazed... your witness state will improve... and you will rise in your being (800127.2)

It is very important to understand that without transformation you have no meaning... whatever you have been, has been useless... of no good... whatever you are transformed, you are of some use. So, whatever you have been, you do not be identified with that... but whatever you have to be, you try to be that... and with this power you have got, that 'whatever you want, you will be that'. But some people are so funny that they say that... I want to be a donkey... all such silly and foolish people are no good for Sahaja Yoga (800127.2)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed upon S Yogis & how maintain them, Bordi good 30

- end -

22 Mar 2003

Vishuddhi Treatment

For right Vishuddhi... basil can be taken in tea... and can then be followed by an Ajwain Dhuni treatment (850502); There is also the mantra of Radha Krishna, or Vitthala... and is for where there are... problems of ears, nose and throat... or where you get bad colds... or where you get your attention diverted (850502)

To clear out most of your problems about Vishuddhi... you have to put your fingers into your ears, and say 'Allah ho Akbar' 16 times... put your head back. 'Allah ho Akbar' has two things in it... first is of course the Vishuddhi... but then also the collectivity... and... is for when there... is the problem of... saying aggressive words, of sarcastic language, of all kinds of things that breaks the collectivity... for... the problem where... when you speak, you hurt others (850502); To correct the right Vishuddhi... first of all do not talk... stop talking... absolutely... just stop talking... just don't talk on any subject matter whatsoever... take to Mona... so the strain will be less (0.0012)

The voice should be melodious, and the language should be controlled. If we can control our tongue, 80% of collectivity we will achieve. Tongue is first of all... for saying things which are sweet and beautiful... let us find out what sweet things we are going to say to people... not expressing 'our' views, like 'I like it... I like that' or 'I want that', but on the contrary... 'do you like this'... 'would you enjoy this'... so the language should be directed towards others... showing interest and concern (850502); Try to use language which is extremely sweet (0.0011)

Another thing one should try is a physical treatment of your throat... is very simple... is that you push back your tongue... and put your chin here... and try to push back your tongue as much as possible... and hold your breath. Kundalini will move further. First you have done 'Allah ho Akbar'... so you have bent backwards. Now... by doing this... you have allowed it to open the other way round (850502); Lift your tongue and put it back as much as possible... turn it backwards... without touching the palate... let it feel the

Sahajvidya - Vishuddhi Treatment

bliss of Divine on it's tip. Now put your chin down, touching your... (chest - Ed)... don't close your eyes... in complete surrender... put the chin... but don't close your eyes... pay attention to your Sahastrara... loosen your hands fully... on the sides... make them loose... sit straight... do not touch the palate... now breath in... keep the tongue where it is... breath in... now raise your stomach, without taking out the breath... upward... pushing the air upwards... towards the lungs... push your stomach in... attention on Sahastrara... you start seeing light through your Sahastrara... sort of, the Sahastrara becomes like eyes. Now leave it... leave it now; Now raise your (head - Ed)... now put back your head... put the (index - Ed) fingers (in the ears - Ed)... put the attention to your Sahastrara... that's all... don't say anything... no mantras... take your tongue... push it back... take in your breath... push the stomach... that's good. This is... physical... we have worked out our attention... and on our Vishuddhi (850504)

The left Vishuddhi is still there... now put your head more on the right side... loose... (tilt the head... not turn it - Ed)... with attention on Sahastrara... looking at me. Put it loose... hands to be loose... loosen it... better... you feel the Kundalini rising. Now let us put ourselves into bandhan... after raising our Kundalini (850504)

Another thing is that Krishna is very fond of butter. But in 'collectivity', the Krishna Principle plus the principle of Guru are mixed... so, when he becomes the Guru, then collectivity starts... when the principles of these two get integrated, then the collectivity starts... and as a result of that you get Discretion. So to improve the discretion part... we take vibrated ghee or butter, which is heated up... and put it in the nose. But before that we gargle... with salt... which represents the Guru principle (850502)

Also you can take a little ghee or butter on top of a cup of hot water... and if you drink it, that soothes down all your sites... Krishna is soothed by that (850502); There's another thing called Primrose oil, that you can get... 2 or 3 drops of that, if you can take it in the water, that will also soothe your Vishuddhi (850502); So oil is the one that helps you... in your ears, if you can put some olive oil, heated up... with one garlic piece in it... that's very good for the ears. So the oil is the one that keeps your Vishuddhi alright (850502)

Sahajvidya - Vishuddhi Treatment

Olive oil can be used for a massage on the Vishuddhi, as well as the head and backbone. When you touch somebody with oil, you see, the Krishna tattwa acts... because Krishna is the one who represents the Madhuria, the sweetness of your character. In little little things are expressed Madhuria... like in poetry or in relating some events - Krishna's Leelas were all full of Madhuria... it's like a sport... it's like a sport (850502)

From very childhood, you should take care of your Vishuddhi... by having something around your neck (0.0011)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

0.0011 Weekend seminar in Pune, Tape 1 good 180

0.0012 Weekend seminar in Pune, Tape 2 good 50

850502 Niraananda, Vienna Ashram good 60

850504 You have to be in Nirvikalpa, Vienna good 50

- end -

28 Jul 2003

Vision

You must understand the complete vision of Sahaja Yoga... it's a very big thing that you are doing... you are not small... you are doing a very great work, because it is the solution of all the humanity... this is the solution of all the problems, whether political, economic or anything. Not only that, but the more people you have, you will be surprised... that I'll work out much better... collectively I can cure cancer if you are more... if you are clear people... but your channels are so full of problems that nothing flows through you. If you get yourselves cleared out, collectively I can stop cancer spreading... because if you spread more vibrations, what happens is that the left and right side in the Virat becomes clearer, and the attacks from the left and right side which creates cancer and all these horrible diseases will be cancelled, because they will be less (800927)

But you do not understand your responsibility... what you are doing... you are playing into the hands of satanics... by not paying attention to your cleaning... by not paying attention to your spiritual growth, you are not helping me at all... because these vibrations do not flow out - they have to flow through you... you are the channels. If you do not keep yourselves clean and humble and meek about it, it doesn't work out. So the localised, limited problems should be given up... and see to the bigger problems that you will be solving. I can stop the happening of cancer completely, if I have 21000 Sahaja Yogis... Leprosy I can control... cancer already I am controlling (800927)

Right side attacks are also lots of things... wars... all these wars and all these things take place because they are invaded from the right side... all these aggressive people like Hitler and all that are aggressing us. How much it is necessary for you to rise above your lower self... one should understand that, and not to indulge into the nonsense that you are doing... you have to work hard for that... even if you have to get up in the morning, you have to get up and do it. You should understand your responsibility... that's the main point is (800927)

Sahajvidya - Vision

People are now busy only... doing their jobs... working here... thinking how much money you get... when do you go to your job and all that... that's not important for us. Now that doesn't mean you give up your jobs and be a liability on the ashram... it doesn't mean that... it means you do your jobs, have money... money is needed for this work... you have to earn... you have to give money. Some are not even willing to give £10... such people... with them where am I going to do Sahaja Yoga - in a subtler way, for your own betterment you have to give money. For solving this problem you have to give me rice... you put it in my sari (800927)

Before Puja you must take your bath... in the morning don't talk to anyone... be in hushed condition... you are in for opening out to the great power which is going to solve the problems of the world. So you wash yourself... cleanse yourself so that you get your chakras evolved; You should live like normal people... but a dignified people, nothing of indignity, of childishness, joker-like or clownish. All these dresses should not be worn... you should be properly dressed in a way that you have 'presence' (800927)

You know such a lot, that even many Saints do not know... but there's one thing they know... that I am that... that's one thing you do not know... they know that. This is a big difference... because I am easily available to you, you do not understand... for them I am great. How these Saints have recognised... your recognition of me is poor. If it was not so you would not be shouting in my presence, quarrelling in my presence... you give me headaches... you tell me things which you should not tell me... 'he came there... he did this...' you should not talk like this to me (800927)

Sahajvidya - Vision

You are materially bound by talking... talk comes from Vishuddhi, but it starts from much below. So to raise it higher, there are stages... at the heart it becomes Madyama where it just throbs... then it becomes Vaikari... then Pashanti, means it just sees... then it becomes Para, where it becomes just silent in the awe-ness of the 'Presence'. We have to develop these things... but we do not understand that all these things are our attributes, which we have to enlighten... and to rise and make every part, every petal of our being beautiful (800927)

It is a very big vision I have... a very big vision, and that vision can be done through you people. You do not think that you are ordinary, otherwise I would never have chosen you... but you have no recognition of yourself also, as you have no recognition of me... you have to recognise yourselves and respect yourselves. Do not respect material things - respect yourself first of all... and the matter within you (800927)

I see your image in the future also... some of you are going to be very very great... and some of you are going to take it up... it's a project launched... talk to others... you must talk... you must be nice... you must be open hearted... no secretiveness (800927); Try to become cheerful, blissful, happy, dignified, sensible sweet (800927)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

800927 Lethargy - Chelsham Road good 75

- end -

17 Oct 2002

Vitamins

If proper care is taken in childhood, with adequate vitamins A and D, with massaging with cod liver oil or olive oil, and with proper sunning, then we would get colds less. The cold is a disease (also hay fever)... of London and England, due to less resistance... no immunity, because of lack of calcium within us. It is a Vishuddhi problem (800517.2); Butter contains Vits A and D, and is good for the Vishuddhi (850806; 830202)... Vit. D is especially important for producing strong bones (830202)

A little chillies is alright... you can develop a little taste for chillies... it's alright. It cleanses you, and it has vitamin C also in it, so it's quite good for colds and things. Normally people get constipation if you don't take chillies... Indians never suffer from this disease, because they have always a little chillies in their food. A little chillies is alright... you can develop a little taste for chillies... it's alright (881207)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 881207 Why do we come to India-Dec 88/1 - India

Voice

The Voice... should be melodious, and the language should be controlled. If we can control our tongue, 80% of collectivity we will achieve. Tongue is first of all... for saying things which are sweet and beautiful... let us find out what sweet things we are going to say to people... not expressing 'our' views, like 'I like it... I like that' or 'I want that', but on the contrary... 'do you like this'... 'would you enjoy this'... so the language should be directed towards others... showing interest and concern (850502)

A person, who is a Realised Soul becomes very soft, very delicate... when he talks to somebody, in his voice there is warmth... or I should say... in your dealings with others... you should be like the water... which is mobile... which is cooling... soothing... cleansing. So this also becomes a part and parcel of your being, once you become a Realised Soul (981216)

Because of Vishuddhi there are so many problems... like Angina, Spondylitis... sometimes people lose their voices completely... sometimes they have all the time coughing (860823); Problems... of Right Vishuddhi... can include hoarseness or loss of voice (MME); Too much of nodding is not a good sign... you just have to say 'alright' or 'I understand' that's all... you have to use your voice instead of nodding like this all the time... is very bad for the Vishuddhi chakra (860823)

Sometimes our Mother shouts at us... just once She shouts - immediately all the bhoots run away (830113)... we accept correction, because we want our ascent (871016)

- Jai Shri Mataji -

Sahajvidya - Voice

Tape References:

Date/Ref - Title - Qual - mins

- 871016 Mahakali Puja, Germany - see 871016 good 25
 - 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
 - 860823.2 Gita, Lac Noir - see 860823.2 good 30
 - 860823.1 Govinda, Lac Noir - see 860823.2 good 25
 - 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
 - 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
 - 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
 - 850502 Niraananda, Vienna Ashram good 60
 - 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
 - 860823.2 Govinda/Gita, Lac Noir
 - 871016 Mahakali/Mahalakshmi Pujas- Germany/Belgium
 - 981216 India Tour '98 - tape 1 - The Elements Not good 20
 - 981216 The Subtle Elements
- MME = Meta Modern Era by Shri Mataji Nirmala Devi

The Void

Also called the Bhavasagara, or the Ocean of Illusion. The area defined by the Swadisthan, around the Nabhi, but not connected to any chakra; It is of the water element, and in the water is the salt, the salt being the dharma within us; The void is the ocean within us; The essence of the Bhavasagara or Void is Swaha. The area around the Nabhi, enlightened by the ten principles of mastery, the ten great Primordial Masters, who have been born again and again on this earth. The 10 Incarnations of the Adi Guru... of Dattatreya... Moses, Mohammed, Abraham, Guru Nanak, Raja Janaka, Socrates, Confucius, Lao Tzu, Shirdi Sai Nath, and Zarathustra, whose purpose was to teach balance, so that we can ascend; All the Gurus, all the Prophets are in the Void, are in the stomach, and which catches, when we have had the wrong type of a guru; In which there is no rationality, only the hunger, the seeking.

There are ten dharmas... 10 Valencies, Sustainances, Sutras, or Principles, of human beings, whose purpose is to establish balance, or dharma... the Ten Commandments, in the Void area within us, looked after by the ten Primordial Masters. Dharma gives you the balance, the establishment into proper behaviour, into proper understanding, into proper living, but it doesn't give you the completion of your journey; It is our 'attitude towards others', other people, their things, their wives, daughters etc. This is all 'related to others'... is dharma... is completely without rationality, is simply to be accepted; In the West, we observe five of these dharmas, and in India are observed the other five - so we each are lacking some.

Whatever your virtues are, enjoy those virtues. Virtues are your ornaments, and are not like a noose around your neck. Those who enjoy their virtues are great men, and don't feel unhappy, but are proud of their virtues. If you are complaining about your virtues, better to give them up; Virtue... can give you health, wealth and prosperity... which is glorified... and not which is degrading.

Sahajvidya - The Void

For Guru Pada... you have to have, in Sahaja Yoga, complete humility... natural humility... natural balance... this is what Christ has taught us; Is a state, not a status... is a state that is achieved. Now how do we achieve that. Firstly... in meditation you can become thoughtless... for a short time. Gradually this increases, that we are without thought... for that we have the Nirvichara mantra. Then you start seeing that... witnessing... without thinking. This first state is very important... the witness state, the Sakshi. As you become the witness, your gravity starts expressing itself... the whole thing will become extremely dignified and majestic... it will just manifest by itself... and you get a magnetic personality. With our gravity, what we do is touch that depth within us... which can carry the Divine Power... the most substantial thing in your lives is this Divine Power. You never feel the weight of this Divine Power... but if your channel is not clean, then this Divine Power cannot flow properly... it cannot manifest.

So what is needed for a guru is self esteem... and to achieve this we have to introspect... and know that... I am a Realised Soul... I have powers. So at that time, a kind of silence will come within you... and this silence will make you really powerful. When you are in that silence... you are in the silence of the Cosmos... and this silence of the Cosmos works for you... so if you become silent within yourself, then know that you are sitting in the Kingdom of God. This silence is the sign that you are definitely... definitely you are in contact with the Divine... the complete totality of Reality... this All Pervading Power. It is at your disposal - wherever you go the connection is maintained... it is at your disposal. And a guru... is... so detached. And he's in complete balance - nothing can disturb him... nothing can dominate him... no more he is afraid... a fearlessness comes into him... and nothing can tempt him.

Sahajvidya - The Void

Don't try to judge yourself... but gradually rise, and appreciate yourself... and settle down on the position you have achieved. So then, assume your powers... when you start assuming, all baddhas will run away... and you will be surprised. The knowledge is so subtle, and so great... but with all this knowledge you bend down, like the tree, which is laden with fruit, bends down. This simplicity and humility gives you that special edge which can pierce into any heart... but believe... that you are one with that great power... which is God Almighty.

Then praise the Lord... because God is fond of praise... if you praise the Lord, then he gives you everything... it's true. You cannot get to Mother, unless and until you are really bhakti from your heart... but if you have bhakti, then you can get to Mother... it is written... Bhakti Ganya. So your faith has to be absolutely untarnishable. So when this faith in God is absolutely established within you, that there is God Almighty... that he's Almighty... and that 'I am the messenger of that God'... just this understanding, when it becomes absolutely formed in you, then you are in Guru Pada. But we have to remember one thing... that we must have complete faith in the Kingdom of God... and in the powers of God Almighty... complete faith.

Our Guru is our Mother, the Supreme Guru... the Adi Shakti is the Source of all the Gurus; You are facing someone who has all the Powers... you know that; It is said that the guru is Paramchaitanya, but it is the Paramchaitanya itself who is your guru; You have to respect your Guru... surrender to your Guru.

The 'Guru' means the thing which is higher or stronger than the gravity of the Mother Earth. We have to rise above the gravitational force of materialism, which is today's religion everywhere, whatever they may call it.

Sahajvidya - The Void

The Guru has gravity, weight of character, dignity, is caring of others, and avoids anger, temper, cheap behaviour; The job of a guru is to give balance to others... if you have the Guru Principle within you, you get into balance automatically; You have to be your own Guru... means that you have to be strict with 'yourself'; A Guru has to be creative, creating new Sahaja Yogis out of ordinary people; A guru has to be higher than others, humbler, kinder, sweeter, loving, compassionate, joyous, cheerful - it should be evident on your face.

The word 'guru' comes from 'the one which is magnetic', 'the person who is magnetic'... the one which attracts the attention of the seekers, is the guru. Also it means... a person who is very steady, or who is very deep, who has the knowledge, and can act like a Mother Earth. This gravity has to be in a guru... it means a kind of serious understanding of oneself and one's own responsibilities... so a guru has to be very steady.

The Guru is the best, the highest that God has created; A good Guru is that person who attracts you towards himself, but who is also above the gravity of the Mother Earth, beyond these bodily attractions or other attractions of a gross nature, which enslave you and cannot give you freedom. Once you rise above the gravitational force of materialism, then you could be called as the Guru. A Guru 'shines' before the disciples. When you have something dirty, it doesn't shine... you have to wash it, clean it and rub it nicely so that it shines; The Guru has to suffer the most - that's how he can command. He has to be the example of austerity, of detachment... that's how he is going to get the respect.

- Jai Shri Mataji -

Problems with The Void

The Void... can be spoilt by drugs and bad Gurus; If you bow before any wrong guru... you catch your Ekadesha Rudra. Ekadesha Rudra is on your forehead... and starts with the Void... when your ten dharmas are in trouble... it starts with Void... on the 'left' side... when you have been dominated in your Guru Tattwa. In the Void... the left side Guru Tattwa comes... when going to wrong gurus, and wrong things... is the left side Guru Tattwa.

Then problems with 'right' side Guru Tattwa... in the Void... come, if you think you are a great guru, or if you have tried to dominate others by your 'magnetism' or whatever it is, or tried to do something like that... then your right side can be caught up... right side Guru Tattwa.

When the Ekadesha Rudra becomes very strong... on the physical level, it can become... like horrible troubles with the body... like cancer. Actually cancer can be felt on the stomach... you can feel the lub-dub on the stomach itself. If it is at the Nabhi place... you can feel the pulse, fast. Diseases like cancer... any destroying diseases... can start, which are very very fatal... because Ekadesha Rudra is the destroying power... the essence of destroying power. If it starts working on one side... it can spread to the other side also... so your Guru Tattwa must be respected. Even in Sahaja Yoga, if you just look after yourself, and don't worry about others... then also your Guru Tattwa can be in trouble.

Now Guru Tattwa is also balanced by Nabhi. So actually, originally it starts with left and right Nabhi to begin with... so subtle it is. If you start making money individually, as a guru... or if you give money to somebody who is a guru... if it is to a wrong person... if for a wrong purpose you spend your money... then you catch... or if somebody wants to make money out of Sahaja Yoga for example... finished.

Sahajvidya - Problems with The Void

Drinking too much is against dharma... taking drugs... telling lies about other people... stealing... killing somebody... are against dharma... all these 10 commandments. So when you try to disobey them... and go on disobeying all the time... then it works that way... so be careful about your dharma; Fanaticism is against dharma; Adharmic things would include such things as cabarets, adultery, undignified behaviour, alcohol, wrong Gurus, reading bad books, fanaticism, denouncing religions, materialism etc.

- Jai Shri Mataji -

Correcting the Void

Void can be cured by saying the mantra for the Adi Guru; To neutralise... a guru who has been a bad guru... you have to surrender to the Real Guru... if your guru is a real guru... then you surrender to the Mother of your real guru... because your real guru is also surrendered to this - so all the gurus are to be surrendered at the Lotus Feet of your Mother. Christ is a real guru... he is. The Christ you know of... is to be also surrendered at the Lotus Feet of your Mother... because he is also my son... Brahma, Vishnu, Mahesha... all of them are my sons... Adi Shakti created all of them... She is the Mother of all the Gurus... of all the Prophets... of all the Incarnations. She exists... and after her... only Parabrahma is.

When you are dealing with 'left' side Guru Tattwa... means, when you have had other gurus... you have to say 'I am my own guru'... it solves the problem. If you have 'right' side, you have to say 'Mother you are my guru'... for the time being - sometimes it can be quite harmful, if I say 'all the time' you have to go on saying. So the 5 on the right, and the 5 on the left can be solved. Now what is the 11th one... is the Spirit... is the Atma... for that you have to say 'I am the Spirit'... you have to become the Spirit.

Problems of the stomach area are helped by taking vibrated salt, which absorbs all that is mobile. The five left side dharmas are corrected by taking vibrated salt, and the five right side dharmas are corrected by taking vibrated sugar; For left side problems take salt, for right side take sugar; If someone drinks some water that has been vibrated, that person becomes dharmic. When we are enlightened, we automatically become dharmic

This diarrhoea is important sometimes... to cleanse you out... it's important; It is alright because it is a parasympathetic activity... it's cleansing you see; With diarrhoea and also vomiting... it's clearing out... that's good for you... it's the drugs, and bad Gurus, and things, that spoil your void, and when you come to Sahaja Yoga it comes out in this way. Let it be, it's better; After Puja if it's happening, it's very good... it should happen after Puja; So be careful about your dharma.

- Jai Shri Mataji -

The Void - Aspect or Deity

The Primordial Master... the Adi Guru... Dattatreya.. who never declared himself to be the Incarnation of the Primordial Master, which he was... was born as the 10 main incarnations, of Moses, Mohammed, Abraham, Guru Nanaka, Raja Janaka, Socrates, Confucius, Lao-Tzu, Sai Nath (of Shirdi), and Zoroaster, and who all said to lead a moral life and who came to establish balance and teach the code of life, morality, in preparation for our ascent. Dattatreya was a very tall personality... whose wife was a very devoted woman, and whose birthday is celebrated in December; Your Mother is a Mahamaya, and She is the Mother of all the Adi Gurus, and She it was who taught and created all the Adi Gurus.

Moses... talked to those who were self-indulgent, degraded, degenerated, and decadent people, and who then made the laws for the Jews; From these laws, the Shariyat Laws were derived, and which were taken over by the Muslims, and which should be for the westerners; Who warned against drinking.

Mohammed... who is the same as Guru Nanak; Born in the month of November, and who died by poisoning... spoke of Abraham, Moses, Christ and about the Mother of Christ, with respect, and who therefore did not speak of an exclusive religion of Islam; Who taught the saying of 'Allah ho Akbar', with fingers in the ears, because the fingers used are those that are linked to the Deity of Vishnu, and because the Deity of Shri Krishna becomes Akbar; Who supported the institution of marriage... and who warned against drinking; Who said, in the Koran, "At the time of resurrection, your hands will speak"... and who said 'I am the last prophet' - to frighten the people, so that they would take to living a dharmic life; Who came back as Nanaka, and who said 'Hindus and Muslims are the same people, following the same religion - why are you fighting among yourselves?'

The Void- Aspect or Deity

Guru Nanak... Born in the month of November, at midnight, in the Punjab; Who is the same as Mohammed; A Satguru... who was a married man; All the great Saints of India were married and had children... except for some people like Buddha, who died very early... he had to take a Sanyasa because of his work. Then we had Kabira, Nanaka... all of them were married people; Who had control over the elements - when he put his hand on a rock, water started to come out. Who lived in India, and talked of the 2nd birth and the need to be born again; In Nanaka's time, Sikhism came in... formed often from the eldest sons of Hindu families... and so started a warrior class, which ended up by having wars between Hindus and Muslims; In Sikhism, Guru Nanak warned against smoking, and drinking.

Raja Janaka... the father of Sita; Who lived in Bihar, in India, and talked of the 2nd birth and the need to be born again; At the time of Raja Janaka, there was only one... who got Realisation... Nachiketa. Raja Janaka was a king... yet still he was so detached, that all the Saints used to go and touch his feet. He had all the luxuries of life... he lived in a palace... yet there were thousands of people in the procession, who were throwing pearls on him. Nachiketa, thinking he should get a pearl for himself, went to Raja Janaka, and asked for Self Realisation... but Raja Janaka said 'I can give you all my kingdom, but not Self Realisation... because you are possessed by the idea of money... such a person cannot get Self Realisation'.

Socrates... lived about 500 years BC, and who talked openly, but was not understood, and was eventually poisoned. Plato and Aristotle were his disciples, but who went off their heads; Every word that Socrates said... is absolute truth.

Sai Nath of Shirdi... the last Incarnation of the Primordial Master or Guru, about 100 years back, who was a real prophet, and who talked of Sahaja Yoga, and did a lot of work for Shri Mataji.

- Jai Shri Mataji -

The Void - Summary

<u>Chakra:</u>	Void, Bhavasagara, Ocean of Illusion
<u>Deity:</u>	Adi Guru Dattatreya: Moses, Mohammed, Abraham, Guru Nanak, Raja Janaka, Socrates, Confucius, Lao Tzu, Shirdi Sai Nath, Zarathustra
<u>Physical:</u>	Stomach
<u>Qualities:</u>	Hunger/Seeking, Balance, Righteousness, Dharma, Virtue, Swaha, Proper Behaviour, Gravity, Dignity Depth, Steadiness
<u>Catch:</u>	Lying, Stealing, Killing, Fanaticism, Cabarets, Adultery, Undignified Behaviour, Alcohol, Bad Books, Denouncing Religions, Materialism L. Wrong Gurus, Drugs R. Feeling you are great Guru, Misuse of Money
<u>Diseases:</u>	Ekadesha Rudra, Cancer, Destroying Diseases
<u>Treatments:</u>	Vibrated Water L. Vibrated Salt, Surrender to Real Guru, R. Vibrated Sugar
<u>Affirmations:</u>	L. I am my own guru R. Mother, You are my Guru
<u>Mantras:</u>	Adi Guru Dattatreya Guru Brahma, Guru Vishnu, Guru Devo Maheshwara, Guru Sakshat Parabrahma, Tasmaye Shri Guruve Namah
<u>Colour:</u>	Green
<u>Elements:</u>	Water
<u>Position:</u>	Area around Nabhi, Circle around outside of palms

- Jai Shri Mataji -

Void

Also called the Bhavasagara, or the Ocean of Illusion (830302)... the area of the Primordial Masters (820710)... of Dattatreya, namely the 10 Incarnations of the Adi Guru: Moses, Mohammed, Abraham, Guru Nanak, Raja Janaka, Socrates, Confucius, Lao Tzu, Shirdi Sai Nath, and Zarathustra (800727; 851128; 840906), whose purpose was to teach balance, so that we can ascend (820710); All the Gurus, all the Prophets are in the Void, are in the stomach (790720), and which catches, when we have had the wrong type of a guru (800727); In which there is no rationality, only the hunger, the seeking firstly for food, and for primitive things, then for sex life, for women, for men, then for power, for money, and ultimately for Spiritual satisfaction. When the Spiritual seeking starts, we do not know why we are seeking (781005); Which can be spoilt by drugs and bad Gurus (881221), but which can be cured by saying: "Mother, You are my Guru" (800727), or by saying the mantra for the Adi Guru (800517.2); The essence of Bhavasagara is Swaha (860303)

It is of the water element, and in the water is the salt, the salt being the dharma within us; Problems of the stomach area are helped by taking vibrated salt, which absorbs all that is mobile. For left side problems take salt, for right side take sugar - 5 of the dharmas are helped by salt, and 5 are helped by sugar. The void is the ocean within us (781005)

The Bhavasagara, the Void, the area around the Nabhi, enlightened by the ten principles of mastery, the ten great Primordial Masters, who have been born again and again on this earth; When it is fully enlightened, we become automatically righteous (MME); The area defined by the Swadisthan, around the Nabhi, but not connected to any chakra (890723); The seekers are trying to get out of the Ocean of Illusion, and the Mother is there to protect, guide, counsel and to bring them out of that illusion (830302)

- Jai Shri Mataji -

Sahajvidya - Void

Tape References

Date/Ref - Title - Qual - mins

- 890723 Guru Puja, Lago di Braiese, Italy - see 890723 good 30
- 860303 Brompton Square Address - see 860305 good 15
- 830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35
- 820710 Mooladhara, Swadisthan, Nabhi & Void - see 820701(Video)
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 790720 Cardiff Public Program good 30
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
- 800727 Guru Puja, Hampstead (incl. Statutes of Sahaja Yoga) good 70
- 820710 Derby PP [PP video set 4/3,4] good 55
- 830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160
- 840906 Talk at Gregoire's House - Vienna [German translation] good 65
- 851128 William Blake, Hammersmith (C100) Not good
- 890723 Guru Puja, Lago di Braiese, Italy (2 talks)

Volcanoes

The Mother Earth gets into volcanic condition, and volcanoes start bursting out when we do all kinds of devilish things, like black magic, or witchcraft, or start producing drugs to harm people (860803); As a result of that, Mother Earth erupts, and this eruption harms collectively, and sometimes some innocent people are also killed in that. Sometimes her anger can be so great, that pin-pointedly she can destroy thousands of miles of earth, destroying many who have been extremely irreligious and uncollective (860803)

The way children are tortured, butchered and abused... it's amazing that people are not afraid that a big volcano will come... in that case Mother Earth will destroy all human beings that are behaving like this... and she will take all such sweet children into her lap, and she will reproduce them somewhere else (860803)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

860803 Bhoomi Devi Puja, England good 20

- end -

4 Jan 2003

Walking

It's nice to walk a little bit, in the evening time... is a good idea. Leisurely you can walk... that will digest your food. Just sitting all the time, one feels very funny. Walking is the best exercise for all Sahaja Yogis... you all should try to walk a little bit if possible (880103); People want to go anywhere by motorcar, even if it's about say 10 meters... they don't want to walk - that's how our health has gone down; If you don't walk - from car what do you know... what do you see... nothing... you cannot see the Nature; This walking system is very much out of date now for people... people don't walk (971004)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 880103 Patience and sweetness - G'pule - see 871213 good 15
- 971004.1 Nature & Balance, evening before Navaratri, Cabella good
- 971004.2 MUSIC - Evening Program, Cabella

- end -

17 Jun 2003

War

There is a war going on between the Divine, and the Satanic Forces (known as Devils, Rakshasas, Asuras) who have come in the garb of religion, as the false gurus, the so called God-men and God-women, to demolish the Kingdom of God in the hearts of human beings. And this at the time when we are about to achieve our ultimate goal - to enter the Kingdom of God. These Satanic forces have gone into the minds of the seekers. We cannot see them, or understand just how dangerous they are. But we have to fight them, and for this we must be courageous and cheerful, wise and centred, without feelings of guilt - full of enthusiasm and valour (800630); We are on a warpath. There is no time to waste on holidays, family etc. - ask for wisdom (850408); We fight not with a sword, but with a shield (860305); Today the war is within ourselves, not without... we are not realising how it is building up within ourselves... for example cancer is the physical war within ourselves (800809)

Because of the atom bomb, which is very protective, nobody can think of having a big war now. Even the cold war will gradually stop, when they are fed up (830113); War does one good thing sometimes... that people get out of the materialistic attitude. Lots of bad things are there... but this one thing I have seen... when the war shakes a man... he thinks 'what's the value of all these things I've been fighting for'. But if you get Niraananda... after that you don't want to have any joy from material gains... from material things... you just do not want (850502)

In a prediction from an astrologer Bhrigumuni, it is said that there might be a third world war... and it is linked with (a country's - Ed) aggressive policies... but that the great incarnation who is also predicted, will interfere; There is a danger of a third world war, and it is inevitable, but it may be avoided, if people develop love for each other with this Mahayoga (820130)

Sahajvidya - War

War is absolutely like madness... even animals won't fight like that... you are even worse than animals when you think of war and killing each other... this should not be done, and it has to be stopped completely. Nobody has right to kill anybody unless and until he is attacked (000423)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 860305 Wimbledon Address - see 860305 good 45
- 850408 Easter Puja, Hounslow - see 850408 poor 40
- 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
- 800630 What is happening in other Locas, Caxton Hall, see 800630 good 25
- 800630 What happening in other Locas/How.. prove existence of God
- 800809 What are we inside - B'ham good 30
- 820130 Predictions on Sahaja Yoga, Durga Puja, Sholapur good 25
- 830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 850408 Easter Puja/Ganesha Puja, Children - Hounslow/B'ham
- 850502 Niraananda, Vienna Ashram good 60
- 860305 Wimbledon address/Brompton Square
- 000423 Easter Puja, Istanbul, Turkey good 60

- end -

1 Jun 2003

Water

Water is used to cool and clear the right side subtle system (830121); If we stand in the sea, and ask that all our problems be taken away, then the whole thing will be sucked away (800609); Water can feel the Divinity... it gets excited, and starts pouring out it's love in a bubbly manner (861225)

Then... water... Pani... what is the subtle of water is... I mean... which makes the skin... the hard skin, soft... the skin becomes soft... this is another sign of a Realised Soul. But then a person, who is a Realised Soul becomes very soft, very delicate... when he talks to somebody, in his voice there is warmth... or I should say... in your dealings with others... you should be like the water... which is mobile... which is cooling... soothing... cleansing. So this also becomes a part and parcel of your being, once you become a Realised Soul. Also the water which you touch... which you drink... in which you put your hand... that water becomes vibrated... means the subtlety of the water comes in it... the coolness... the curing power also comes in that water (981216)

In India, don't drink any water anywhere, unless and until you are sure about it. You should take it from the proper places... if you are thirsty, you can take aerated water (881207); Too much tea, also... is very dangerous, it's not good for you... so limit your tea taking. Because of this tea, your stomach goes out of order... you cannot sleep... it's a wrong thing. So reduce your intake of tea... water should be increased... more of water, less of tea (881221)

You must always use water, as much as possible... for washing, when you go for your morning ablutions... water must be used... paper is a very dirty and unhygienic habit... but even if you use paper, you must use water after it... it's very important that all the time, the water should be used as much as possible... for Sahaja Yogis it is a very very important thing (860504); Use water as much as you can... wash your hands 10 times... is very essential... to get your vibrations alright you must wash your hands (800927)

Sahajvidya - Water

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 861225 Pawana Dam - see 861221 good 10
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 800609 Subtlety Within - Caxton Hall good 50
- 800927 Lethargy, Chelsham Road good 75
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 881207 Why do we come to India-Dec 88/1 - India
- 981216 India Tour '98 - tape 1 - The Elements Not good 20
- 981216 The Subtle Elements

- Jai Shri Mataji -

Wealth

All your wealth and everything has no meaning unless and until you show generosity for the people... but it should be quiet, and absolutely silent (830209); The wealth that you have, should be seen in your temperament... in your nature... in your behaviour... in your living. Moreover, the person who has Lakshmi, has to be a very humble person. The temperament should not be of a very serious type... but should be very mirthful... and not to show off... by a big car... and this and that; That doesn't mean that you should become Sanyasis... on the contrary, you should be very well dignified personalities... but there should be detachment. A person who has Lakshmi, should dress up in a decent manner... women, and men (960716)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-960716 Mahalakshmi Puja, Moscow - see 960710 good 40

830209 Problems of Left, Right and Centre, Bombay good 65

- end -

20 Apr 2003

Well-Being

Krishna has said 'Yoga Kshema Wahamya Hum' (790530) "First you get your Yoga, then you get your well-being" (840708) - when you get your yoga, when you are connected to God, then only I give you your well-being. Your well-being is done through Yoga - that means that unless and until you are a citizen of God's Kingdom, you are not given these benedictions (790530)... that you first get your Yoga... first get your Realisation... and then I'll look after your well-being... he said it clearly. The Divine looks after you so well, you can't imagine (821007)

In the West, people do not believe in Yoga, whilst in the East, people do not believe in the Kshema (780619); Kshema... or well-being (830131); The Goddess of Wealth and Prosperity (MME), and also of Health (960716)... who is the Deity of well-being, who is Motherly... is Lakshmi (801027)

Hita... is the well-being of the Spirit (810802)... whatever is good for the Spirit (840708), for the benevolence of the Spirit (890814); Shri Krishna said 'Satyam Vade (tell the truth), Hitam Vade (say something which is for the well-being of your Spirit), Priyam Vade' (say something that is very appealing) (790618)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 780619.2 Working out session - see 780619 not good 0
- 780619.1 Yoga Kshema, Western problems, Caxton Hall, see 780619 good 40
- 780619 Difference between East and West - Caxton Hall
- 790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 801027 What happens after Realisation, Caxton hall good 60
- 830131 Nabhi Chakra, Delhi good 80
- 840708 To Know the Truth, Ilford [with 40mins Q&A] good 40

Western Problems

The problem in the West is of a varied nature... the West is ego oriented... and the attention is outside; Start seeing what are the bad things that are being accepted in your own country, which are very dangerous and detrimental, even destructive, that have trickled down into your own personality. If we all see that point very clearly within ourselves (try to note it down, and watch yourself... where is it lurking)... I think you will do the greatest service to your own country... because whatever goes out of you, goes out of that country (860705); So clear your attention first, and then everything is going to work out... where is my attention going... (880106)

Westerners have certain problems of committing the sin against the Mother, whilst people from the East have the problem of committing the sin against the Father. It is not difficult for you to get out of it. Attention is to be kept pure. If the attention is not pure, there will always be attacks of negativity (821219)

The modern curses in the West are worse (than the ones in India - Ed)... because they are not 'troublesome' at all... on the contrary they show as if you are on top of the world, as if you are very successful, and your attitude is... 'what's wrong'; The industrial revolution has already cursed us... we are eating food from tins... our milk is from hybrid animals... we have divorce, drugs... then our job or our business is the most important for us, and also things like putting colour in your hair, sitting in the Sun burning your skin, behaving indecently, indecorously - that seems to be the modern thing. What's wrong... nothing is wrong... just you go to hell that's all... just take 2 running jumps and go to hell... but leave Sahaja Yoga (880106)

Sahajvidya - Western Problems

In the West, people buy everything as an investment... everything should be resaleable... and this is the curse of that place... in which country is it not so (.0011); In the West we are taught from quite young, to be on our own - delivering newspapers for example at 12 yrs of age... where we don't know how to depend on love, or how to love our children (780619); In the West, everybody is afraid of everyone, even the children are afraid to hug their parents - there is no expression of love. There should be no fear, no insecurity (910728); We are constantly bombarded with criticism... always there is the fear that someone may criticise - but it doesn't matter what they say... what they say makes no difference (910728)

In the Western world, people believe in salvation, but think that they can achieve it by their own efforts, and this is one reason why the growth of Sahaja Yoga in the West is quite slow (780619); We have a tendency to argue out everything - always finding arguments, reasons for not doing something, for not accepting solutions to problems: 'yes but this may happen, or that may happen'. In Sahaja Yoga, whatever one says, or thinks, or desires, gets 'connected', and 'acts' - so be very careful (910728); An even worse problem of the West is the need to see the 'other side' of everything - to be 'fair', and therefore not to be sure of anything - we can never progress with this type of shaking behaviour (910728)

The entrepreneurs are busy pampering our egos, giving us fashions, hair fashions, clothes, too many choices over simple things like what I will have for breakfast etc. We should not become enslaved by any entrepreneurs - wear what is sensible (910728); To people in the West, sex and money is the most important thing (791009.1); It is a problem in the West that old men do not accept their age, and every young girl they see, they want to marry that girl (980321); The West is ego oriented - they are finding all the methods of committing sins, how to commit the worst sins (790928), where... indeed... the need is for Self Discipline (900000)

Sahajvidya - Western Problems

Tape References:

Date/Ref - Title - Qual - mins

- 880106 Swimming in the sky of joy - G'pule - see 871220 good 25
- 860705 Pre Guru Puja talk, Gmunden - see 860706 good 25
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 780619.2 Working out session - see 780619 not good 0
- 780619.1 Yoga Kshema, Western problems, Caxton Hall - see 780619 good 40
- .0011 Weekend seminar in Pune, Tape 1 good 180
- 780619 Difference between East and West - Caxton Hall
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
- 821219 1. Mahakali Puja 2. Mahalakshmi Puja - Lonavala/Kolapur
- 900000 State of the Planet / Water Music good 30
- 910728 Guru Puja - Cabella good 60
- 980321 75th Birthday Puja, Delhi good 55

- Jai Shri Mataji -

Wife

The wife is the Gruhalakshmi, the Goddess of the household, the most important and the most powerful part of the family. She is equal to but not similar to the husband, and if she starts competing with the husband, then the family and the children suffer. Her most important role is to produce the fruit of the family, the children. She is the shakti, the power of the family, the motherhood, and bears all... and is to be respected, and is also to be respectable. Without a healthy family basis, all society will be destroyed (810328)

Of course you have your wife, which is your private thing... there should be something like 'private' in Sahaja Yoga... and that is the only thing that is private for you... that you are husband and wife... the rest is all collective (860818); The place of the wife, in the subtle system, is on the left hand side of the stomach, in every human being (781005)

Some of the ladies are extremely dominating and stupid - marriage is honeymoon, as they call it... honey is the essence and moon is the peace. Now if the women are quarrelsome, fighting, sarcastic, it's absolutely a hell for man. Instead of this, she should know how to please the husband... in a way it's a trick... how to please others. What do we do to our husbands... do we try to please... first of all, find out what he likes... like my husband, I would say... he said you must wear bangles... so all my life I have worn bangles... it pleases him... what's the matter... little, little things you do just to please him... then he also starts thinking what should I do for my wife... but first it must start from woman, not from man, because women are responsible for the society. First you must know how to keep the children pleased, how to keep your husband pleased. It's not your job to dominate, at all... your job is to neutralise his domination, by simple simple things (971004)

Sahajvidya - Wife

Man doesn't want a wife to be on the horse, and beating with a whip... why has he married - for the happiness, for the joy, for the sweetness of a woman. It's a very important thing... because so many women are thinking they are something great... some of them have some money... some of them have jobs... but first thing is to keep the society very happy... and to keep your husband happy is the first job... if a woman cannot keep the husband happy, she's no good for us... this is her job... this is why she is married. You have to love... you have to take your husband into your heart first... this is your duty (971004)

Now if your wife is dominating... try to understand why she does it... what is her problem... what's wrong with you that she is dominating - if you introspect, you'll find that you give very little time to her... it is important that you should give some time, pay some attention... and get some things that she likes. Men should try to know what a woman likes... what she wants (971004)

Women should take an interest, and know what sort of colour he will like, and this and that... and also, public opinion is very important for men. Men care for public opinion very much, and you should see that you create a good public opinion in his presence, so that he'll appreciate you... all these are tricks you see... I tell you, men are very simple... but you have to understand. Sometimes they get angry... doesn't matter... if they are angry with somebody else, they will come and put it on you - it's better... because if they do anything to others, they'll beat them. If you understand few things about men, it can work out. Of course some are very miserable husbands, I know... and some miserable wives... for them we have divorce allowed in our Sahaja Yoga... we have divorce for them (971004)

Sahajvidya - Wife

Now why I am telling you this... because the collective Gruhalakshmis are not alright... like the Swiss women are very good I agree, but very fond of cleanliness... Swiss are mad after cleanliness... you can't talk to them for 5 minutes... cleaning, cleaning... very difficult... doesn't matter if the house is a little untidy... it's not important... this is a subtle type of materialism I think, that the guest is sitting there, and why are you doing all these things in her presence... but this, western women never understand. Another thing is... you go to somebody's house... their colour scheme is different... but western women, as soon as they enter... immediately they will criticise, on the face - so... you must always consider the feelings of others... if somebody is wearing a dress, immediately they will pass a remark... a very western idea... some Indian women also, though you will not find good Indian women doing that... immediately they say things which will hurt... this is not the way a woman should go... on the contrary, always praise... what's the harm... you'll enjoy your sweetness... women have to have a heart... a very large heart (971004)

As a wife you are a part of society... which you have to not only create... but also to preserve... and to advance... it's the duty of women. They don't know what their duty is. Now their 'not duty' is to work like secretaries... or some sort of politicians. Their main duty is to become a very active member of their society. Marriage is a mission in life... it's very sweet to be a wife, and a mother (950625)

You should not nag your husband for anything. Supposing he doesn't like something... you shouldn't do it... whatever he doesn't like... small things you know. Also you must understand how you have to take to the 'style of life' of your husband. Women should be entertaining... they should not mind if somebody comes to stay, or live with them... on the contrary, they should be happy they are able to look after someone who is a Sahaja Yogi. So for Sahaja Yogis, you must keep always your heart open... your house open (931228)

Sahajvidya - Wife

It is the responsibility of the women to make their marriage happy... depends on their intelligence, and on their dedication to Sahaja Yoga... it's their responsibility. And if you see in a wider sense, the responsibility of making a good society is that of a woman... even if she has to suffer, she can... like this Mother Earth, she can suffer anything... she never feels she suffers, she is so great. You are the shaktis... so as shaktis if you have to suffer, you don't mind... and what you have to feel is that we are responsible for making our society a perfect society... that's our responsibility. All your greed... all your ambitions... everything... should be directed towards making a very very happy married life (931228)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 931228 Talk to bridegrooms & Shri Gauri Puja, G'pule - see 931224 good 10
- 860818 Raksha Bandhan, Hampstead - see 860823.1 good 20
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 810328 Nabhi talk - Australia [some noises, + 15 mins Q&A] good 55
- 950625 Richmond Park talk, Richmond Not good 45
- 971004.1 Nature & Balance, evening before Navaratri, Cabella good

William Blake

Now Blake... the one who is the poet you have... really I would say... after Shakespeare. I wonder if Shakespeare was one man, or many people put together... but Blake was the poet you had... the greatest of all I would say. There were so many others also... Wordsworth was another... you can see... those who talk of charming things... of pleasant things... and beautiful things are the poets... not these garbage cleaners. What is wrong with us that we cannot make out between the stink and the fragrance. Auspiciousness is the way we emit our fragrance to others (800721)

I was happy to learn that the great poet of this country, Blake... had prophesied about me... and it's so beautifully done... that he said that England is going to be the Jerusalem... means that this is going to be the pilgrimage... the venue has shifted. He has said that the furnace will be burning in Surrey Heath, where I came first... and then he mentioned Lambeth Vale, where we have got our Ashram... where the foundations will be laid - we have laid the foundations - and that Jerusalem is going to be in England... not in India... and you are the people responsible for this Jerusalem (801019; 830128)

Only Blake, who was a Realised Soul, has cried of Jerusalem... he could see that vision... he was that sensitive... the way he has described, talked of the glory of this country, of England (800809); Who prophesied much about Sahaja Yoga (810330); Whose words "become prophets and make others prophets", means "to know and make others know" (840718); Poet, printer and prophet, born in London in the month of November, and whose paintings can be seen at the Tate Gallery in London. An incarnation of Bhairavnath, and who was St Michael, St George, and also Markendeya, 12000 years back (851128); A great Seer (820711); There is a special category of people who are born in these modern times... they are a very special category... those who are 'seekers'... they are a special category, and Blake has called them as 'men of God' (821007); The 'Men of God' spoken of by William Blake are the Sahaja Yogis (821101)

Sahajvidya - William Blake

Tape References

Date/Ref - Title - Qual - mins

- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 801019 Fighting Asuras, Durga Temple, Hampstead, see 820514 good 15
- 800721 Auspiciousness - Caxton Hall good
- 801019.3 Spreading Sahaja Yoga in Europe
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 820711 Nabhi to Sahastrara, Derby good 90
- 821101 Self Mastery, Guru Nanak's Birthday, London (C120) good 105
- 830128 Introduction to Sahaja Yoga - Delhi good 75
- 840718 Chiswick Town Hall [+33mins Q&A + incomp. Experience] good 55
- 851128 William Blake, Hammersmith (C100) Not good

- Jai Shri Mataji -

Will Power

With your 'Will' you can generate Sahaja Yoga to go further (801116); Your 'Will' is very important in Sahaja Yoga. It does not mean desire. 'Will' means 'desire put into action'. So you desire... then put it into action - you can do it. In Sahaja Yoga, first you receive the light, and then you generate the light. You are the light givers... and it is going to work out through your will. So how powerful our will should be... how dedicated; It is left to 'our' Will, not the Mother's Will, to work it out (801116)

See how much we have willed that Sahaja Yoga should be successful... and to make it successful, what should we do... first we must understand the basics of Sahaja Yoga... second do we have the qualities by which we sustain those basics... (801116)

Try to become the 'Will' of God, and not one's 'own' will - then Joy will flow (811103)... 'yes... let my Spirit act' (830204)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

801116 New Age - Plaw Hatch Seminar good 70

811103 You must grow fast in S Yoga, Brahman Ct [Fr. translation] good 75

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

Wine

In Hebrew language, 'wine' means the 'juice of the grapes'... it doesn't mean fermented - so Christ converted water into 'that' wine. You cannot convert water instantaneously into wine... wine has to rot... has to smell... the more it smells, the better it is... but they think that Christ said 'you must drink' - he never said that... he converted it into 'wine', meaning the taste of the juice of the grapes (971225); At the time of Christ, wine was never fermented, or alcoholic, but was simply, as it still is today in some places, unfermented grape juice (810328)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-971225.2 Christmas Puja, G'pule - see 971225.2

-971225.1 Christmas Puja, Ganapatipule - see 971225.1 good 30

810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55

920621 Kundalini Puja, Cabella good 55

951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75

971225.1 Christmas Puja, G'pule/Shakti Puja, Kalwe

971225.2 Christmas Puja, G'pule/New Year Puja, Kalwe - see sub

Wisdom

Is one of the powers of Shri Ganesha - an innocent person is the wisest person... and a child wiser than an ego oriented person (860907); Wisdom is higher than intellect (830512); Wisdom is only possible if one understands the limitations of rationality - if one is identified with rationality, then wisdom becomes dimmer and dimmer (790416); In young age, you must try to gather wisdom... it's very important. If you do not gather wisdom in young age, you can never have wisdom in old age (860818)

The first, and the highest blessing, of Shri Ganesha is Wisdom - those people who have got wisdom are very lucky people... a person is wise who does not only know what is right and wrong, but also he knows very well his own power not to do something wrong... he just does not do it (930721)

So now we have to be wise, and see what it is that is destroying us... what is destroying our inner being. For Sahaja Yogis it is very important... because if they can hold it... with their wisdom... and firm faith in Sahaja Yoga... after some time the whole thing can subside... and this is what has to happen actually to the world. Otherwise they can be blown off also - if they are not rightly placed... if they are not grounded. If they are not fixed to their own enlightened faith of Sahaja Yoga, they can be blown off with this wind, which is there to torture the whole world... to destroy the whole world. So the responsibility of Sahaja Yogis is very important... that their Ganesha principle is alright... if it is not alright then the whole Sahaja Yoga movement can collapse (930721)

Now we have a very good example of the little cell at the tip of the root of a tree... how it is so wise to avoid whatever is hard and to take to whatever is soft... and to invade the tree into the soil... it has that innate wisdom with which we also are endowed. Now you people don't misunderstand me so much as you used to... but still you do things which should not be done. To understand

Sahajvidya - Wisdom

that whatever I tell you is for your ascent, you need a kind of a state of mind which is a detached mind. The detached mind is visible... very clear-cut in a person that he's neither very emotionally attached... and he's not very physically attached... but he sees that the progress of himself and of the society is the point... like the cell knows it has to progress for the betterment of the tree... but it has innate wisdom to do it in such a way that it never harms itself... and does not harm the tree. So the progress of a mind which one should develop, has to be such that you should move with a balance... with a witness state... and see for yourself how far you should go... and how far you should not go. Going to extremes is not Sahaja Yoga style... ascent is (850310)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 930721 Source of Wisdom, Ganesha Puja, Berlin - see 930919.1 good 35
- 860818 Raksha Bandhan - Hampstead - see 860823.1 good 20
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 830512 Hampstead - see 840802(Video)
- 790416 Living work of God - Easter - Putney good 45
- 830512 How to talk to new people, Hampstead good 25
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 860907 Establishing Shri Ganesha Principle, San Diego good 55

Witness

When working or when we are doing any action, we should develop the witness state, and indulge into work in thoughtless awareness, saying 'I am not doing it' (800517.2); Separate yourself from yourself... become the Spirit... identify with the Spirit... and tell off the ego-self. Address yourself, your ego-self, as though you are Mataji talking, and tell yourself off; Know that your 'drop' (i.e. 'you') has fallen into the ocean, and thus has become the ocean - but don't forget the first step (i.e. the drop falling into the ocean) (800517.2); The witness state is the state of Shri Krishna, of the Virata (800927); Also that aspect of God Almighty, Sadashiva, who does not incarnate (810928)

When the aesthetics of matter starts giving you joy... you do not want to possess it... even if you want to possess it, it would be just to enjoy it and give it away to somebody else. When you develop your witness state... this will come to you, that you will not keep things to yourself, but you would like to give and share. Sharing... that is the time you should know you have become a witness, because... you are enjoying (800927)

Witnessing is a state - if there is a problem or there's some calamity, or something... suddenly I find I am witnessing the whole thing... like a drama... it's a state. But you can develop it, if you can remember - I mean, at that time people don't remember - but supposing you see some calamity coming to you... just try to witness the calamity (880921); So to keep your Vishuddhi alright is... the easiest when you keep yourself in a state of witness... and that is possible if you develop the habit, after Realisation that everything that you do is put into Nirvichara, into thoughtless awareness. If you start that habit, you will be amazed... your witness state will improve... and you will rise in your being (800127.2)

Sahajvidya - Witness

Your witness state has to improve... witness state has to be projected so much... that this conditioning and ego of reaction will finish off... you will have no more reaction... but you will just witness... and the knowledge that is 'real', comes always... always... through witnessing. If you do not know how to witness, then whatever knowledge you have, is nothing but through your ego or through your conditionings... it is not absolute knowledge... so to get to absolute knowledge about anything, what you have to do is to reach the point of Absoluteness... where you are absolutely clean, pure, Nirmal. Now don't condemn yourself if you have some defects... there have to be... you are human beings... but all these defects, with your power of spirituality, you can overcome (010321)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed upon SYogis how maintain them, Bordi good 30

800517.2 Old Arlesford, Winchester - pt 2 (What is a Sahaja Yogi) good 90

800927 Lethargy - Chelsham Road good 75

810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80

880921 Speech at Ammonk Ashram, New York good 35

010321 Mother's Birthday Puja, Delhi good 50

Wobbly Eyes

Wobbly eyes... the movement from ego to superego and back again... between the two (790616); You can find out in a second whether you are on a conditioning side or not... if the left side is catching, then you are conditioned, and may suffer from pains etc. If the right side is catching, then you are on an ego trip, and may have health problems. Or you may be wobbly (800517.1); Attention should be all the time inside. Like when walking on the road, people have a habit of seeing this... seeing that... and like that the attention gets frittered away. What you should do is to see about 3 or 4 feet at most from the ground, and not above... because you can see all the beautiful children, the flowers, everything... there is nothing very beautiful above that... and also, if possible, to fix your attention so the attention becomes concentrated, and you feel very relaxed and relieved of too much of wobbling of your eyes... eyes are very important (880921); With right sided people, the brain is so wobbly... that you just can't bear any discomfort... a slight discomfort in the body makes you very very upset (.0011)

You should not pay attention to nonsensical things, but try to put your attention while walking or anywhere, on the Mother Earth. If there are thoughts coming, just you see that you stop the thoughts... and you can't afford to have wobbly eyes in Sahaja Yoga... that's very wrong. If that happens, try to put down your eyes, because these eyes cannot allow your Kundalini to rise (871224); We can steady the Agnya, by soothing the eyes - by looking at the green grass, or by looking at the ground (instead of always looking at every man or at every woman, which only leads to wobbly eyes) (781218); Attention also works through the eyes (781005); Entities are being exchanged in flirtations, and result in wobbly eyes, and also are the cause of those 'attractions' that we cannot explain or understand (781218)

We also can become confused and wobbly when we drink alcohol, which is against our attention (810328); Our attention, our awareness, is based in the stomach, in the void, and can be spoiled

Sahajvidya - Wobbly Eyes

by drinking alcohol, reading bad books, following wrong or bad Gurus, fanaticism, identification with one religion to the exclusion of others, by materialism... (781005)

The liver looks after your attention... and those who have liver problems, their attention is horrid... when they walk... they don't walk straight... but their eyes are going this way... that way... their attention is wobbly... because of a bad liver (820514); If there are thoughts coming, just you see that you stop the thoughts... and you should not pay attention to nonsensical things. You have to have innocent eyes, without any lust and greed (871224); People have their attention here and there... attracting people... it is one of the ways we allow our attention to fritter away... this attention has to be brought under control. When it happens, just point your eyes down, keep your eyes down (871219); Ideally our attention is to be kept on the Divine at all times, whatever our activity, just like the boy flying his kite, or the lady carrying the pitcher of water on her head (900923)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 871224 We are here for our ascent - Poona - see 871213 good 30
- 871219 Complete your Realisation, Aurangabad - see 871219 Good 25
- 820514 You must become the Spirit - see 820514 good 45
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 781218 Agnya, Caxton Hall (first 15 mins poor quality) not good 70
- 790616 Dr Johnson House, Birmingham not good 55
- 800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 820514 You must become the Spirit/Puja on Fighting Asuras
- 871219 Complete your Realisation - India
- 880921 Speech at Ammonk Ashram, New York good 35
- 900923 Navaratri Puja - Geneva, Switzerland good 75

Chakras affected: Agnya; Liver

Womb

In a woman, the womb of a woman... if it expresses the Kundalini in the gross... that means the Mother Earth is also like the womb. Now what does the womb do... it receives... the sperm... which is just a frivolous act of man, or you can say, just his aggression... and she then nourishes it, looks after it, corrects it... and allows it to grow... not in an aggressive way, but in a very compassionate and a sensible way, til it is expelled out of the womb when it is grown up (830821)

This is what today's Sahaja Yoga is... that now the Mother Earth is the one who is symbolised within you as the Mooladhara... is symbolised as the Adi Shakti here, sitting down before you... to nourish you... to make you grow into new personalities... into mature personalities - this concept we must understand. So the women of the West must understand that the nonsensical ideas that they have taken from men, must be completely discarded... they have to become women first... they have to be like this Mother Earth... who allows you to do what you like... with her (830821)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

830821 Mother Earth, Surbiton good 50

- end -

7 Oct 2002

Women

In America, women speak too much, whilst the husbands keep quiet. Women should not speak; When they try to compete with the men, they make the men 'homosexual'. Aggressive women do not behave like women... and make the men impotent (850528); Why are you wanting to become like men - you are the powers behind them (850901); So there is no competition between men and women, but the style of work is different... if you understand that, then only this kind of revolution will take place... and not a rebellion. Actually women are rebelling against men... a nonsense it is (830821); And if women fight... they are not women, you see (830821)

Man is the extrovert, whilst women are the introverts, and they should enjoy their introversion; Women can bear anything, and are much better off - so why compete with the men. The most powerful thing is a married woman (850528); The woman is very important - without her we cannot be here, and cannot be Realised (800517.2); Where the women are respectable, and respected, there reside the Deities (860921.2)

'Any' woman who is a Sahaja Yogini is your sister... except for your own wife. Unless and until we develop that pure feeling within ourselves, you cannot work out Sahaja Yoga... I know it's rather difficult to digest... but it's a fact (860818); Where women are not respected... calamities come in... like Bangladesh... Pakistan... Saudi Arabia... Iran (950625); Women have to have that sense of chastity within themselves, because they are the powers. Women must look after their chastity (850901); When it comes to war... a woman can become like a Joan of Arc... or... in the peace time... she is the one who is the creator of peace... she is such a powerful thing (950625)

Sahajvidya - Women

If you are a woman, and if you are dominating, then it's a difficult thing for Sahaja Yoga to cure... you have lost your quality of being a woman... at least you have to be a woman to begin with (830821); So the women of the West must understand that the nonsensical ideas that they have taken from men, must be completely discarded... they have to become women first (830821); The women have to be... great... large... receptive... receiving and... nourishing. It's absolutely wrong to 'tell' the husband to do something... 'do this'... 'do that'... then you'll lose completely the power of giving that nourishment of a woman's love... which is the power of a woman. I think it's one of the biggest problems of the West... that men are neither men... and women are not women. So a woman must try to be a woman, and a man must try to be a man (830821)

The women... have another bad habit... is to gossip... about this person... criticise that person... it is a very bad habit of women, to gossip. I never pay heed to anyone who gossips... and I don't like a person who gossips... cheaply, frivolously talking about others (860504); Talking ill about anyone, complaining about anyone to me... will spoil your Vishuddhi - if there's some sense... if I ask... then is alright... but all the time talking ill about each other will spoil your Vishuddhi. If possible try to talk good about others, always - by telling good about another person, you will help yourself and another person. When you judge others... you should know that you are judged by God... it is 'His' judgement... which is going to decide how far you are (800127.2)

So what is most important is to just love... and try to please others... if women can do that, they have achieved that 'womanhood'. All the time telling against somebody to your husband... all the time criticising somebody... that's not the way... on the contrary, never tell or complain about anyone... unless and until that person harms you. Always tell something nice... that's the best way. For example... somebody comes to tell me about somebody... 'Mother see he did this to me... he did that'... so I tell him a lie... that's allowed... I tell him... 'now I don't

Sahajvidya - Women

understand... how do you say these things about him... he was just praising you... all the time for one hour he praised you'... finished... really. That's how you can run the family... that's how you can run everyone around... and Sahaja Yoga. The first thing the women must know... they have to be compassionate and loving... their main power is in compassion (950625)

You should not nag your husband for anything. Supposing he doesn't like some things... you shouldn't do it... whatever he doesn't like... small things you know. Also you must understand how you have to take to the style of life of your husband. Women should be entertaining... they should not mind if somebody comes to stay, or live with them... on the contrary, they should be happy they are able to look after someone who is a Sahaja Yogi. So for Sahaja Yogis, you must keep always your heart open... your house open. It is the responsibility of the women to make their marriage happy... depends on their intelligence, and on their dedication to Sahaja Yoga... it's their responsibility. And if you see in a wider sense, the responsibility of making a good society is that of a woman... even if she has to suffer, she can... like this Mother Earth, she can suffer anything... she never feels she suffers, she is so great. You are the shaktis... so as shaktis if you have to suffer you don't mind... and what you have to feel is that we are responsible for making our society a perfect society... that's our responsibility. All your greed... all your ambitions... everything... should be directed towards making a very very happy married life (931228)

Women have very little sweet things which they do, which make men very happy... but women have lost now that sense - not the fighting, but thinking of what sweet things we can do for each other. It's a kind of a very sweet relationship... a sweet rapport between each other... thinking of what sweet things we can do for each other... the little little things you know. Even a small thing like... early in the morning you get up, you find another person is sleeping on one side, his blanket is on another side, his

Sahajvidya - Women

pillow on another... so you just put his head on the pillow and cover him with the blanket... that's a mother's job... not out of fear, but out of sheer love. Like, even if it's cold, and buttons are open, you can button up a person... he'll like it... little little things you know. And also sometimes teasing, is alright... sometimes tickling, is alright... a kind of a sweet rapport between each other... even the feeling that we can do this, is a master's job... it's a master's job. The one who is a 'master' can do it... those who are not, will not be able to... they will again come back to hurt... ultimately they will end up with hurting, or fighting, or coming to blows... but those who are masters will be so beautifully doing the whole job. It's a kind of a very sweet relationship... it's called Madhuria... without any lust, without any money business, anything... just a sweet relationship... and the joy would be bubbling... and all these perversions, all these things will drop out (830821)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 931228 Talk to bridegrooms & Shri Gauri Puja, G'pule - see 931224 good 10
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 800517.2 Old Arlesford, Winchester - pt 2 (What is a Sahaja Yogi) good 90
- 830821 Mother Earth, Surbiton good 50
- 850528 Kundalini Power and Creation, Los Angeles good 45
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45
- 860921.2 Role of Belgium and Holland, Mechelen good 65
- 950625 Richmond Park talk, Richmond Not good 45

Working on New People

For new people, you have to raise the Kundalini, but don't leave it half way... raise the Kundalini so that it pierces the Sahastrara... then, the Kundalini will work it out. One of the reasons that new people don't come back is that you have left it half done... there is no connection, still established; It is no good talking to them... it is not a question of conviction, but is a question of 'happening', of 'becoming' which is important. The simple thing is that we have to make everyone 'feel' the All Pervading Power of God to begin with - unless and until they have felt it, we are not to accept them as Realised Souls - they have to feel it! (830512)

How to approach and explain to new people what has happened, so they appreciate it's true significance: Give them Realisation and confirm that they feel the cool in the hands (791202.2); Ladies can attend to ladies (840622)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830512 Hampstead - see 840802 (Video)

-791202.2 Guru Puja/2, Dollis Hill - see 791202.1 [incomplete] good 30

791202.2 Guru Puja Pts 3 & 4, Dollis Hill

830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25

840622 South Bank Polytechnic, London good 40

Worry

Worry never gives you any help... on the contrary it exhausts you. This worry is a myth (790720); God Himself is worried about you... He has sent everybody to help you... so you don't have to worry about your money and all other things... they will be looked after... you all are being looked after... you know that (800517.1)

If you are attached, you just get worries and problems... your life becomes miserable... but if you are detached, then everything works out very well. But when you are thinking... we have to do this... we have to do that... we have to achieve this... and you start worrying... then two things can happen. One is that you will get confused... you will not achieve any results... and you will go on thinking... thinking... thinking. The second thing that will happen... that you will exhaust yourself completely. But if you are detached... then as Sahaja Yogis, you will be amazed how things work out. After Self Realisation... you should... detach yourself by getting into thoughtless awareness... just detach (950625)

You should have faith in God... that he's Almighty... he does everything... he looks after everything... why should we worry - this is a very good way of life... is not to worry. You have gone beyond now... beyond time... beyond the three gunas... beyond thought... so whatever you have been doing, through your thought waves, and your mind... you stop it. So one should be prepared to surrender completely... absolutely... to the Will of God (950625); You should not worry about anything whatsoever... any worry comes in... 'you shut up'... just say 'no'... don't worry (950625)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

790720 Cardiff Public Program good 30

800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50

950625 Richmond Park talk, Richmond Not good 45

Wrong Ideas

With an ego oriented person, another very big problem exists... that he asserts his ideas above everything else. So always such a man... because he's stupid and idiotic... the idiotic ideas survive... (830209)

Whatever is wrong is wrong, whether today, tomorrow, yesterday or a thousand years back. Whatever is wrong for your dharma, for your sustainance, is wrong; 'What's wrong... with this... with that...?' ... this question will be answered by Kalki only - and then you will not have any time to repent, or to ask 'what's wrong...' (790928)

Now you people don't misunderstand me so much as you used to... but still you do things which should not be done. To understand that whatever I tell you is for your ascent, you need a kind of a state of mind which is a detached mind. So the progress of a mind which one should develop, has to be such that you should move with a balance... with a witness state... and see for yourself how far you should go... and how far you should not go. Going to extremes is not Sahaja Yoga style... ascent is (850310)

If the Sahaja Yogis try to do something wrong, then they know they are doing wrong on their finger tips... or we can ask them to get out of Sahaja Yoga... but that seems to be the worst punishment for Sahaja Yogis... they don't like... why... because they feel 'we are separated from Reality'... all the blessings of the Reality are lost to them (000423)

In India, nobody thinks 'I am right' - nobody thinks like that. Once you start thinking 'I am right, and that person is wrong, I am doing alright, he's wrong'... finished. The worst thing that can happen to human beings is ego... the worst thing. 'Possession' is better... at least you feel the pinch of it... but ego you never feel the pinch... you never feel there is ego in you... and you feel you are the most correct person (800927)

- Jai Shri Mataji -

Sahajvidya - Wrong Ideas

Tape References:

Date/Ref - Title - Qual - mins

- 850310 Public programme - Masonic Hall, Sydney - see 850310.1 good 25
- 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
- 790928 Kundalini/Kalki Shakti/How Realisation.. allowed to develop
- 790928.2 Kalki/Talk on all chakras [duplicate better quality not complete]
- 800927 Lethargy, Chelsham Road good 75
- 830209 Problems of Left, Right and Centre - Bombay good 65
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 000423 Easter Puja, Istanbul, Turkey good 60

Ya Devi Sarva Bhuteshu

Means... 'in all those whom you have created - means mostly the human beings - 'as what' do you exist, inside the human beings'. Now just introspect if you have these qualities within you or not... because they are given to you by the Goddess... by the Shakti within you... she has done so many things for us already within us... though we are not aware of it. Like... Ya Devi Sarva Bhuteshu, 'Shanti' Rupena Samstitha... it's very important... that she exists, within human beings as 'Peace'... so this has to be achieved through your ascent (971005)

Then the second one is... Ya Devi Sarva Bhuteshu, Priti Rupena Samstitha. Priti is the quality of Loving... that a human being has been given... but it's not there because... human beings have jealousy... but, Sahaja Yogis should not. Out of this jealousy, only greed comes... and because you feel jealous... you must compete. Then... Ya Devi Sarva Bhuteshu, 'Kshama' Rupena Samstitha - Kshama is what you call Forgiveness... from the heart. Then for relaxing... she gives you sleep... Ya Devi Sarva Bhuteshu, 'Nidra' Rupena Samstitha (971005)

The most interesting thing that the Mother has put in you is... Ya Devi Sarva Bhuteshu, 'Bhranti' Rupena Samstitha... she puts you into Delusion, because sometimes the children cannot understand, unless and until they face delusion... so she allows you to go wrong... to a point where you discover you are lost... this is the Mahamaya part. Now, the delusions that we have... we have the delusion of ego... in men... that they are very powerful... that they can do as they like... and are not going to be punished for it. For women, too... they behave in the same manner. This is a delusion that the Mother has given into us, for us to find out that we are in the wrong. Bhranti, the delusion, is beyond the mind (971005)

Sahajvidya - Ya Devi Sarva Bhuteshu

Then there is Ya Devi Sarva Bhuteshu, 'Lajja' Rupena Samstitha. Lajja is not shyness... it's a kind of shame, about your body... that especially for women. In India... many sensible people opposed a beauty competition there... because it's like selling your body, and making money. If you get money by selling your body... it's prostitution... you are not supposed to sell your body... but, you should dress up well - so one has to have respect for the body (971005)

Today I have made it clear to you, what qualities already are instilled within you... they are there... they are not dharmas... but qualities... they are just within you. Only thing is you have turned your attention to something opposite. Otherwise all these qualities are already instilled within you (971005)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

- end -

25 Dec 2002

Yeshoda

Who lived in Gokul, and whose child was taken and put in the jail, in place of Shri Krishna who had been born there, so that Shri Krishna could escape the Rakshasa, Khamsa. In this way, he would be able to fulfil that which was foretold... and kill the evil Khamsa (810330)

Also called Jesoda, and shortened to Yesu or Jesu, and from where the name Jesus has come (811006); For a lady the name is Jesoda, and for a man it is Jesu or Yesu (811006)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

810330 Vishuddhi & Agnya, Sydney Poor 170

811006 Krishna to Christ, Houston (A New Age has started) Not good 80

- end -

4 Jun 2003

Yoga Kshema Wahamya Hum

Translated this means: "First you get your Yoga, then you get your well-being" (840708); Spoken by Shri Krishna (810328); Krishna said... 'Yoga Kshema Wahamya Hum'... that you first get your Yoga... first get your Realisation... and then I'll look after your well-being... he said it clearly. The Divine looks after you so well, you can't imagine (821007); In the West, people do not believe in Yoga, whilst in the East, people do not believe in the Kshema (780619)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 780619.2 Working out session - see 780619 not good 0
- 780619.1 Yoga Kshema, Western problems, Caxton Hall, see 780619 good 40
- 780619 Difference between East and West - Caxton Hall
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 840708 To Know the Truth, Ilford [with 40mins Q&A] good 40

- end -

24 Apr 2003

Yoga

The union of our attention with the Divine Power (790720), with the Divine, as in the real Baptism, or Self Realisation (820710); The union of our attention with the Feet of the Divine Mother, who alone gives Moksha, or Self Realisation (900923); Yoga also means Yukti, meaning 'trick' or 'technique of', as 'the Yukti of yoga' (910001); First is Yoga... means the Unity, or as called in Sanskrit, Yukti... of your attention, called as Jiva... and your Spirit, called as Shiva. These two must meet... unless and until they meet, you cannot reach your Absolute (791009.1); Deftness (840718); Kaushalam (790720); Yoga is a living process... is sahaj (791111); Sahaja Yogis are definitely connected with the Divine (960505)

All Yogas are really Sahaja... otherwise whatever people call something as yoga is not yoga... because union takes place only spontaneously... only through Kundalini awakening - so yoga has to be Sahaja Yoga (831001); All other Yogas are part and parcel of Sahaja Yoga... they cannot be separated. They have many types of Yoga. For example, in Kriya Yoga they cut the thread of the tongue so that they can push the tongue back, and by tickling with the tip of the tongue they think they will achieve the raising of the Kundalini... but it's the other way round... the effect cannot reach the cause... you have to go to the cause, to come to the effect. Like if something goes wrong at the centre from where the electricity is coming, then by tickling this here you cannot cure that over there. When people saw these things happening to human beings, they formed different types of methods... the different Yogas etc., All are wrong, and all are right... try to understand, it's very simple. After Realisation all of them are right... but before Realisation all of them are wrong. It's like, before you start the car, if you turn the wheel... you only spoil the car - but once the car has started, and you know how to drive, then everything is right (791111)

Silence

We must develop our powers by being silent within (790422); To be quiet, itself is very great (871224); When you meditate, you are in silence... you are in thoughtless awareness... then it is that the growth of awareness takes place (880921); If there is any problem... anything... suddenly you must become peaceful within... then immediately you will find, the solution will come to you... this is a subtle of the Lakshmi Principle (960716)

If there is something that upsets you, or makes you unhappy... try to reach that point, that axis... which is just silence, within you... and this silence will make you really powerful... because this silence is not only yours... when you are in that silence, you are in the silence of the Cosmos... and the silence of the Cosmos works for you... you are in connection with that Cosmic Power... but it's more than that... it's the Divine Power which is working all the Cosmos... so if you become silent within yourself, know that you are sitting in the Kingdom of God. This silence is the sign that you are definitely, now, in contact with the Divine... you are silent because the Divine is going to look after everything... you don't have to do anything... just keep silent - but not forcefully it's again a state. So you see, if any turmoil takes place, any problem takes place, suddenly your attention will jump onto that silence (920719)

One

You are part and parcel of one single human being... and that is your Mother (871230.1); You should be 'one' with myself, than with yourself... in the sense that the self that is within you, is me (881203)

The Kundalini... when she comes up, and pierces your fontanelle bone... you can feel the baptism. When it pierces... and enters into the first strata of the Superconscious, the

Sahajvidya - Yoga

first thing that happens is you become 'one' with the Collective Being... and you start feeling from your hands a cool breeze flowing... vibrations... cool vibrations... called by Shankaracharya as Saundarya Lahari (771121)

We must learn to be 'one'... if after your Realisation, if you don't understand this message, that we all have to be one, one single unit, one single body... if we cannot 'be'... if you are identified with other things... then there is no way that you have grown... that you have matured (980510)

When you are 'one' with the Divine Power, you just feel... 'I am not doing anything'... just like the paintbrush in the hand of the artist, which never thinks it is doing anything... that it is the artist who is doing everything - and who is the artist... is the Divine Power, which loves you, which cares for you, which looks after you, which absolutely is identified with you. If you are one with the Divine, it looks after you... it has all the powers. Only one power it does not have, is to control you... if you want to ruin yourself, it gives you freedom, complete freedom... that's why you must curb down that freedom, and respect the Divine Power (980510)

Once you have got your Realisation... and once you have become 'one' with the Divine... then there is no question of your going down... unless and until you yourself want to go down. It's very remarkable how you get this... and after that you don't lose it... of course, first you must grow... and for that you have to meditate... but this meditation, once you do it... the whole being itself gets so enlightened, and so beautiful, that you don't want to change it... you want to be there and enjoy it for ever (000507)

Shiva and Shakti are 'one'... just like the Sun and the Sunlight - if there is no light in the Sun, the Sun is no good (971005)

Sahajvidya - Yoga

Tape References:

Date/Ref - Title - Qual - mins

Yoga

- 820710 Mooladhara, Swadisthan, Nabhi & Void - see 820701(Video)
- 790720 Cardiff Public Program good 30
- 791009.1 Maintaining purity of SYoga/Where... stand in SYoga
- 791111 Meaning of Yoga - Dollis Hill good 50
- 820710 Derby PP [PP video set 4/3,4] good 55
- 831001 Santa Cruz interview good 45
- 840718 Chiswick Town Hall [+33 mins Q&A + incomp. Experience] good 55
- 900923 Navaratri Puja - Geneva, Switzerland good 75
- 960505 We must feel responsible, Sahastrara, Cabella good 55

Silence

- 960716 Mahalakshmi Puja, Moscow - see 960710 good 40
- 871224 We are here for our ascent - Poona - see 871213 good 30
- 880921 Speech at Ammonk Ashram, New York good 35
- 920719 Guru Puja - Cabella good 65

One

- 881203 Ascent - Vaitarna - see 881207 not good 15
- 871230.1 Marriage - Kolapur - see 871219 good 45
- 771121 Tantrism, Caxton Hall poor 75
- 971005 The Main Qualities to imbibe, Navaratri, Cabella good 80
- 980510 Meditation is the only way, Sahastrara, Cabella good 60
- 000507 30 years of Sahaja Yoga, Sahastrara Puja, Cabella Good

- Jai Shri Mataji -

Yogeshwara

Shri Krishna, Shri Vishnu, the Ishwara of Yoga, absolutely detached (910001); Yogeshwara... who was Shri Krishna. He played with Radha - he married 5 women who were the 5 elements - 16000 women he married... they were his 16000 powers... but he was Yogeshwara... he had no lust in his eyes, in his mind about that at all... he was beyond that... he had no lust in his eyes about these women that he had (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45

-860823.2 Gita, Lac Noir - see 860823.2 good 30

-860823.1 Govinda, Lac Noir - see 860823.2 good 25

860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead

860823.2 Govinda/Gita, Lac Noir

- end -

22 Mar 2003

Yuga

An 'Age', a great period of time between the successive Incarnations of Shri Vishnu - at each of which Incarnations, an evolutionary step was initiated; Periods of time, thousands of years long, that recur in a cyclic or spiral progression: the first or Golden age, the second or Dwapara Yuga, Modern times (Kali Yuga) the low point, then Krita Yuga leading to Satya Yuga and finally the Golden Age once more (MME)

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Tape References

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MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

12 Jun 2003

Zen

A religion in Japan, Sahaj (950320.2); Means meditation, and was started by Vidhitama, the disciple of Lord Buddha who went to Japan and started Zen, in which he found ways to make people thoughtlessly aware (MME); There were very few Kashipas, Realised Souls, in just 6 centuries (790530), yet we have so many of them here; Sahaja Yoga is nothing else but Zen, simple Zen (791015)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-950320.2 Birthday Puja, Delhi (Talk 2) - see 950320 good 50

-791015 How Realisation should.. develop, Caxton Hall - see 790928 good 30

790530 A Higher Life - A World of Bliss and Joy - Caxton Hall good 55

MME = Meta Modern Era by Shri Mataji Nirmala Devi