

A close-up portrait of a woman with dark, wavy hair, smiling warmly. She has a prominent red bindi on her forehead. She is wearing a light green top with a white and black patterned shawl draped over her shoulder. The background is a soft, out-of-focus green.

THE JOY OF SPREADING  
**SAHAJA YOGA**

Excerpts from speeches of  
**"SHRI MATAJI NIRMALA DEVI"**

THE JOY  
OF  
SPREADING  
SAHAJA YOGA

# INTRODUCTION

*I Hope You All People Understand  
The Importance Of Spreading Sahaja Yoga.  
If You Dont' Do That, You Are Absolutely Useless.  
The Greatest Thing For Me,  
As You Have So Many Lights Here,  
We Should Have Many More Sahaja Yogis  
All Over The World, If You Want To Change This World  
And If You Want To Avoid All The Trials And  
Tribulations Of The Useless Life They Are leading  
- You Have To Save Them !  
You Have To Salvage Them. That's Your Job, That's  
How You Have To 'Pay' For Sahaja Yoga.*

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# CHAPTER 1

## THE BASICS OF SPREADING

*"Only with Sahaja  
Yoga you can save this World"*

## **Purity**

In spiritual ascent when we say it's easy, it's not so easy as you think, because it has worked out since ages in a very deep way and even your Mother has worked very hard to achieve it. So somebody has done the job. So, if it is easy you should thank your stars that it's not difficult for you, instead of doubting why is it so easy that you want to contribute something to it. All right you can, but first take advantage of what is available then you can contribute something more to it... First know that whatever is achieved is Self-realisation and the cleansing power of Shri Ganesha. Establish Shri Ganesha within you. First of all you must establish Him and then you can use it for others, for yourself and for bettering and bettering the methods of Sahaja Yoga that you have learnt...

I have to say about the ego part why; people have so much ego in the west; One of things is this; the right side is like an accelerator, the left side is like the break. So if the break is not all right, naturally the accelerator cannot be controlled. So logically our Mooladhara should be brought round and must be put right. We should work very hard to do that. If your break is established then whatever work you do of Sahaja Yoga, you will not get into Ego problems and ego cannot anymore control you. So that is very important, specially in the west, where it is very much destroyed, the idea of auspiciousness and of holiness. So that is the power of any angel and that has to be fully established in us. Then on that power we'll work out, which gives you discretion which gives you egolessness.

What we need are the people who are completely drenched into the purity of love. So, from love we go to another point which is purity. And the purity is a subject which has been talked about by many people. That you should be pure, you should be absolutely open and people should know everything about you. I don't think that is purity. Purity is that which purifies others! If you are a pure person, then others will be purified. They have to be purified.

Now supposing you have certain ideas about yourself, you think that you are very highly placed as a Sahaja Yogi and that you are full of love. Maybe it's all imaginary. Does it purify others ? Does your purity purify others ? Can it give them awakening ? Can they be Realised Souls ? And then, how much do you value the purity, the power of purity ? And how many people you give Realisation (to)? Or you have kept it to yourself ? How many places you have been to spread this purity ? Purity has to be spread. And without any doubt, in your own purity, you should do it because it's a very very powerful thing.

Purity is very powerful. It may not act on one or two persons, doesn't matter. There could be some very very nasty, horrible fellows, doesn't matter. But it will have an effect on very many sensitive persons who want to become Sahaja Yogis. You have to just test it. How people like you and how they are impressed by you. The Paramchaitanya, this all pervading power of Divine Love, flows through you because you are pure. If you are impure, then it will stop at different chakras, it won't work. So purity of temperament, purity of love - what does that mean ? That you love somebody because that person has got spirituality. You love that person because there is purity, and you go to places just to spread the purity among them. A pure person will never create a problem. It's the impure person who every day can start with this problem or that problem and that...

### **The Source**

Now as far as Sahaja Yoga is concerned, the basic thing is Kundalini, and the Kundalini, as I told you, is the pure desire. Again listen to it carefully, "Pure desire" That means all other desires are impure. There is only one pure desire and that is to be one with the divine, one with the Brahma, one with God. That's the only pure desire. All other desires are impure. So train you mind gradually to achieve that desire as the main thing. If you train your mind in that fashion then you can develop pure desire. So all other desires will negate, gradually. Alright. Now this desire, to be one with the divine,



is the purest and the highest and to achieve that, what have we to do ?

TO ACHIEVE THAT, YOU HAVE TO KEEP YOUR MOTHER PLEASED, VERY SIMPLE...."So how to please mother ? that you should try to see for yourself. What kind of a thing pleases me the best.... I have nothing but Compassion.... Desire that you will keep your Mother pleased.

My achievement is the complete manifestation of your Divine powers. It's very simple, made so simple. I am only pleased by people who are simple, innocent, who are not tricky, who are loving, affectionate to each other. It's very easy to please me, When I see you loving each other, talking good of each other, helping each other, respecting each other, laughing aloud together, enjoying together each other's company, I get my first blessing - first joy.

### **State of the World**

When I started my life, I saw the complicated Sahastraras. And the more I tried to solve the complications within my own awareness, the more it became more difficult. Because if you see my age, in fifty years you can see, how much complicated human beings have become. And after opening the Sahastrara, when I came to the west, within these 16 years, I found that they are now incorrigible.

Now the stage for you is laid down to ascend higher... You can see how, when you have a program, there will be 500 people for the program and within two weeks, all will disappear. Because when the ascent takes place, the Kundalini pushes out the ego and brings the person close to reality. But again that ego, which is being built up so fast in its speed, overpowers the speed of the Kundalini and covers the head. Then it suggests that how can you have godly life ? You will miss all the alcohol, all the madness, all the fun of life. That they feel, they loose all the freedom to become mad...

The other side of it is that the "Asuri Vidya" the black vidya has taken over. As Shri Krishna, had warned that-in the 15th chapter-that if

Asuri Vidya takes over, then the "Suddha Vidya" cannot compete with the speed of Asuri Vidya.... Even at the stage, where we are Sahaja Yogis, we are shy of our godly life... I mean, even when Sahaja Yogis are convinced about the Godliness of Sahaja Yoga, still they are shy. Now you know your Mother does not take any money from you, on the contrary she spends, you all have gained out of it. But when it comes to giving, everybody feels shy. From that background you are coming to the light of God's Grace. But you don't want to dash at it, you want to take your time, gradually, so gradually, that may be, you may lose your chance. So in the awareness of Sahaja Yogis, where you know all about your chakras, you know about vibrations, you know how you relate to others, still all this knowledge is for personal advantages. The shadow of the past still lingers on, even when you have this new awareness.

Today when you see the whole world is busy fighting and they are trying to protect people from wars and creating great, huge, protecting instruments. The whole world seems to be in a mad race of killing each other, of destroying each other, of competition, ambition, leading to fighting and then to greater wars. They're fighting for a piece of land. So ignorant they are. Can you carry even a pinch of this land with you when you die ? When you are born, you come with closed fists. When you die, you go with open hands. What do you take with you ? All right, you may not like to take anything but do you enjoy whatever you think is so great for which you are fighting ? Why [is] this fighting going on among all nonsensical people ? It's surprising how people give up their peace, give up their understanding when it comes to a piece of land. And the whole thing has moved into a very wrong direction and going towards complete destruction.

I have a vision, no doubt, and I've been talking about it quite a lot, but it ends up with the Puja, is not a good thing. I know some countries are very difficult. Try to find out what is the problem, why it is so very difficult ? Attention has to be paid to this, that what other human beings are doing to destroy themselves, as if it is the part and parcel of

the same game which we call as the last judgement, but let us, through our compassion and love, save as many as possible.

### **The Work of Adi Shakti**

This is the work of Adi Shakti, not the work of any saint or any incarnation. They're all there, no doubt. They're all with us, all the time to help us, but you people have the power of Adi Shakti, which is very great, which is very penetrating, which is miraculous. It's so effective, but unless and until you become aware of your own powers, how will you work it out. It would be like a dead machine that has everything but nobody is there to work it out.

All the time I had to go through very, very hazardous times and sometimes I felt that I may have to take another birth, the way things are so difficult for Me. But now, for you, it has been very easy, as if the one who makes the road has to work very hard, but those who walk on that, they don't realise how easily they have got it. And if they realise this, then they will realise also *'Let many walk on this road, which was created with such patience, understanding and love.*

I have to really see you all Sahaja Yogis doing your level best to change this world - has to be changed. As it is, humanity has to be saved through you and nobody else. No president, no prime minister, no minister, none of these people can change the world And seeing it, it is you who are entitled. You have got this power. Do you realise your own status, your own being, which has risen so high ? It is not there. If that realisation is there, you would go all out to express your love and compassion to other people, to make them realise, what they are ?

Only with Sahaja Yoga you can save this world. There's no other way out. Whatever you may try, say, to help the poor, to help this and that, is something very, very superficial. Best thing is to give Realisation to every person you see. We have seen children. They're coming up. They'll be great Sahaja Yogis also. I can see that. But before them, you have to show your own merits of what you have done. It's not a static work. It's a big movement, which has to be really

explosive and unless and until such a great step is taken, I don't know who will be blamed for the doomsday.

You are the one[s] who have to build up the destiny of human beings. Don't pass it on as yourself as something nothing. You could never have got your Realisation. You'd never have come to Me. Among so many, you are the ones who came to Me and who asked for Realisation and got it. You know it cannot be forced. This Realisation cannot be forced. This awareness cannot be forced. And the growth of this awareness also cannot be forced.

You have to develop that attention deep down within yourself. And see for yourself what you have done. If you are still busy with the money problem or the power problem and this problem and that, you are a problem. You are not a Sahaja Yogi.

Sahaja Yogi is above everything else and is very powerful. Power will be achieved by them - power of love and compassion, which is not only words of love. It is not only act of loving others, but it is a powerful personality that you will have, which will just emit that great Divine Light and can capture people; all should just take a very brave personality.



# CHAPTER 2

## THE JOYOUS ART OF SPREADING

*"It is for you to create needs to  
Spread Sahaja Yoga"*

## **God's Creation**

God created this world in six days and seventh day He rested. But the eighth day what did He do ? - He started giving realization; relentlessly, **Working hard...**The **subtler side of Sahaja Yoga** is extremely simple, **is Compassion, is Forgiveness, is love, but the greatest of all, is the Service to God.** We are doing the work of God. How can we be tired ? The dynamic is flowing through us, that Compassion is so fulfilling, that love is so beautifying that how can we not do it ?

## **The Artist**

I am the artist and I am the art. But what about you ? Who are you? You are the one who is created, and you can create, and you can become the artist. That is what I am saying. That you are not only the light, but the light that will give light to others. And also you will sustain that light which you have given light. This is the difference now, between you and other people. Not that only you will be the artist, but you'll enjoy the art of the artist. This is what you have got, you do not know, you are not aware of your powers. It is a dynamic thing which has happened to you, which you should take to. But our attention is on; from where the dirt is coming, where the filth is coming, You know, where the ugliness is there.

You have the art of giving Realisation. You know about kundalini, you know all about it - go ahead and talk to people.

## **Knowledge**

....I have to have channels. And these channels who know their job, they know themselves, who are quite capable of doing it. You are special people, no doubt. Otherwise why are you here ? But that speciality is this, that you are a good conductor of this Divine Energy. You are a wonderful conductor ! You are an expert on that. It just works, it works automatically. But your connection with the Divine should be absolute ! Now talking about absolute values is correct. But

these absolute values, do they exist within us or not ? If they do, then why don't we make others imbibe them. It's not difficult. It's not at all difficult. I tell you. I am just an ordinary housewife. What ? It's just My love, just my, I should say. My nature itself, that it has worked. I was sure about Myself. Though outside I may look a very humble housewife, people used to think I don't speak much because I don't know English - this was the situation. But that's not the point. The point is 'I knew what I was', 'I knew what I am' and 'I knew what I have to be - that's all !

That's the only difference. If you people develop that knowledge within yourself, you can be dynamic. You will not have ambition, you will not have some desires, you will not have anger, you will not have greed - all these things drop out like that.

### **Creativity**

It's not difficult for you to create more people like this. It's not difficult to transform this world. The time has come, just the right time. Like, when the proper time comes, the blossom time comes so many flowers become fruits. So, like that you all have become.

It is for you to create seeds to spread Sajaya Yoga. You are now at that level of awareness, now where Paramchaitanya is with you, absolutely part and parcel of you, absolutely with you to give you all necessary help, necessary prestige and also personality.

As I've told you before, that after Realisation you become extremely creative-creative in everything. Especially in giving Realisation to others, and also creating in your life art, music, poetry, drama, writing - all kinds of things you do.

What have you done in this realm of reality ? Have you enjoyed the reality ? Have you felt the joy of this real love of Divine ? Are you dissolved into that or you are still standing on the shores, watching ? You can create, you are quite capable of creating tremendous joy, tremendous happiness and peace. See the world today. In what

condition it is ? It's complete turmoil, confusion, all kinds of corrupt and destructive things going on. So ugly this world has become. Can you beautify it ? - You can, because you can transform people. But if you are not yourself a beautiful Sahaja Yogi, how can you do it ? So, it is our attention on ourselves when we work out. That we have to bring others into this realm of reality.

In our Divine University we have no degrees, we don't give you certificates, you are a Sahaja Yogi if you have got your realisation. If the kundalini has burst open here (She puts Her Hand over Her sahastrara) - It's alright, you are a Sahaja Yogi. But that Sahaja Yogi may not be a 'real' Sahaja Yogi. It only depends when you are joyous and you are anxious to give Realisation to others, you want to share your Realisation, 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. You should find out how many people you have given Realisation to. It's very important. Because next year, as I've said, is a very important, very, very important year. In that year I would like to see all you going round and giving Realisation.

....I am not here to tell you what you should do in your private life. But you yourself should know to keep yourself cleansed and beautiful, what you have to do to yourself. Some people are so superficial that it doesn't go into their heads. Sahaja Yoga just doesn't go into their heads - very, very superficial. So forget them. I don't think they can be saved. So forget them, they cannot enjoy. They are worried about some nosensical things always. So with such people you need not .... but there are still so many people, at least I think 80% of people, who are seeking and you should give them help.

This is one thing, is the desire of your Mother, that you should now take up Sahaja Yoga upon yourself and go on telling about this to everyone who comes. I mean, I don't want cheap popularity, but I want Sahaja Yogis to be made everywhere.



# CHAPTER 3

## THE DESIRE OF SPREAD

*"There should be, all the time,  
compelling desire  
that we have to find out  
methods by which  
we can spread Sahaja Yoga"*

## **Pure Desire**

We have to establish our desire within ourselves, that we are seekers and that we have to achieve our full growth and maturity. Today's Puja is for the whole universe. The whole universe should have to be enlightened with this desire. Your desire should be so intense that they should emit out the pure vibrations of Mahakali Shakti which is the pure desire of attaining the Spirit. That's the real desire. All the other desires are like mirage.

You are the people who are chosen by God specially, first to express the desire and then to achieve that intense desire of purity. You have to purify the whole world, not only the seekers but even those who are not seekers. You have to create an aura around this universe of desire to achieve the Ultimate - the spirit.

Without desire this universe would not have existed. This desire of God is the one that is the Holy Ghost. It is the all-pervading power. It is the kundalini within us. Kundalini has only one desire - It is to be the Spirit and anything else if you desire, the kundalini doesn't rise. Only when it knows that this desire is going to be fulfilled by somebody, who is facing the seeker, it is awakened. If you do not have a desire, no one can raise it. Sahaja Yogi should never try to force his desire on other people.

There should be all the time compelling desire that we have to find out method by which we can spread Sahaja Yoga, otherwise it's like what Christ has described that some seed fell on the marshy land and they sprouted, but never grew. You can only grow in the real sense of the word and become something very, very special and real by knowing what you can do.

You are the Paramchaitanya, if you know you are the Paramchaitanya, then it keeps your dignity, it keeps your position, it keeps your word and looks after you. And whatever is just said or desired, you just get it. Your desires also change. Your desires are not for stupid things, but for something that is very noble, Like, you want

to transform people, you want to do Sahaja Yoga work. All these desires are fulfilled fully. When you want to do it, you like it and you think of it. It is something, even seeing something, if you see something and that stuns you. Immediately Paramchaitnya will take over and you will have no problems, no problems. Because the way we react to all these difficulties and to so called odds in life becomes a play, just a play. You are amazed you looked at it and finished. Looked at that and finished. That is how it is the light, if it goes into the darkness, finishes the darkness. The darkness is finished and our problems are finished also.

So this is what is our awareness is to become. Awareness has to become Paramchaitnya. Then you get all the ideas, everything that is divine. But not only that but also the help of the divine, all the solutions of the divine. It's something amazing and every thing quietens down, everything settles down, and you are amazed watching all this that you are the centre of doing all these things. You are not aware that you are doing, and you are doing. That ego thought is missing. But you see happening around you and then amazed how it is happening. The whole life style changes, the understanding changes, and you become a great source of happiness, joy and knowledge to others. You don't have to study anything, you don't have to know much, but you will know about everything what is right and what is wrong. And then only you can tell the things with complete authority, that this is not right.

Now after Sahaja Yoga, the want disappears into this desire that *"my God, this man is going - should I call him and give him realisation ? - On the street you will see someone and say - "come hear, come hear. I want to give you something ! - and you'll make him sit down and give realisation. This will be your style, like mad, you'll say, "Oh no, no, look at this, this gentleman is without any realisation - let us give him."* - You'll have to go to churches, you'll have to go to universities, you have to go to all such congregations where they have no idea about what they can achieve, and then tell them without any fear, without

any malice. You can talk to them and you should tell them how we are here to help you for your good. We have not come here for our good, now listen to us sure, very sure, that the kundalini within you will be very happy. She is not happy, you see. She is not happy with people who are not using Her fully. So she will be very happy to help you and to do the needful for the emancipation of the whole world.

## **Will**

Will does not mean 'desire'. Will means 'desire put into action'. So what you do is to desire and then you put it into action. You can do it. First of all you have to know that we must have desire. That is there no doubt....you are the light givers and it is going to work out through your will. So how powerful our will should be ? How dedicated we should be about our will ? That, one has to know, you have to fathom out that will within you. Once you start doing this Sahaja Yoga, then you recognize how important is Sahaja Yoga that it gives a real meaning to the whole creation, in the eyes of God and divine power. That has to work out - that's the purpose of life. And surprisingly it is left to your will, not to my will. I've no will. I've no action. So it is your will, which is going to work it out. So you have to dedicate. And now you have to weigh yourself. How much I am willed ? The seminars help you to see how much you really will that Sahaja Yoga should be 'successful'. This is the second thing. To make it successful, what should we do? We must understand the basics of Sahaja Yoga, and try to see within ourselves *"do we understand the basics and do we have those qualities by which we sustain those basics ?* The first basic of Sahaja Yoga is that you have to become your Spirit, so that your body emits the powers of Spirit alone. This is the first basic of Sahaja Yoga.

...Now how do you do with your will ? First of all you desire and then you act. Where am I going ? What am I doing ? I am a seeker. Is this the thing I have to do as a seeker ? Immediately balance will come. So this balancing has to come; foremost thing is to balance yourself. Any extreme behaviour must be balanced. Any extreme attitude

towards life must be brought down. Now, here we find that the will acts to oppose and in an opposite direction. For example, people become obstinate. They do not want to accept that we have to balance and they say, "Oh ! I am all right," and they'll give all explanations to show, they are all right. For whom are you giving the explanations ? You are fighting with yourself. Why ? Because you are not yet integrated fully within yourself.

So, the second point is the integration, integration of your attention. Integration comes in when you do some thing, you wish the same thing, you enjoy the same thing. If you want something else, then you find integration is also wobbly in your attention. But if you want your spirit, you just want your Spirit to be happy.



# CHAPTER 4

## DYNAMISM IN SPREADING

*"Everyone of you must think every day:  
what have I done for Sahaja Yoga Today"*

## **Work**

You have to be not egoistical, but proud. Proud that you are Sahaja Yogis, proud that you have been born in such time, when you have to carry on the duties of God's work. That God has chosen you ! So first you should come up to that level. Like some people I find suddenly become morose, recluses in Sahaja Yoga. They will never be forgiven because God has given you so much. Supposing somebody gives you a diamond, you are proud, you put it on and show off. But when you have been given your Spirit, you should be proud and not behave like recluses. Some people feel "I shall not take any job now. I'll not go out. I'll sit at home and meditate - There's no place for such people in Sahaja Yoga, "I can't do this". The word 'Can't' should go away from the dictionary of people who are supposed to be Sahaja Yogi.

I am working 24 hours. Not a single minute I waste. And in the same way I hope you will dedicate your 24 hours for your emancipation and the emancipation of the whole Universe.

In this world, everything has to do something. But then what about Sahaja Yogis? It's such a rare thing to happen that you have got your Realisation. So where should we waste out attention ? Why should we neglect our meditation ? Why ? We have to grow. We are a different people. We are a different race altogether in this world. We are Realised souls. There were hardly any number during the time of Christ, practically I mean. And even before that, I was surprised that in China and other places, in one age there used to be one guru - one master. While you are so many masters, but you don't want to use your power as a master.

Why not the women use it also ? I find women are more lethargic than men are in Sahaja Yoga. It should show I am a woman myself, single-handed I've done all this work, and why shouldn't you do it ? Because it's a tremendous task to transform people all over the world. But it's very easy for you. If I can do it, why can't you do it ? But put

your complete attention to it, that *'We are going to work out Sahaja Yoga, not for ourselves, but for the betterment of humanity'*. We need it, we need it very much. Your compassion, your love, is all being wasted if you just think about yourself, your family - what's the use? People do that even before Realisation. So what is the use of completely getting attached to your family, attached to all other things? You should get attached to the whole world! You belong to the whole world now, you are no more individualistic.

No more! Now, as I said, the drop has become the ocean., Identify yourself with the ocean. The ocean is the lowest, if you have seen, the lowest so much that the zero point starts from the ocean. The ocean is so humble. It's the lowest point it lives but all the rivers flow into it. And the ocean does the work of throwing clouds in the sky. And these then burst and become rain falling into the same ocean. They come back to the same ocean. So those who are humble, will attract more Sahaja Yogis. Those who are kind, will attract many more Sahaja Yogis.

### **Becoming Dynamic**

You have to surrender fully from your heart, I am what I am, I have been that, I'll be that. I am not going to grow any more, or less. This is an eternal personality. It's now for you to get out of me whatever is possible. To make the use of your birth in these modern times. To 'grow' to your full maturity. To be able to work out the complete design that Divine wants to do through you. As soon as the Dedication starts, you become dynamic, clinging on to that. For this, meditation is the only way, I should say, Of course, rationally you can do many things You can rationally accept me.

Emotionally you may feel closer to me in your heart. But through meditation, Surrender. Meditation is nothing but surrendering - is 'complete' surrendering.

Now you may say, *"what should we do?"* Face yourself every day! In reality see how much time you spend on mundane worries and



how much on your ascent. Have you left everything, all your worries to God Almighty ? Have you completely jumped out of your background ? Have you come out all the way, leaving everything that was nonsensical ? And, how do I relate to others ? How do I talk to others, who are Sahaja Yogis ?...

So, now there is no time for lethargy. Now you have to rise and awake. Today is the day when I hope you have to jump into Nirviklapa. But only by effort you will stay there, otherwise you will again slip down. So go through this lecture again and again, and do not think about it. Don't think that it is for somebody else, it is for you. For all of you, each of you, and you must know yourself, how far you are going every day.

How are we going to spread this message of love to people? On two ways you can work it out. How individually you can do it and how collectively you can do it ? So I have to make one suggestion to the leaders that whatever suggestions come to you from the people you must accept. You are just leader there. Because you have to just communicate with each other. You are not to dominate anybody, you are not to sort of dictate any thing to anybody but you have to be communication person for me and them. So now you should see that how these people are giving you new ideas. Not put them down. Don't think, you are the only one who has ideas. Get ideas from them. They might get ideas from the cosmos. They may tell you something which should be done and should be noted down and recorded that, "Yes, this was said. This was to be done". - And then try to follow whatever is possible. If you are in doubt, you can always telephone to Me and find out. But involve them in this dynamism. Everybody is involved.

## **Speed**

The powers that we have is for Sahaja Yoga. As Mother has powers to work for sahaja yoga, we too have powers to work for Sahaja Yoga and as She works we also have to work.

But there is attachment like this; Mother is doing everything

what can we do ? No, you have to do it. This is very important detachment I am telling you. You have to do it yourself. It's not that, Mother will do, after all, She is doing everything, It's correct. That's correct in a way. But you are the instrument....So the source may be there, but the instruments deliver the goods and like Hanumana you are the instrument and you have to work, you have to do the job.

Another quality of Hanumana is: he was beyond time....He was doing everything very fast. For example we are preparing a book on Sahaja Yoga. For the last 16 years it's going on. It's working out, Mother, it's working out". Then we are trying to make an arrangement about the recording of the sick people being cured with Sahaja Yoga. "That's happening, very good, happening, happening". Then we are going to Russia spreading Sahaja Yoga. "Working out". All the devils have already reached there but the angels are still working it out. Very patient. Very patient angels. So one of the qualities of Shri Hanumana was that he was a fast person. He would do it before anybody could do it...

It's very good to go to Trafalgar and beat Napoleon. But in the field of Dharma I think people don't understand the importance of time. We are delayed master and delayed habits we have, "All right, I'll telephone, I find out, I'll....it will happen". That's one of the greatest defects we have...

Better do it quickly, immediately. That's the time to do it. "But next year Mother we'll see, you know, after Ganapatipule we can consider, we'll have discussions and then we'll have arguments and this and that". That's one thing about His character one has to know that today, when we are worshipping Hanumana we should have that quick vividness in us. It is to be done now, we cannot postpone it anymore. Already we are very much delayed.

To see the results you have to become quick people. Not to linger and be satisfied with other things but positive things. What we are doing... Job is there we have to do the job. So attention should be on

the job. And that's what are we doing about it.

I am happy that a suggestion was coming from America about making a video-film and like that. And then there are obstructions. How are we going to get money ? what is going to happen ? You just start it ! You'll get it. You have powers. Everything will be synchronised properly, we just start doing it.

But if we behave like human beings; first think, then plan it out and then cancel it, it's not going to work out. Though it is Hanumana is running on the pingala Nadi all the time. What he does is to spoil our plan. Because instead of Him, we run on the pingala this is all right. You are running it. I'll put you right. So he sidetracks all our plans all the time. That's how all our planning fails. We are particular about timing, about things of no importance. But we are not particular about timing, about our progress in Sahaja Yoga. We must have targets, we must have fixed times. All right by this time we have to achieve but do it little faster, is better. All other things can be managed. But this is your job. Nobody is going to do it. Nobody is going to do it. It's your job... You have to do Sahaja Yoga. You have to spread it, you have to bring it to a level, where people can see it. 18 years have passed this is the 19th year, see today... you have to venture, you have to venture without any fear, collectively and individually, forgetting as what will happen. I mean you won't go to jails, you'll not be crucified, be sure on that. I mean if you loose your job you get another. And if you don't get a job, you can get a dole, all right. So you don't have to worry about, the useless things. Human beings sit down and normally worry, but despite that they achieve work, they do their jobs... You are not aware that you are angels that you have to do this and nothing else is important.

I hope that by today's puja that enthusiasm, that venturesome nature will vibrate your Pingala and without feeling, any Ego about it, in the most humble manner as Hanumana was, we'll do the jobs.

...So much dynamism and so much of humility what a

combination it was. And that you have to manifest. The more work, the more you'll assert yourself. You'll find that humility is the only thing that helps. Obedience is the only thing that helps to carry out your work and you'll become humbler and humbler. But if you are thinking that "I am already this", then, finished. But if you know that it's done by the Divine. Paramchaitanya is doing everything. I am just an instrument, then humility will be there and you'll be an effective instrument.

You have to really go to see these media people, go and see these ministers go and see Prince of Wales, go and see another person, meet them, make committees, see that what you can do. Put your mind to it what are we to do... If you are doing God's work, your worries are taken over. You don't have to worry about anything, just take over. But it's not self-propagation, it's not, it's propagation of the collective.

I hope that today you have understood the subtle side of your being, what is there which is exhibiting, which I can see clearly and that you will, all of you will, in your meditation, become aware of, that you have within yourself.

That's the greatest thing that will please the Divine and Divine will look after you fully. With the same confidence as the angels like Hanumana, you have to get further and work it out.

### **Inner Dynamism**

Now there are people, I have seen, who care for cheap popularity. I have known people who will do everything for others, do this, do that, but only for popularity. They have not essentially understood that whatever you are doing, is it for cheap popularity? You don't have to fight an election in Sahaja Yoga, you don't have to cast your votes in an election. But what happens daily, the person who has that dynamism of Sahaja Yoga just comes up. Everybody knows; Not talking. Not impressing. Not showing off. Not going after cheap popularity. But growing within - for that I cannot say what you have to do. How does a tree grow? By itself. You are living examples of Sahaja Yoga. So how

will you grow by yourself ? By yourself you will grow - that is a promise that is given to you by the Divine. But allow it to grow, through introspection and meditation, and what we call complete dedication and devotion. The other day I told you about the word '*shraddha*' - It is not just praying, it's not just having faith, but shraddha is that you have it in your heart - the enjoyment of achievement, through your devotion and dedication, that should be called a shraddha. With that thing only it will work out. But you have to have faith in yourself and faith in Sahaja Yoga.

When you see something, it reacts. The difference between my looking at any thing is that, 'that' reacts. When I look at you, your kundalini reacts, when I look at this, it gets vibrated, *Kataksha*, - Kataksha; Every glance; every glance makes the thing react. And *Nireekshana* means, I know what it is. Just looking at a person I know what it is. Looking at a thing. I know that it is - 'Nireekshana'. But the whole thing is in the memory there. Like, we were going and they said we have only black stones. I said, "No you have red also", He said, "Where ? Do you know ?" So I told them the 'exact' spot where to get the stones. He said, 'How do you know, Mother ? I said. "We passed that way about eight years back and I know there are red stones". So 'everything' I see, gets vibrated and also I note what is there, and is all ready there to be used at the proper time.

But what do I do? I do 'nothing' I do 'nothing'. I don't think, I don't plan. Everything that you do, I don't do. So when you have that kind of a temperament you will be amazed! The amount of dynamism that will work it out, you don't have to create a dynamo, it is inside you, Let it work out.

### **Go all Out !**

You have to promise that : -'*Mother we will work with the same zeal, with the same attention as you are doing, and try to settle ourselves*'. Quieten yourself, be silent. We talk too much, talk too much, do nothing. Try to reserve your energy in that silent dignity. You

must have full idea as to what you are. You must understand what you have been up to, what have you done about it ? Talking, talking, talking! That's not the way it is going work out. The atmosphere is nice, everything is fine. The future seems very jubilant, everything is fine. But the highest above everything is the hope of your Mother that you are going to emancipate the whole world. Give attention to that. Think about it; that you are going to do it. You have to be the walking, talking, moving forests of that Divine Love, that Ritambhara Pragnya.

We are in a whirlwind. It's not only a cool breeze. It's a whirlwind now. So what do we have to do ? We have to move with it, we have to have the same speed. We have to be one of that. So it is within us that we see this and without, we'll see that, that we are moving with the speed, the rest of the world is not, is now how to go around it and how to engulf it into ourselves. All these things are not made for you because you are realised souls. It might be made for people who are not realised. You understand what I am trying to say. But still I feel some of you feel "I am talking about others, not about you." Now think that *"It's all about me Mother is talking. It's all, I have to do it. I have to be responsible"*. This sense of responsibility has to come to you that *"We are in the whirlwind"* and to take this whirlwind all around the world "I am responsible for it. What am "I" doing about it. Just to see, to visit the centre, all right we visited the centre. People think that if they visit the centre, then they should be given all the blessings. Why should they be given blessings for visiting the centre ? Instead of going to some wretched place they are going to the centre, which is a golden place. So why should they be blessed after all, they are already blessed so much. Or they think that, oh ! we have been in the collective, we have been this thing. What have you done for Sahaja Yoga is very important, and that has to be seen. How many people you have really loved. Really loved. Sincerely, we have to count. That's very important. Then what have we done for Sahaja Yoga constructively. You won't feel happy unless you have done something or other.

This is a very special power of spirituality! None of them have been able to say or tell you how to raise the kundalini. Now you all have got this power, which is such a rare thing. All of you have got it. I don't see anybody who doesn't have that power to raise the kundalini. You may not, you may be contented with yourself, but that's not a very good thing. If you have got your Sahastrara opened out, and if you know how to raise the kundalini, you must go all out to give Realisation to people. Nothing is going to benefit people more than Self Realisation. No use doing other charities, giving money, giving this - is of no use. Best thing is to go all out to see people who want their Realisation and to give them Realisation.

....So this day, I have to just say (that) now so many years have passed. I have worked quite hard, day and night, and my only desire was that you people should take it seriously and work it out. Don't keep your Realisation to yourself. As many people as you can give Realisation to, the greatest obligation will be on Me and on God almighty. Only thing is you should try to give Realisation to others. You will never make a mistake. You can never make a mistake because the kundalini knows. She knows you, she knows you are a Realised soul. She'll respect you. Even if you make mistakes, she'll correct it and she'll help you - in every way.

I am just a - I should say - a housewife who had no support from anyone. But I was sure that it was my job to find out how to break the Sahastrara. What ever way it is - outside doesn't matter - my job was to find out the breaking of Sahastrara, which I did. Now you also know that ! So this is your job. And the scientists now will be coming round you to ask you questions because they don't know (that) what they are talking about is what we are already doing. So, you are so powerful, all of you. But how many of you are really doing this work, is the point. Today is a very important day. I want to tell you that you have to "strengthen" my hands. They say the Goddess has one thousand hands, but even the one thousand hands are now asking that you come along with your two hands and work it out. It is very important what

you have to do. All kinds of problems in this world - they come because of ignorance, take it politics, take it any problem. And how it is solved is also, is your power with the Divine.

I should be your ideal. You will be very much respected, if you behave like a Saint. Saint has to be Saintly within and without. One person who behaves like that, shines and everybody knows, "Oh, here a great Saint has come". You don't have to become a very wealthy person for that. You don't have to be a big politician or a big minister, nothing. An ordinary person can manifest the whole thing.

So I think, one way of improving this would be that all of you should take up responsibilities. You should try to travel around. Now some people should travel around. Go, establish some centre, look after that. Then go somewhere else, establish that centre and look after. Now establish a Centre in Jangpura or some place. Try to come, bring in, distribute some handbills in the market places. Get some people establish it. There are hardly few numbers of people who are organising. It is not the way. Every one of you is part and parcel of the whole.

You have to go to areas where so far you have not gone. For we haven't got many people from the black race, I think from Africa. So, I think I am going next year to Africa to work it out. Also, we have so many other areas, where I find we have to work it out. That if this compassion is within you, then it will compel you also to do work that will bring solace to people who are not even seeking.





# CHAPTER 5

## THE DHARMA OF SPREADING

*"We belong to this great religion of truth,  
Now you have to be responsible  
for this Maha Maha Yoga."*

## **Myth of possession**

Miserliness has no place in Sahaja Yoga. Has no place. Miserliness is a sign of a very small mind. I am not saying you give Me money, of course - But the way we look at money, the way we cling-on to it: the material things, the material wealth, the material objects, the possessions. The greatest possessions you have is your Mother. Through Her you have you brothers and sisters.

You understand the myth of possession. Same with your powers that people have over other people. Those who try to make money out of Sahaja Yoga or want to have a kind of a privilege over Sahaja Yoga, it can be very subtle, this can go very far. This subtlety goes to this extent that I have seen people try to save money on account of Sahaja Yoga. This is also - the attention is on money. To make money or to save money, to make a business out of Sahaja Yoga - is all absurd. But if you say so, I say : "All right, go ahead for a while - Try". You'll find that Sahaja Yoga is no business. Of course, Sahaja Yogis can work together, can do some business, but Sahaja Yoga is no business, it is business of God, where you have to give 'everything' that you have. Not to be attached to anything Not to be attached. There's no money to be paid as such, but all your heart is to be poured into it. If you cannot pour your heart into it, you cannot achieve that.

Same about power. Some people think that they can even overpower Sahaja Yogis, impress them, control them. Such people are thrown out of Sahaja Yoga. - Completely. You have to enjoy the power of love, that people see you as their protector, as their help, as their support, as their friend, than somebody, who is a dominating personality.

## **Generosity**

It is important for all of you to understand that whatever money you have given in the seminar is being used absolutely, absolutely for the betterment of humanity, which may not come to Sahaja Yoga but which can be benefitted through Sahaja Yogis. So I would request you not to be miserly. You need not give me the money, but you shouldn't

have a miserly temperament. Because what's the use of having money without any advantage ? So you all must learn how to donate, not to me but to this new idea they have, if they want to make a foundation. All right, once I find proper people to run it, I don't mind making a foundation. Because we shouldn't do what all the rest of the stupid people have done, and so I would request you, all of you, to be a little generous. The generosity should be towards the social side of our work which is very important to be attended to.

They are so money oriented that they are extremely miserly. They spend all that money on themselves. But none on others - that they will try to save. Any good work has to be done, they will keep back their money. But on themselves they will buy the best wines, they will buy the best things for themselves. But for others, they have no money. Even where it is their due, they will try to save money. They will not pay where it is due...They want even free, sometimes the books, sometimes - whatever it is, for which people are paying....Imagine! for your self-Realisation. I have to pay. I travelled on my own. I had my own things done. They would not even pay for what is done. I mean, it is required that the people who are organising this programme should put up the pendal. I am supposed to give you the realisation free, but not to pay for your pendal.

Tomorrow you will say "Mother, also pay for us for coming here and going back, our fare". I am not surprised, you see. Such people are 'extremely miserly'. Every pai they pay, you see, they think that we must get the money back. And if anything is done extra for them, that is not counted. Only thing, because whatever you can get, you should get. But while giving they are zero. And these money oriented people are horrifyingly surprisingly are rich. One cannot understand how are they rich. Because there is nothing like generosity in them, no priorities, no proprieties, as to where you have to spend the money. And there is no self-respect about it. There's no self-respect, it is very surprising.

All this comes from ego, which does not allow you to see the propriety of things. It is very surprising. They will spend money on themselves, buy this, buy that. But to do the proper thing, they have no money. Most surprising thing is which we see among so many people, even in Sahaja Yoga. That they have to pay something which is their due, for something which is very important, but they will not pay. You cannot save money where it concerns self-realisation organising. It is most surprising that these people when they behave like that, all these countries, one by one, are becoming poorer and poorer. The more you are worried about money, the worse it becomes.

Of course, I don't need any money. You know already. I don't know how many thousands, I have spent out of own pocket so far. But the problem lies that nobody understand that it is a shameful thing that a Guru has to spend for you....

The central path of Sushumna is for the people who are in the centre. The people who have their proper understanding and who have got their wisdom. These people are 'extremely' generous. You take any Guru, Sadguru. Take any one, take Nanaka, take Kabeera or take Tukarama. Tukarama; his children asked him. "You get us some sugarcane". So he was walking and one gentleman, who was his master, who's field of sugarcane he was looking after, gave him lots of sugarcanes. So he was coming home and all the children started asking "give me one sugarcane, one sugarcane." He gave everything. He came home, he had no sugarcane for his children ! They saints suffer from over-generosity. They are so generous, you can't imagine. You should ask people who have known me in that aspect.

Generosity is the only way you can express you love to others. I have told you before also. All your material, wealth and everything has no meaning unless and until you know generosity for the people, But it should be quiet and it should be 'absolutely' silent.

### **Spiritual debt**

One has to understand, you all should find out, how much responsible

you have been for getting into Sahaja Yoga. Of course, you are all protected, you are all blessed, everyone has got whatever they want. Most of them. But how many of them are returning this debt ? How many are working to give this Realisation to others ? This is a debt on you. But if your attention is 'haphazard', if your attention is not clear, is not normal, then you are involved into all kinds of things like the tentacles of an octopus. You become like an octopus, you go on getting attached to this, attached to that, attached to that... you have to be free bird. All these attachments, that you have, are going to take you nowhere. You should be only attached to Sahaja Yoga and should be conscious that you have known yourself. If you can just understand your value, your level, I can tell you - we can change the whole world !

For first of all, you must realize your own personal responsibility that you all have got Sahaja Yoga absolutely free, but you have a certain debt and that debt is that you have to give Realisations to others. If you just have it for yourself and leave only to your leaders to work it out, it will never work out, How many people have you given Realization? You have to count it. Because after a certain state of your achievement you become very creative, extremely creative. At this age also. I am working, but what I find, once you get your Realization, you are settled down with yourself and you become like a monk. We don't want to have monks and priest ? What do we want to have ? Sahaja Yogis, who will talk about Sahaja Yoga to people, who will develop Sahaja Yoga and create more Sahaja Yogis. So you have to count how many Sahaja Yogis you have created.

Only blessings are there, no duties, "How much money have you spent for Sahaja Yoga", first of all you must ask a question, *"How much time I have given for Sahaja Yoga? How many people I have given realisation to ? How much righteous and virtuous I have been ? What have I done to bring the good name to Sahaja Yoga ? What about my personal behavior, how I have lived ?....* You have to give time, money - everything, your job, - everything you have to give up...

## Attention

Nothing can be alright unless and until you develop the subtleties of your attention, and they develop by receding your attention from all that is gross. Recede your attention whenever it goes too much into a thought, like that - 'Oh, forget it', But into vibrations you pay full attention, seeing vibrations you pay full attention, seeking your own vibrations pay full attention, other things you need not worry, they will be all looked after.

Your attention should be on Me and you should make the following conditioning of thoughts on your Agnya *"How fortunate we are to have been realised ! We are Sahaja Yogis. God has chosen us. How can we work if we remain weak ? Adi Shakti has given us the Power to redeem the whole mankind. We can do it and we will do it"*.

Compassion today is to transform human beings into Sahajis, into good people. That is the love of Adi Shakti. Because those who are born have to die in any case, we should not be unkind, of course, but our attention should be how many people we are giving Realisation.

Channelize yourself properly, cleanse yourself properly and dedicate yourself. For dedication you have to do nothing but give up your ego and superego. Take these loads off and create a space which is the heart and it will work out. It is easy to kill these rakshasas but what about the lost souls ? Everything will work out for a year or so or every two years. After that I am going to blast them. Before that you should be ready because once I blast them, they will come back on you people. So you should be such top people that you are not finished by that. It is the easiest thing for me to blast them all, finish them off. But first they will go to the subconscious and then they will attack you again. So I want them to live with paralysis, with diabetes, with all sorts of things. And they will live, they won't die. It is a tremendous task. And I am working twenty four hours. I have no sleep and no rest and you know that. I can see the whole vision very clearly of those beautiful days when we all will be enjoying each other and the bliss of

God together. All that I want is that we pull out so many human beings from the clutches of the evil forces for which we have to dedicate ourselves. Our attention is on too many useless things, materialistic things. There is no end to it. Be satisfied with less. You will be looked after materially also.

There won't be much problem. So don't run after so many things. Just don't have interest in these. It is all trash. You should be loving and affectionate. Once you start giving up the Real, you become hardhearted persons. I have no interest in anything. Then who has interest in such a stone as you ? You are the foundation and your children will talk of you, not of these horrible persons. You have to be ideals of love, affection and not of domination, and all such nonsense. All of you will be the first Sahaja Yogis. You are the ones who are going to change the complete concept of life. New ideas have to be built up. Are you people really aware of your responsibilities ?

## **Peace**

Opening Sahastrara was the most important part of the evolutionary process. All other evolutionary processes brought human beings to what level ? We had wars. We had all kinds of silly programmes by which we really ruined so many countries so many people. Now when you are one with that all-pervading power- it is a pure, it's a Nirmal power, absolutely pure power that gives you complete sense and complete understanding as to how you should move, how you should, what you should have- this is what is self realisation, they say. But I would say that Self Realisation is much further power than that. Even if your brain is enriched by the knowledge, the real knowledge, still there are other things which you should have, and the most important thing is that you have to be completely aware, again I say the word "*aware*" of where you stand in this big plan of world "global transformation". What is your position? What are you supposed to do for this global transformation ? What is your position ? Where do you stand ? What is the work for you to be done ? Now you've got this

compulsion on you, that *I have to do something*", When this compulsion starts working on you, which is not dreadful, which is not annoying, but very peaceful and joyful, which says "*I have to see that others also know themselves*". So to know themselves is first of all you must know your own chakras.

There's many people get their realisation. I know very quickly, but they do not settle down with their chakras. They have to see to their chakras, why you have problems on your chakras. They will know they have problems, but they still go on without paying attention or without looking at it. To them it is a kind of a by the way - you can say, that these problems are with me, doesn't matter. But what does it matter as long as I am working out Sahaja Yoga ? It is not only for others, but for yourself also. It is important that you should get your chakras corrected. It is the most important thing for you and then you will have self knowledge. In the sense you'll know what is the defect. Where is the defect, what am I doing wrong, what should I do? And then when you correct it, when you correct those centres, the awareness, I would say, will be fully enlightened about all that. It's a tremendous thing. It is very tremendous, because if you have to transform this mad world into something very sane and if we have to give them all self realisation, imagine the task. How great it is. How many people we need to do it. But if your will power is strong about it you see, you feel compelled to do it. But normally you see, we are compelled because we have to run our houses, we have to earn money, we have to do this, we have to do that. That you can do, But main object of your life is to transform people and to work it out. This transformation, for the global peace.

I don't know if it has been predicted or not, that a complete transformation will take place. But they have talked about transformation. I don't know that part, and I just don't bother My Head as to how many people are getting transformed. But after transformation you must settle. First of all you should see that you are a peaceful person. There is peace in your heart. If you have no peace in



your heart then you are not a Sahaja Yogi. If you get excited and if you start shouting at people and all that, it means you are not Sahaja Yogis. You have to have a very, very peaceful temperament. That is very important. Now with that peace what should be there is pure compassion. What you are doing is not for your benefit as such, but because you are compelled by this force to do good for others to transform them. This is the greatest good you can do to others, that their brains are put right, they get rid of their diseases, they get rid of their problems, it's all there. The first thing and most important thing that happens is that they get the power to transform others. When you have that power to transform others, you should not waste it. You should not use it for yourself, that means the growth is not complete. You must talk about it, you must tell about it and you must work it out. Wherever it is possible, you have to work it out. This is the way we can spread people on a global level, who can get complete transformation.

All our problems whether in India or anywhere, is because of human beings. Because they have been not enlightened, See, if you are enlightened, you will have no problem of any quarrelling or any fighting and all that. If you are enlightened, then you will think about others. Others as if they are your own, bother your heads about them. You will not think about yourself anymore. If you are enlightened then no question of any violence in your head. Nowadays in the name of religion, in the name of everything, there is so much of violence. This violence can be easily corrected if they all become Sahaja Yogis. Think, if all the people become Sahaja Yogis, how will they quarrel for what? So above all these religions is the religion of Sahaja Yoga, where you become one and then these quarrels of religions will disappear.

All our activities as Sahaja Yogis, I never realised, were so important, we have to give so much time. Not to bother about nonsensical, frivolous things, but something serious that is within us or without, that must be taken out. If I ask you, 'How many people you hate ? You may say 20 people and ...(long pause)... You see the whole

atmosphere in all this fills me with such remorse that I just don't know what are we going to do, the Sahaja Yogis. What are their plans ? Will you please look into yourself and think what constructive work we are doing and what destructive work we have been doing. You need a big shock to understand this.

I like the way we have programmes and Pujas and all that, but if you ask My Inner Being, I know it is very, very unhappy, very sick. At this time, what you have to do as Sahaja Yogis.... (short pause).... as Sahaja Yogis, minimum of minimum, you should put full attention. And then you have to tell everybody...(short pause)....you see the trouble with Sahaja Yoga is that you all start enjoying yourself, and then you don't see around what is happening.

Now I must tell you, I am now in the midst of war between myth...(short pause)...It is an area, is it a - I don't know what should I say - is it (that) within us there is still lurking some kind of a weakness that we do not try to fight our weakness...(short pause).... I would now request you all to meditate on yourself, and see for yourself what is wrong.... (short pause).... It's a big shock, and to reduce this shock, what can Sahaja Yogis do ? What can they work it out to blast this horrible ways of human life ? It's possible with the Power of Love - you can manage ! But we must develop that power in our hearts. Think of it ! it's a big lesson now for all of us, to see for ourselves - are we all right ? Or we go on hating others ? What is the function of our mind, is to hate or to love ? And this love, if it enlightens you, you will be amazed, you will be such a big force for Me. I cannot fight the whole thing alone. I have to have people who really develop their love - and nothing else ! That is one of the challenges now for all of us, for all the Sahaja Yogis, all over the world. It's not only the fight between believers and non-believers, not only the fight between Sahaja Yogis and non-Sahaja Yogis, but this is a fight where we are all one and we are going to fight it out. At every stage we have to be much more subtler.

It is a very, very essential to see to the point today - are we also part and

parcel of that evil thing that is working out ? Or are we free from that, and prepared to fight it ? It's a big fight and I hope it is conclusive ! After this, there will be no more of cruelties to human beings, no more fights, because this is a fight between the rakshasas and ourselves. It is not ordinary. And this has to be explained, also to those who are supportive of evil forces. Only thing, you can say, Mother, how are we to know who is against and who is not ? You are knowledgeable, you are Sahaja Yogis, you know who is on the wrong side. I know Sahaja Yogis can save, and can bring them to the right path of knowledge and love. But, be very careful with the propaganda of evil that is going on.

I want to touch the deepest part of your heart, which should reconcile...(short pause)... I am sure you all will understand the magnitude of danger that awaits ! May be there may not be any human beings left, may be there may not be any children left. Because if this kind of thing is working out, it is very difficult, very difficult... (long pause).... My whole existence gets shaky, gets shaken up. You all should see in every nook and corner of life. Where is this talk going on? Where are people talking of cruelty ? What's happening ?... (long pause).... Whatever I think.....(short pause)....It's not one, It's not two, it's all of us...(long pause)....

The fight that I am having is of a very serious nature, no doubt. But if you all can fight collectively, how much we can work it out ! ....(long pause)....My all efforts understanding, powers, everything is now in your hands, and that's what you should be prepared for. Not by just reading something or talking about it, you have to build up within yourself the power of love. I am sure with the opening of the Sahastrara you will do. But try to read something to understand something, with the Power of Love. It's very deep subject, and when you talk about it, half-way I am inside, half-way outside. But I have to tell you that you all develop this, and only that (power of Love) will form a very strong opposition to these 'evil doers' as they call it...(short pause)...

My complete blessings are on you, and I want all of you to

individually work it out. How many people you love, how many people...(short pause)... This you have to find out.

I hope you people have understood what I want you to do...(short Pause).... A new generation is coming up...(long pause)....All of you, all of you, are in My Heart, and I love you very much, and I want you people to come as soldiers to fight with Me. I am also told that there are some people who are forming groups, extremely negative attitude ! At this time what we need is a complete solidarity. So all such people whom you see, tell them to behave themselves ! No use making them Sahaja Yogis. I am sure - it's really heartfelt - desire of mine that you should become really soldiers of love and peace, because that is why you are here, you are born here for that. So enjoy yourself.

### **Dharma**

You respect all that is beautiful, you respect all that is good. But you are not dominated by anything. You are not in the clutches of anything. If I want, I can wear a gold chain, otherwise nothing, Doesn't bother. I don't care. That should be the attitude, if I have or if have to I will. Nothing can dominate me. Nothing can give me status. I stand on my own status and on my own position and on my own authority. Because I am that pure consciousness. Nothing can spoil me. Nothing can bring me down. Nothing can bow me. I cannot make anyone dominated by me either. This is how we are going to become great Gurus. Imagine 620 people are here and one Guru is sufficient to change the whole world: with 620 Gurus - God save the world now !

You all have got your self realisation, you have all the knowledge that is necessary to give realisation to others. You have to know what you have already, that's very important, because if you do not try, you put it in your hand and if you do not try to give realisation to others, firstly you will have no faith in yourself - you'll have no self-esteem also. The second part is that, you try giving vibrations to other persons but don't get involved with that person. I've seen some people get too much involved. If they give realisation to one person, they think they have

done a great job and they start working on that person, his family, his relations and this. So, so far as you must have learnt, that one may be related, one may be closer to one person but not necessarily he will have that much of a chance of self realisation. Only way to grow is to be collective, there's no other way out.

But if you have to save your children, you have to be an ideal guru yourself. If you just talk of Sahaja Yoga and if you try to assume that you are a Sahaja Yogi, also you try to propagate Sahaja Yoga without all these powers being awakened in you, it would be a failure. So how to develop these powers within us, we should see ?

....On this day of Guru Puja I have to say now that one has to work very hard, very hard. The most important thing is how much you have dedicated your life, your time, to Sahaja Yoga. Then only you will achieve that state of guru. Look at me, I am a housewife and I have my family responsibilities, problems, but despite that I am all the time thinking about Sahaja Yogis, Sahaja Yoga, and all that is this emancipation of human beings in the whole world. Not only here or there. In the whole world. So that should be your widened vision. Not for only your school, college or university, or this or that. But a very widened vision, one should have. And that you have to develop through your working every type of circumstance, problem you have. Once develop that kind of personality, then you'll be amazed how you can help so many people. I know there are so many Sahaja Yogis here who are worthy of praise and really I love them very much and they also love me very much. But one should always see that, as you are now going to be the gurus, you have to be careful not to think that you are a guru. You should never think you are a guru already. Once you think again that you are a guru, your ego comes up. So once you decide *"I am nothing, I am just a little ripple in the heart of my Mother"* if such a humble feeling you get, then all your problems can be solved, and things will work out. Because your attention and your behaviour is going to impress other people. Nothing else. Whatever you may try, it is you who is going to get Sahaja Yoga further.

I've seen people who are so fanatic that they cannot even meet people who are not Sahaja Yogis. They cannot even talk to people who are not Sahaja Yogis and all the time they are frightened of meeting people who are not Sahaja Yogis. Of course, you need not meet people who are evil, people who are against Sahaja Yoga, who talk against it. But those who are seeking the truth, it is our duty that we have to go to them. So many reached the state, where it is established in the brain. That time we go beyond dharma "dharmateet", we become beyond dharma, means that dharma becomes part and parcel of our being. We cannot lose it. Sahaj becomes, within us, a part and parcel - which is very great achievement because then you don't have to do any rituals, you don't have to worry about meeting other people, you don't have to worry that your vibrations will be harmed. Then you don't catch, from anyone, you don't catch also other negative forces. No one can harm you. That I call as the completion of your shraddha. That time Sahastrara is so fully enlightened that you become dharma. What happens to you when it is established in Sahastrara, that you stand on truth.

With so many Saints, why should I have any worry of spreading of Sahaja Yoga ? Because there are some who drag you down, there are some adamant people and there are some still who are possessed, there are some who are murmuring souls. Just don't pay any attention to them. They'll be all lost. Doesn't matter. We have to create the great day for us to be proud that we belong to this great Religion of truth. There has been no religion so far which is the Religion of Truth. It practices something and preaches something and it has nothing to do with the incarnation. You have to do something that people should say "we can see our Mother in this person..." Just think in your mind what have we sacrificed so far ? No sacrifice is sufficient. But have we sacrificed anything? That will make you understand that your Mother has given you your second birth without any difficulties. She has taken up all the labour pains upon Herself. Now you are grown up and you have to understand that now you are grown up people and you can't

behave like children. That is over now. Now you are grown up people, you have to become responsible for this Maha Yoga and for this great Dharma that we have established. The Dharma that integrates all the Dharmas. The Dharma that purifies anybody who comes near. It's the Ocean of all the rivers. All the rivers flow to this great Ocean of Vishwa Dharma. So we have to mould ourselves to fit into the new pattern, the new rhythm, the new music of Divine flute. Unless and until that happens, I do not think that western people have much chance.



# CHAPTER 6

## THE INNER STATE OF SPREADING

*"I am a Sahaja Yogi"*



## Introspection

What I am trying to say, you must have complete faith in yourself, it's very important. "*I am a Sahaja Yogi.*" Have that faith, "What have I done? Ask yourself that much. "What do I have to do?" So all your behavior, all your sweetness, all your kindness, everything will impress. Not only that, but negative forces won't act. If you try to be positive, negative forces will not act. They will have no effect on you. They will have complete protection, complete protection and they will look after.

So I have to make now a very, very sincere request, as a mother, to all of you, that you have to be worthy[as] My children. Say now, I am going to seventy-eight and still I am working very hard. Since I've come to Los Angeles, I've been sick. What is the reason ? I am never sick, I felt very weak. I couldn't walk, why ? Well, what has happened? Because you people are weak. You are My children. You are part and parcel of My body. You are not only that, but you're cells of My body. If you are weak. I'll become weak.

So I request you again and again that you got such a great blessing, which people don't get normally, very difficult - they go to Himalaya's spend years together and then they get the blessings. So now, you got it so easily, just strengthen yourself, tell yourself, be confident that "I have to do this work".

Now you may say, "What should we do? Face yourself every day ! In reality, see how much time you spend on mundane worries and how much on your ascent. Have you left everything, all your worries to God Almighty? Have you completely jumped out of your background? Have you come out all the way, leaving everything that was nonsensical? And, how do I relate to others ? How do I talk to others, who are Sahaja Yogis ?....

We have to know that in our awareness we have to be conscious, how far we have achieved the consciousness for our relationship with each other, that is the collective consciousness of Virat, of the brain, that is

Sahastrara. So in principle Sahastrara is Vishnu Tattwa, but the Deity is Shri Mataji Nirmala Devi. So you can see how the beautiful integration has taken place.

All the powers of Shri Vishnu have to act according to the Deity, surrendered at the Lotus Feet of the Deity. So the consciousness of Shri Vishnu is absolutely in the hands of the Deity. I do not want to talk about this tremendous Deity, it is too much. Because it may fill you up with awe. So, whatever is working out, allow it to work out. They say, "Surrender your Sahastrara to this Deity." And it's so, so simple for you, because you have the Deity, you have your own own Sahastrara, and it's only you, the people who are Sahaja Yogis today in modern times, who have seen the Deity.

They say that you have to ask for three things, called "*Salokya*", "*Samipya*", "*Sanidya*" from God; meaning to see God - "*Salokya*", "*Samipya*" - the closeness with God and "*Sanidhya*" is the companionship of God. But you have got "*tadatmya*", which is oneness with God, which is not in the concept of any one of the yogis and the saints and the seers who have been before. And this "*tadatmya*" you have when you are outside my body, while they have this "*tadatmya*" when they are inside my body, when they are no more. So you should understand the time limit. You must understand your greatness and you must understand how you people are chosen for the highest work in this creations. So now there is no time for lethargy. Now you have to rise and awaken. Today is the day when I hope you will jump into nirvikalpa. But only by effort you will stay there, otherwise you will again slip down. So go through this lecture again and again, and do not think about it. Don't think that it is for somebody else, it is for you. For all of you, each of you, and you must know yourself how far you are going every day.

I'm telling them that how a Sahaja Yogi should feel. You should be satisfied people. Firstly, and foremost you have to be satisfied. You just see within yourself if you are satisfied or not. You've got the highest that you wanted, you have got the peace, you've got the joy,

and all the blessings of the Divine. Despite that, If you are dissatisfied, you want to do something always that is disturbing. Always some people want to show Me off, want to come forward - or they want to escape Sahaja Yoga.

Firstly, you must spread Sahaja Yoga. How many people have you brought to Sahaja Yoga ? Just think of it ! We are Sahaja Yogis - Sahaja Yogis means what ? You are saints ! In this world all the saints who became saints, with very great difficulty, going through lots of tortures, have done so much work. One single saint has so many people whom they have attracted. Of course, he couldn't give them Realisation, because I have taught you now to do that. But you just find out what are you doing about Sahaja Yoga. Only meditation is not the point. Meditation for what ? For equipping yourself to help others, we need it very much in this Kali Yuga, people who will go all out to help.

If you really give Realisation to people, all these can be averted, Of course, it is the whim, I should say, of Adi Shakti that She started this work of creating this world, of creating you and making you Sahaja Yogis, but your responsibility is also very important.

You cannot be responsible. May be it was, I felt, My responsibility-but there's difference. I never felt it was My responsibility, never felt this was My job, never felt I have to do it. I did it. That is the work. That's the kind of personality you should have. You have to do it in a very humble manner, in a very beautiful manner and you'll be amazed to see how you are protected, how you are supported and how everything works out.

The greatest transformation is that you know yourself fully well and that with that knowledge, you change others. Don't keep yourself limited to yourself. You have to spread out. This power has been given to you to know yourself fully and to be confident, and to be kind and gentle and talk to people in that way that they know that your heart is Sahaja Yoga. It is not given to you just to say that you are Sahaja Yogis,

but to know yourself fully, to peep into your own treasurers, into your understanding.

Now I must say there are so many people in this world, millions and millions - while you people have come to Sahaja Yoga. I didn't choose you. You chose Me. And when you have chosen Me, you must know within yourself, *'there must be something in me that has made me come to Sahaja Yoga and to understand the subtle system'*. It's a very subtle system and it can be known only to very subtle people and not to gross people. But if you yourself discover your self and then you go ahead, there cannot be any ego - because you are not ego.

Those who have ego, as I told you, they even make money out of Sahaja Yoga. They even try to organise something to promote them. They're on a very different level. But if you are not that kind, then you should not become just stationary, you should do what it is to find out 'what am I? "What am I?" Christ has said, 'know thyself, Mohammed-Sahib has said 'know thyself'. All of them have said 'know thyself'. That means you are something great. You have hidden properties within, which you do not know. Once you know yourself, you will have self respect, you will not do wrong things, you will have no anger, but you will be an ocean of love. That's what it has to be, that is what Sahaja Yoga is.

I understand that these are the worst days, this is the whole Kali Yuga, as people say. Alright, but why are you here during this time ? To enlighten people. To give them the right ideas. But how ? Unless and until you do not know yourself fully, that you are capable of this and you are capable of that.

## **Love**

Love is not limited. Love has to be unlimited. Unlimited love which binds the whole world. There is this force, there is already acting this force, only thing you have to become the agents of that, to become the people who can communicate that love. You have every right to that great wealth of love and you can spread that all around.

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 made all kinds of mistakes but, your mother loves them and you have to love them. If they are to be corrected I'll do that. You just don't do that way that they feel hurt, Put a Sankocha. While talking to each other, educate yourself, train yourself to say things which are sweet and nice, which will make another person feel that this person is a properly brought up person in the Sahaja Yoga traditions. So we have a Sahaja Yoga tradition in which when we speak to each other, we have that Sankocha within us of Shri Rama.

Today you all have to promise in your heart, put your hands to your heart and to say *"Mother we'll love, we'll spread your divine love, encompass the whole world, give realisation to all the people, we'll not shout, we'll not be angry, we'll not do all kinds of rituals, but just surrender, surrender our ego to you"*. Surrender it, surrender your ego, all your problems can be solved because as long as there is ego, this divine power doesn't take over. You may do anything if you are not connected, the connection is missing, Christ is missing, he's no more there. To establish him, first of all you must show how you love. That doesn't mean that you love your wife, love your children and love your house. You have to love everyone. Try to make everyone happy. That's why I like music because through music you can spread vibrations, it's 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.

I've explained to you that your own development, your own correction, 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. I would say, especially for the ladies, that I am a woman and I have worked very hard all these years. And as a woman I must tell, that all the ladies should try.

Because they always say we are shaktis, but in their life I don't see

there's any work done as Shaktis. Only they are sort of dependent all the time on Sahaja Yoga. They have to stand up in their own freedom. They have to be independent and they should have right ideas about everything. I am sure if the ladies come up 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 families, 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 is also looked after. After all, there is this divine power which looks after all of you. You must believe that this divine power 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 problem whatsoever.

Now a new century is starting and so many things have to happen and all of you must decide that you'll do this or that. Whatever is your understanding about spreading Sahaja Yoga, you should try to, 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 or detachment to do work in Sahaja Yoga, you have to be a detached person. That is the quality of Mahalakshmi principle, that such a person is detached. He is not attached to things which are worthless. But that doesn't mean that you take a sanyasa and run away from the families, run away from your household, run away from everything. That's not detachment, that's running away. But detachment is that when you have everything, still you are detached, in the sense (that) you do not feel concerned about your own gain out of this. Such things can happen, very easily, if you really introspect. And introspection is the best way of meditation. First introspect and then meditate, then you will grow. And the real joy of yourself, of your Spirit, will really give you such enjoyment that you will not take to stupid insignificant things. But you will become very significant people in Sahaja Yoga who will do such wonderful work that everybody will be amazed that an ordinary human being, how can he achieve things, how can he work it out?

## Courage

I saw the flag of Independence. When we got it we made this flag. I'd seen this flag put up when the other flag was brought down. I cannot tell you what was the feeling that governed me. Such a feeling that the truth has, somehow or other, overcome the untruth. That justice has been shown over the injustice. That feeling is still so much - I can't even see the flag. If I see it. I remember the whole history, the whole thing how many people sacrificed, how many martyrs there were, how much people have fought for it - that flag stands for that. And you stand for all that ! You stand for all those ideals. You stand for all those sacrifices and you stand for all that is to be achieved for bettering human beings. You have to achieve a great deal for others. You have to work within yourself what you can do for others, what you can achieve for others, what is the best way to imbibe those qualities within you that you become an absolutely unique personality.

As I told you, there have been many great leaders and many great people who are remembered by many people. Now what you should see - what made them so great ? Why (after) so many years, people still remember them ? I have given you the statue of Shivaji - Maharaj; now he was another soul - a great soul - who had such principles and such a beautifying life, in his language. in his attitude, in everything. With all that he was a very brave person. Once you have this, you will not be deterred from doing anything that is important. You will have no fear of anything. You will not go round and round but you will know how to find a 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 a dare-devil, but with wisdom. Courage with wisdom, you will have. And that is what is your 'self' which will give you lots of wisdom and lots of courage. It's not a 'fighting spirit', it's not a 'violent nature', it's not a good nature, but it's very silent, beautiful courageous attitude.... Courage is silently very powerful. You don't have to bomb anybody, you don't have to kill anybody, but you have to stand up with courage. And that is another quality which you will express. It is very

polite, very sweet, you will be standing with that courage. I know so many of you are like that. There's no struggle, there's no fight, just standing with courage and doing whatever is right. And that is quite possible, because you have now the connection with the Almighty. You have the connection with the Paramchaitanya, and that will work out everything.

When the Sahaja Yogis take to innocence and complete dependence on to their vibratory awareness, which is the indication of God's Manifestion through them, they are completely protected, and even a satanic person like Holika could not burn him. And this is the day, today we have to recognize that as Sahaja Yogis we stand no dangers in life. We are fearless people, but we are humble people, loving people and anxious to save as many as possible. To raise the whole humanity into another awareness, in the process of your evolution you have to achieve, for which you have to work hard. As Tukarama has said very clearly, "Yerya gabalyache kam nohe" - This is the work of the Great Viras. Only the courageous can do it.

Because you know, how sometimes one has to face this world. - the difficulties and criticisms, and how people try to insult you and trouble you, where you have to keep your peace... this is what one has to recognize, that in this world there are many people who are basically very great Spirits. Only thing you have to approach them, find them out, understand them and discover them.

Now Sahaja Yogis are not so much upset as they were about 10 years back. Now they know that there are many people in this world who understand Sahaja Yoga. But that is not sufficient. We have to give realisation to many, thousands and thousands of people have to get realisation. This is to prove, when you celebrate my Birthday, that this is not any more a kali yuga but krita yuga has started, and that krita yuga has to be finished now to bring the Satyuga on this earth.

### **Detached Faith**

You are dealing with situations, but you must have full faith in the



capability of this all-pervading power, As soon as you're detached, you say, you do it, finished, once you say that, you are going to do it, it's you who is going to do it. 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. So you think that this problem, you are going to solve, you are going to do it, then, all right, the divine power says alright, try your luck. But if you can really put this problem to the divine power, it will work out.

We have all kinds of problems in Sahaja Yoga. Especially when we find that people are not so much attached to Sahaja Yoga, they are few in number, then you feel very bad about it. But have you tried to meditate on this mind, and have you tried to put this problem to the Divine Power ? Why should we worry ? When we have divine power available through our Sahastrara, why should we worry, why should we think about it? Just leave it to the Divine Power, if that is possible, if that you can achieve it. You see it is very difficult for human beings because they live with their ego, they live with their conditioning. But if that attachment to all these things goes away, then what you do is just leave things to this power.

If that is the only attitude we have, then you'll be amazed how satisfied you'll feel. Because this is a very, very joy giving thing to see people growing in spirituality. Not only talking about it, not only reading about it, but actually happening, actualising within yourself. So this quality is very helpful and that really helps every Sahaja Yogi to be patient, to be kind, to be humble. But you have to correct also. There's a way of correction of another person, of people who are coming, not from the divine world but from the normal world. So it's a difficult task to correct them. Some people are so hot tempered they can't bear it. doesn't matter, you have to forgive them. But best is to concentrate on people who are simple, who are loving, who are affectionate and then gradually all these complicated people also will join. Your way of dealing with other has to be motherly, the motherly relationship has to

be there.

The affection and the love of the mother goes on forgiving and giving that assurance that I have a mother, nothing can happen to me, and this assurance works very well. But the same assurance you have to give to other Sahaja Yogis who are getting realisation from you. Let them feel that you are not angry with them. They're stupid. I know, they are sometimes violent - I've gone through all kinds of people, But only thing that has worked is pure love. Pure love has no attributes of expecting something. You just give love and try to improve that person, with full attention. But in divine work, you don't have to get attached to that person. Supposing, there's somebody who is not up to the point, is also troublesome, gets angry with you, annoyed, insults you and everything, so forget it, there are many others, there's no need to run after one person, to get attached to that person or to make them feel.

If you are one with the Sahastrara, then Sahastrara itself works. It will bring your contact with people, in contact with such people that you are amazed how it works...Everywhere country has problems, and should say, a kind of a very destructive image...every country has. But in some countries. I don't know how it sparks, and once they become Sahaja Yogis, no problem. It's no problem about anything, once they are Sahaja Yogis you see. You don't have to tell them, they themselves work it out, they understand it, what is it.

Like, we have every country which has problems, which has people who are not of a very great level, who are not great seekers. Maybe in some countries, I feel, those who were great seekers are lost. Like England, I feel that all the seekers are lost by drugs, hippyism, all nonsense. America is the worst of all, which is so much lost into wrong seeking, and it's difficult to find people there who have right seeking.

Gradually it is working out, but still, I must say, we should not think of any one particular country where Sahaja Yoga is not working out so much, or in some places working out so much... We have to think,

globally that Sahaja Yoga is growing. And you are part and parcel of that society which is Sahaja Yoga, It's a very rare society which they never had.

### **The Light of Truth**

Look at these little, little candles. Whatever little light they have, they're giving that light. They're burning themselves to give that light. If we cannot give that light, what is the use of enlightenment ? Enlightened doesn't mean the light for yourself only - the light of love, compassion, which is divine, which is not normal which is not ordinary, as you see in the films. It is a divine love which works.

I have a special feeling for gypsies. For no fault of theirs, they are leading a very miserable life. And how the gypsies got Realisation. You can see that you can give it to anyone who want's to have it. One thing is there, you cannot force it on (them). If they have a desire, a pure desire, they can get Self Realisation.

Nirmala Tattvam you have got, which purifies, which cleanses you, which gives you joy, happiness and the Truth. This is what you should ask for. Otherwise it is all darkness you don't see the light. Whether you are Christian, Hindu, Muslim, anyone, you can not see light of Truth - and you have to take the light of Truth.

But after that, what you have to do ? You have to give it to others, you have to transform others. You have worked very hard for it and sometimes I am surprised how people who are doing such a good work are so humble and so good. How have they achieved it. I can't understand. Of course, there are some who are money oriented, who are power-oriented, but these things do not give joy. What gives joy is your inner light of Truth, which you have, all of you have as you know. You all have experienced, but I would say, this experience has to be given to others - it is not only for you ! Give to as many people as possible. But how many do that ? How many people do that ?

On a Diwali day you are - what you are doing - is enlightening people,

you are enlightening them, you are doing all this for them - it's a good idea, you must do it. But also know that you have to become the lamp yourself, which doesn't know yourself. So there are two messages, the first one is that we have to enlighten the world, we have to enlighten others, this is the first one.

If I say I'm Adi Shakti that means I don't know what I am, really, I had to say because people said "Mother, you have declared". "Declared what? Whatever I am, that I am. Now I find by declaration you people started growing more, so alright, have it that way. But there is no need for any one to declare anything or to say anything. That is the state one has to achieve. But to get to that state you have to work. And work is to spread Sahaja Yoga. You have to enlighten many lights. That means, you will realize that you are the light which is enlightening all that and then in a subtle way you will realize that I am the light. Many Sahaja Yogis are doing a lot of work and working it out. Spreading Sahaja Yoga, it's a very great thing that has happened. In so many countries the way it has spread, it has removed the darkness of religion, which was outside, it has removed the darkness of so many... racialism, this ism, that ism - all it has removed.

I hope in your lifetime only, you achieve this state, where you achieve your complete work of self realization to others. Those who do not give self realization to others, who just come for the pujas, these things are meritocracies, they cannot rise very high. This coming to puja is what, like you just rise higher with the Puja and then again you go down. But those who steadily grow, will grow into this state, I am sure. In my lifetime I should be able to see such people, who are such that if they stand here they emit peace, they emit light, they emit everything, because they are the light, they don't have to enlighten but they are the light. Such a state has to be developed and to be worked out within yourself.



# CHAPTER 7

## COLLECTIVE SPREADING

*"Collectivity is the nature of  
Sahaja Yogi"*

## **Collectivity**

We are an international religion. We don't belong to any country, some of us belong to any country, that we are not Italians, we are Indians, we are not Australians. What we are, we are in the kingdom of God, so we are men of God as described by William Black. So we are men of God and that we have no bondage to any of these ideas that we belong to this country or to that country. Once you understand this point in your collectivity, then you will expand. Not only expand but that expansion will give you a kind of a confidence in yourself that we have to take responsibilities of Sahaja Yoga.

It's alright what I get in Sahaja Yoga, what I have achieved in Sahaja Yoga, what is my gain, personal gain in Sahaja Yoga, how I have cured my chakras? This is one side of achievement and the another side is taking the responsibility. We have to spread Sahaja Yoga all over. (8812010)

## **Responsibility**

Your first and foremost responsibility is Sahaja Yoga. Because you should know what a work it is. It is such a great work, to transform the whole world - that is My vision. And in this old age I think the same. Now, if that is My vision, what should be your attitude ? That we should go all out to spread Sahaja Yoga. That's the main thing. I call you for these pujas just to renovate, I should say, to give you more of energy and all that. But if you are just taking it as a great blessing and sitting at home, it's of no use. You must spread Sahaja Yoga.

So the responsibility of all the Sahaja Yogis, of all the Sahaja Yogis, first and foremost, is to spread Sahaja Yoga. How many people have you given realisation ? Where have you talked about Sahaja Yoga....You people are very shy to talk about Sahaja Yoga. Never publicly unless and until you have a programme, and public programme and all that. You have no time, also for Sahaja Yoga, very busy people.

So, if you have to follow Shiva and His blessings all the time, His protection to you, then you have to be Sahaja Yogis of very high quality. It shows when you go all out to spread Sahaja Yoga. That is the thing missing. I am very happy that in Australia, Sahaja Yoga has spread so much. I don't know how that has happened. In a far fetched place like Australia, in the beginning I had some set backs but now it has spread. Also in Austria it has spread. And also in Italy. But otherwise, just doesn't spread. What's the matter ? The matter is the leaders are not going all-out. Say, for in England I travelled from north to south, east to west in all the directions. We have very poor, very poor Sahaja Yogis there. You have to go to universities, to younger people. If hippyism can spread, why not Sahaja Yoga ? It spread like wild-fire, why not Sahaja Yoga?

All these things are there, which I have to warn you - be careful. If you have got Realisation, you have a responsibility - to give realisation to others, and to spread Sahaja Yoga. If you can't do it, then God save you. I have nothing to say. You have to introspect, *'What have I done for Sahaja Yoga. What have I got from Sahaja Yoga ?*

It is your responsibility to see Sahaja Yoga, you work it out for yourself and for others with love. So, for a Mother to see all her children going away, I've said quite a lot. It's not easy to say much on such an occasion, but I have to gather up courage and time and decide I have to tell them all about it. Because now it is your responsibility to work it out. It's your responsibility. In your own way, think it, what can we do for Sahaja Yoga. In everything you can see sahaj you will get ideas. Pass them on, write them down. Write your poetry. So many things can be done by all of you, and there's no time to be wasted anymore. It has to be a very fast job because this universe is standing on the brink of its destruction, we, the only people, who have to save it. So it's an emergency for us. In that emergency one has to know that the nature of sahaj itself is working out everything, but if this doesn't work in the right time then we will have to have another world. This is another problem. So we have to think seriously about it and

understand the essence of everything and understand yourself, why you do such and such a thing. Once you start this method "*Not this, not this, not this.*" I'll be not surprised that your growth will be very much faster. Very much faster, and I'll see you as very well established Nivikalpas very soon. I bless you that you mature very much in your spirituality.

What we have to do is now to transform, that's our job, we have to transform them. We are transformed, we are at a point, we can call resurrected. We should try to resurrect the whole world, that's our job. So that all these fights, all these quarrels, all this falsehood will just be finished.

For us, Christ is our leader who has done this for us, he came as an ordinary human being, with all these powers within him he never used them to destroy. In the same way we can also, with love and affection, we can also really come out of our death, come out of our misgiving, come out of our destructive nature. This destructive nature is the most dangerous thing for Sahaja Yogis.

That's the only hope we have that Sahaja Yogis are resurrected. The only thing I know is that if we have so many Sahaja Yogis, this world will change. This world has to change, but your progress should go on, you should progress more and more. You should not regress back. For small things here and there, don't worry. You have a very great responsibility and that responsibility is to transform the human beings. That's your doom, how many have you transformed, how many have you changed? It's alright for men and women. You have to change people, this is your job and this is the power you have got from Christ. That you have to change them, transform them into the new world of happiness and joy which we call it as the Sahaja Nirmal Dharma. If it works out, if it really works, think of the world how beautiful it will become for us. It is the duty of every Sahaja Yogi to go into this kind of a new venture and try to find out how many people he can convert and how many people he can bring around.



I hope next time we'll have double the number of people that are here from all these eight countries who are hosting now. All my love to you all, Great days are awaiting us, we have to now understand only our responsibility, Main thing is, how many people we have converted, how many people have we resurrected. That is the record. Not what, how many Pujas you have attended and all that, that's not important. Pujas are just to give you strength and to give you power but they are not your work, that's not your work. For your work, you can take from Pujas all the strength that you need. But if you do not use this power then what is the use ? So I now leave it to you that you are resurrected and you have to do others, which is a very very important job at this time when there is turmoil and destruction.

You have to realize your responsibility. See this Mother Earth, how she knows her responsibility, She's just made out of nothing but soil and mud - but look at her. How she's conscious, how she's particular, how she works it out, how she's attentive, how she's careful. While you, though you have been blessed so much by everything, are you thinking of giving it to others ? With 12 disciples, whatever was the problem of Christianity, I mean it was not a good job, I must say, but still Christianity spread out. Islam, was not a very good job either, it spread out. All those bad jobs have spread out so much, so why not the good job of Sahaja Yoga. It has to spread, it has to go to various places. Try and find out where to go and talk about it and do good to others and help them....

The time is very short and I think if you see the time, 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, by the way, Sahaja Yoga is by the way - and this is why we are failing in our responsibility. We have to learn from the Mother Earth. You might say that Mataji, how can we be like you ? After all you are Adi Shakti. Many people say that. You are Adi Shakti, so what, you see with one finger you can move things like that. But why should I, why would I ,

what is the need ? So in that reflection that you are me, in that reflection that the Mother Earth is me, in that beautiful creation within you, you have to become very sensitive to the need of the world. What is the need of the world ? Today, if you fail, the whole thing will fail forever. Only very few will be there. So the need for you is to spread Sahaja Yoga, because this love is not only for you. It is not to be only enjoyed by you. It is to be enjoyed by as many as possible in the whole world. *So today we have to decide that... as the children of Adi Shakti, we have to go all out, everywhere, every corner, we have to shout and we have to tell loudly, what is the time in which we are living and what is the responsibility that you have to fulfill as Sahaja Yogis.* There must be some reason why you are here. Like in the beginning, Sahaja Yogis used to ask me "Mother, was I this last life, was I shivaji last life", I said, "What's the use?", You might have been anything, but what you are today, is much higher. You have to understand. You might be, say Napoleon, you might be one of the kings or maybe one of the queens somewhere, so what, what did they do ? Did they raise anybody's kundalini ? Did they have any power ? Even they have any understanding of kundalini? Did they have any love for others that they should give them realisation ? There were some sufis, they never gave realization to anyone. There were so many saints who never gave realization to anybody. Mohammed Sahib never gave realization to anybody. Gautama Buddha never gave realization to anybody, think of it. Christ never gave realization to anybody. Anybody! Krishna did not do it. Rama did not do it. Nobody but you can do it !

You can do it and you know everything about kundalini. It's a very big thing because you are children of the Adi Shakti. You are here and your Mother is here. It's a very very fortunate thing for me that you are here. I'am very proud of you but again and again I have to tell you that the work has to be with a faster speed we have to move with a faster speed and get more people to Sahaja Yoga rather difficult for me to say 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 the only thing will be that you have failed me completely. It means that, nothing less than that and if you don't want to do it then I would request all of you to take vow today that you will spread Sahaja Yoga and you will talk about Sahaja Yoga, know about Sahaja Yoga.

The greatest thing has now happened is, which I realize, I am very happy about it, that Sahaja Yogis feel very responsible about Sahaja Yoga. And they feel that they have to spread this enlightenment everywhere. It is their innate desire now to spread Sahaja Yoga. Firstly it was that, they should become spirits. Before that also, there were some people who didn't actually seek the spirit, but they also became Sahaja Yogis. And I am surprised, with some of you, that I never expected that they would go so far - and suddenly you hear that such and such a person has gone there, has done this, has done. So, when you came into the realm of reality, I don't know which principle you accepted first, that's your understanding. But one thing you realized that you are definitely connected with the Divine. Some people had tremendous experiences, some had mild experience, but most of them, I saw, started believing in themselves, understanding themselves, and having confidence about themselves.

Complete emancipation of this earth, of this globe - I am sure will take place, if you people all take up the "responsibility." The responsibility has certain problems, which we should know. When you feel responsible, you must know that you are not incharge, one thing. Secondly, you also must know that there are so many other forces, so many angels and ganas are with you, you are not alone. So to think that you are doing any thing will make you, maybe egoistical. All that you have to do, is best is to say, I am not doing anything, it is the Divine that is working it out.

### **Collectively Meditative**

The problem is that you people don't realise that you have to be responsible for Sahaja Yoga, responsible for giving Realisation to

others and attend all the programmes you have of meditation. With collective meditation you get alright. All your problems are solved, if you go to the collective meditation regularly - I promise you.

You have to be collectively meditative because I am a collective being of all and when you meditate collectively you are really very close to Me. So even if you have a program or something, you must do some meditation with it. Always have meditation as a priority for any program. You sing the songs, it's over, everything is done, then you meditate. If I am insisting on something, you must know that this must be the truth I am telling, absolutely the basis of it, though it looks rather mundane, but it's very important. This love is more effective if it is collective.

### **Count How many You Give**

What is most important is, that 'How many people you give Realisation'. That is your life. If a lotus is there it will open. But it must give fragrance - even the lotus has a responsibility. Then what about you people ? I am not saying you get crucified like Christ, no. I said you enjoy your life - you have peace and stability, balance. But, at the same time, you have to spread Sahaja Yoga. This is what is your job now. Your job is not important only, this is important, how many people you give Realisation. It is very, very difficult because they have made a mess of all the great incarnations, all those great sufis and Saints. But at least you people don't do that. So please try to think to whom can you give Realisation, to whom can you talk about Sahaja Yoga. You have to spread out. And next time I hope I hear from you how many people you have given Realisation. That is the greatest justification for the crucifixion of Christ. for His birth, for His coming on this earth, His Angya. And if you have given Realisation, they have crossed the Agnya. They have gone beyond and they are in Sahastrara.

So in Sahaja Yoga you understand everything. It is very easy to understand. Sahaja Yoga is the simplest thing to understand - but after

Realisation ! So you have to go round and see how many people you can give Realisation. Everything is alright, all your worshipping is alright, you puja is alright - but - what is most important is how many people you have given Realisation. I would like to know how many people have given, especially with ladies. Ladies are rather weak in giving Realisation. They can do a lot, I know, they can. After all, I am also a woman, But somehow I find the ladies in Sahaja Yoga are not of a level. They can do a lot, a lot, but somehow they don't understand the importance of their life. You are very important.

How many people there are who have got Realisation ? There were so many Sufis who got Realisation, they wrote poetry - finished. There were so many Saints who did so much, wrote so many things. In India we had so many saints, they wrote all these things, people will read them, but nothing happens. You have, you have the art of giving Realisation. You know about kundalini, you know all about it - go ahead and talk to people.

I was alone when I started Sahaja Yoga and I am a woman. So what about you ? There's now a challenge for all of you ! How many people have you made Sahaja Yogis ? Even in your family people are not Sahaja Yogis. your daughter is not, your son is not so what's the use of singing glory to Christ ? If you are singing glory to Him, you must make people cross their agnya. He is so highly placed within us, but you have never respected Him. That, such a highly placed personality you have crossed over, so why not others.

Let us see from today's Puja how much determination you have. You should know that a Goddess doesn't come with your own demands. She comes on Her own. She has Her own timing. But if you are people in majority who have really become saints and making others saintly - then I am for you ! Otherwise I am available to you - you can have my vibrations, you can have my Pujas, all these things are permitted, no doubt. But for that you're only capable, you are only entitled for that, if you are doing Sahaja Yoga. If you are spreading Sahaja Yoga, if you are giving to others, then only you will be considered really capable of

receiving the vibrations of the Goddess.

In some countries if it is so much powerful, why not with you country, with your neighborhood, with your friends, with your relations, it's possible. So tonight you have to decide that you are going to dedicate yourself in giving it to others. It is very joy-giving. And talking about Sahaja Yoga.

Nobody writes to Me that you have given Realisation to so many people. They never write how they have been able to achieve the spreading of Sahaja Yoga. No one writes. It's very surprising. You have to tell Me.

### **Critics**

When I find Sahaja Yogis criticizing Sahaja Yogi. I am amazed! I am really amazed ! Because you are part and parcel of the same, how can you criticize ? One eye criticizing another, I just cannot understand. I can criticize, alright, but why should you ? Why should you criticize each other ? Only thing you have to do is to love each other. Christ has said it thrice, I must have said it 108 times already that." you have to love each other, that is the only way you are expressing Compassion" If I have given you any love any time, 'you' have to have patience with others, love for others. I sometimes try to coax people, and I find that people immediately come out with some sort of criticism of others or something like that. Now the basic thing is, that our Compassion, if that is flowing, then only can we get Compassion from Mother. (8208060).

It's very easy to criticize others. It's very easy to say others are wrong, but it should be the easier to see what is wrong with you because you cannot correct others, you can only correct yourself. It's as simple as that ! Like a daughter is married to another man, now supposing there is any problem between the two. It's better to tell your daughter than to tell the other man, because she is your own. In the same way it is better to correct yourself than to correct others. It's the easiest thing to correct yourself, if you could look at your ego which is stopping it. And who is

the gainer ? who is the person who receives the benediction, and the bliss of Sahaja Yoga ?....You should know, by fighting with each other you are reducing the power of Sahaja Yoga. By getting angry with each other you are reducing the power of Sahaja Yoga. Imagine if the channels start fighting with each other, how are you going to channelize the energy. So first of all, make your channel alright. And understand that we all channels put together are going to do the work better. We all have to be together. Togetherness is to be felt. When the collectivity is disturbed what is the centre you catch ? can you tell ? Vishuddhi, and Sahastrara - because I am the collectivity of all the Gods. And all the centres are in the brain, in the Sahastrara. And thirdly when it goes beyond a certain level, then you catch on you Heart. So Vishuddhi, Sahastrara and Heart, this combination starts. If Agnya left or right, any one of them joins in, you develop Ekadasha Rudra.

### **Spreading Hands**

America is the Vishuddhi of the whole world, so it is very important that the people who are incharge here should know all the powers of Vishuddi, plus how to preserve it and how to expand it to the whole world. With these two hands also are from Vishuddi chakra and with that you have to spread Sahaja yoga. You have to go to different worlds, different countries, to - even to small villages you have to spread Sahaja Yoga. Only in the hands first, you see the cool breeze. That means it is you feel the universal power of the Divine in your life. So this is the collective, universal love that comes to your hand and teaches you.

### **Talking**

It's not for your good now you are doing it, so called. First you were a little baby, a small thing, now you are that Collective Being. So you are not doing anything for yourself, but for that collective being. You are growing to be aware of that, of the whole which you are going to become. Your jobs, your money, your wives, your husbands, the

children, the father, mother relations - these considerations are over now. You all have to take up the responsibility of Sahaja Yoga. Everyone of you is quite capable, you are brought up for that. Do whichever way you like, whatever are your capacities. With full Dedication you'll get it. Dedication is the thing. Complete dedication is the only way you can grow further. Tell all the nations and tell all the people, all over, the great message - that the time of Resurrection is Here, Now, at this time, and that you all are capable of doing it.

And talk about it. But Sahaja Yogis are a little shy. Once I was going by plane, and one lady was very, very hot. So I asked her what gurus she follows, she told Me the name. I was surprised that she didn't know anything about spirituality. And these people have huge houses and big temples, everything, and she was telling Me the praise of her guru. I thought, "She is very shameless. She hasn't got anything in her. She's so very hot and she's talking about it!" But Sahaja Yogis won't. I was surprised, why Sahaja Yogis don't talk about it.

But the other day I had gone with somebody in the market and I had a Sahaja Yogi with him (Me) and I was surprised, he started telling them about Me and he started giving them Realisation and they were very happy about it. Everywhere you go you have neighbours, you go to markets, everywhere you should go and talk about it. Like they sing carols - we should also have bhajans and things to tell other people, we have to tell them. Why are you so shy ? This shyness is not going to help Sahaja Yoga. So please see that you try to give Realisation to others. You have powers, have faith in yourself. I think they lack in faith, or whatever it is. There are very few people who come out and do it. Italy I have seen and also Austria, Australia - Sahaja Yoga has spread a lot because of their conviction that, "we have to give others what we have, we have to share it."

The problem today is very complex. Your infrastructure is spoiled not only by these pseudo-people, also by so many other things which we have taken to. The society the family life, the addictions, the habits and so many things have crawled into us and have woven such a net



that to get out of it is not possible. There's only one way to get out.

Once as a child I had read a story about some birds. A net was cast and so many birds there were caught in the net. And they discovered that : "we are misled. Misguided'. They saw some grains and they were misguided. So, how to get out of the net was impossible for them. It's an impossibility. One person cannot get out, one person tries to get out others get more entangled and he gets even worse. So, what to do ? The whole said: "Why not we all fly out with the net itself ? And then with our beaks we'll cut out this net and we'll be freed, but first get out from here. Put our energy together all of us and let's fly out. And that's what they did. They spread their wings all of them put together and took off and of they went and they were freed. Today Sahaja Yoga is that kind of a trick. One person cannot work it out. It's impossible. If one person has to do it, it's an impossibility. He has to go and live in a cave permanently. Any one person, even endowed with powers like Christ, comes on this Earth is crucified, finished. Three years; then was crucified. Nobody understood him. So we have to have many more to get out of this net which is created through the efforts of the pseudo-people, through our stupidity, we can say, our wrong doings, misguidance, all kinds of problems which are against evolution. One has to become a whole group to lift up the society higher so that you can really get rid of the shackles of this bondage.

Some people think they are very high up in Sahaja Yoga, But it is not so, it is not so. If by thinking what you are, then you are lost. What you have to do is to understand, what have I done. How many people have you given realization, to how many people have you talked about it, people are shy even to talk about Sahaja Yoga... a Sahaja Yogi will not tell anybody. What is Sahaja Yoga, they feel shy. They will have a hundred friends, they'll meet a hundred friends, but they will never tell them what Sahaja Yoga is. They are shy to tell them. They would not mind going to parties, you see, with others drinking and they will say alright, "I don't drink" but they will not say I am a Sahaja Yogi, I cannot drink, by nature I cannot drink, they will not say that. So, this is the

third point, one has to make the announcement. You must have faith in yourself and you must announce. All the saints announced, they were killed for that. You saw how Socrates was given poison. Doesn't matter, nobody is going to kill you now, in these modern times. These fundamental rights do exist, so nobody can kill you, take it from me, but you must announce. And the announcement should be with full faith and understanding about Sahaja Yoga, how important it is. The purpose is to transform the whole world. With your transformation the whole world transforms. That's a very complicated thing otherwise, Sahaja Yoga is extremely complicated because of how it works.

Why you see in my lectures, there may be thousand but when it comes to meeting you people, there may be hardly four or five. The reason is that you are the one who are lacking in communication. Now there was one gentleman who came to see me and told me "Mother I once came to your lecture" (it was in France or something)" and I was very enamoured the way you talked to us, sweetly, you put those ideas into our heads and you were so kind and so patient" But when we meet the leaders they are just like bulldozers, to face them they just come on us like a bulldozer. Then it's impossible for new people to come in. Now if there is a force, which is cosmic force, which is acting through you, you are just a channel and it is working through you then allow your channel to work it out. But if there is this ego business and there is not proper landing of those who are coming to you. You have to be extremely sweet and kind to them. But I was told even in the Hall people are extremely arrogant with them when they come to my programme. So this shows you are still not there, it is anti Sahaja behavior. You have to be extremely kind, extremely sweet and very wise with everyone. Let everyone come in, let everyone sit down I will manage it, I can look after it. So this is one thing that reacts on you, on your Sahaja Yoga temperament, is when you start getting angry with others or scolding them or shouting at them or argueing, I think the less we talk the better it is, so that at least the temper you have will not have expression of that kind. But the temper is also that if you suppress it, it

will act like a suppressed seed and you can become volcanic sometimes. So in this tool we have to learn that one thing is, it is more the silence within us, which is powerful. Silence is the most powerful thing we have got. If somebody argues, some outsider comes, you just keep silent about it. You get patience and you'll be able to handle them.

### **Collective Resurrection**

The Resurrection of Christ has to now be collective resurrection. This is what is Mahayoga. Has to be the collective resurrection, and for this collective resurrection first of all, Sahaja Yogis must decide to be collective. Because through kundalini awakening you cross, no doubt - you cross through. But you enter an area of collectivity and if you do not allow that collectivity to permeate into you, then you come down, Supposing you become a state beyond the elements, the state where you are a collective being. You're aware that you are a part and parcel of the whole. You reach that stage where you understand, I am as important as other cells are and other cells are helped by me and they have to sustain me. We are one. There should be complete concord. This awareness comes after realisation and if you do not understand that this awareness, that this collective awareness is the only way you can stay in that area, otherwise you get out. You start having your smaller wells and you just go down into them. The more you start to expand yourself you rise higher and then you are again with your Budhas and whatever it is. But, if you think that I have to live for the whole, I am responsible for the whole. I am responsible for creating a nucleus of a cell which is going to look after the whole and if I fall down the rest also suffers. I have no business to fall down because I have been resurrected to this point, I've entered into the state of collectivity where my being, which is the Spirit, is the collective being and I have to stay there, I have to be there, I cannot fall, is not the way I can live.

But, I've seen after realisation also, people cannot get out of their shells. They still remain in the shell. They cannot spread their wings and sing and get out of their shell and just fly. They cannot do it. They

still stick on to their small ways of life in a smaller way, in every way. On a holiday you go, you want to have a separate holiday. Why? This is the holiday time - holy day, as they say. HOLY DAY. This the holy day, when you are with other Sahaja Yogis, you are really enjoying a holiday. When do you enjoy a holiday otherwise? Which is the other way? To be with them is the real holiday. That is why one should understand that you should expand your collectivity. If you do not expand your collectivity, you are just a waste. You are a wasteful creation of Sahaja Yogis. which, I am sorry to say, will go down. Such people show also - in the beginning, gradually they start getting better and better and once you are in full state, you start enjoying each other's company without any fears about them, without having any possessiveness about them, without having any kind of expectations, but just enjoying it. That has to happen. All our cells in our body are like that. If they can do it why not we ? Because we have so much of sense - at least we think we have more sense than the cells have. At least it is expected because we have evolved so much from unicell to this state. And then you are the epitome of God's creation ! You are the topmost people. Then why not ? When you are resurrected the first thing that should happen to you is to understand, you are no more an individual, but you are a collective being. You are no more an individual. All things which make you circumscribe you individuality - throw that away. You are no more an individual. All problems which come to you as individual problems are absolutely useless, false, wasteful. Think of the collective problems. I enjoy such people.

You are now entered into the kingdom of God and He's going to look after you. Because that state your establish within yourself- that you are a collective being, all other things will drop out. Gradually everybody will be remoulded. Even the most difficult type, I've seen, have improved. But what about you, the one who is improving everybody else, what about you? How far are you there ? How far is your faith that you know that I have entered into the kingdom of God and that action of mine is looked after and guided by His power, and I am aware of it? I am aware that I've entered into the kingdom of God,

which is expressed through my collectivity. So collectivity is the nature of a Sahaja Yogi and that's what one has to realise.

### **Discretion**

We are the people who are not to be afraid of any society. We have to come out of it and 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. If you have seen any saint, anywhere, they have gone all out to say whatever is right, whatever is to be done, and whatever is to be followed. That's the sign of saint. Otherwise your saint sometimes gets dissolved in the society, sometimes in Sahaja Yoga, sometimes here. Then what's the use of such saints? Tell me any saint, who you know, who has not fought the society, who has not pointed out the mistakes of the society, in a very loud manner, without any fear ? Have you known any saint like that?

For Sahaja Yogis, it is very important to have that courage within themselves. If you develop your discretion, then it works out. On the ego side what kind of a discretion you develop, and how ? On the right side are all the Devas, all the Deities sitting around you. You have to understand these Deities. You have to know what they are going to do. Supposing now, you are lost on the way. So, you should not think like all other people. 'Oh, I am lost on the way, How will I go there? What will I do? After all you are going for some nonsensical work. It doesn't matter, But you must think, *Why Hanumana, He must have brought me here for some purpose, Let's be on the look-out.* Accept it, accept the situation. When you accept the situation, you are playing into the hands of the Deities, and they are guiding you, Your Deities are working it out. Accept it! And this acceptance will give you a wonderful discretion over your ego. Whatever goes wrong, it's all right. We accept it.

And above all, the vibrations part, which you have to see. If you do something, if vibrations are going down, then of course, "I am a Sahaja Yogi, to me vibrations and my ascent is the most important thing" - So

to develop the discretion on the right-hand side, you have to know your goal, your destination. You must know on what path you're standing and where you are brought. Where are you today ? We are not like other people...

Sahaja Yoga is a precious diamond. You can not give it to every person. I've seen people at the airport raising the kundalini of everyone. No! it's not meant. 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 realization. We don't want quantity, we want quality of the Sahaja Yogis, and the quality of the seekers. But when we start thinking of getting a majority for a vote for Shri Mataji, I have to say, I am not standing for any election. Whether you elect me or not, I am elected. You don't have to do that. I don't need many people for that and when you fail in discretion, you find some problems develop.



# CHAPTER 8

## SPREADING IN THOUGHTLESS AWARENESS

*"Sahaja Yoga is to be worked out,  
not to be thought out.  
Thinking is lazy man's garb,  
used to avoid work."*

## **Brain Work**

Sahaja Yoga is not done through brain activities. It works on spiritual level, which is a much higher level than the mental level... You have to know that Sahaja Yoga is to be worked out, is not to be thought out. You just cannot think about it. Whatever you may try to do through your thought, you cannot achieve any results in Sahaja Yoga.

A brain which is simple, which is straightforward, which has got love in it, can understand what I am saying straightforwardly. This complicated brain is to be put right, and the best way is to stop thinking, Just stop thinking. That's what you have to do. Now when you stop thinking you feel that nothing can be done. But by thinking only you don't do anything. Now for example, I have to give you a speech, but I start thinking about it, what will you hear? Can you hear my thinking? You have to say, enlighten these lights, then you just start thinking about it, "I have to enlighten". Will it get enlightened? This is to be understood, that by thinking, you do not do anything. Thinking is lazy man's garb, and is used to avoid work.

When reality expresses itself as compassion, then you don't do anything about it. For example, to say that I raise your kundalini, also, I don't know if I do that. Because you are all ready, you are all like candles. I am a candle which is enlightened, and if this candle enlightens another one, I do not think I have done a great job. Because if I am enlightened and then if you are ready and if I enlighten your candle, then it is just done. This is what reality is. There is no question of having any humility about it, but that is a fact ! I really do not do anything. You are all made ready for this purpose. God has prepared you like this and you just have to accept yourself, and if this works out in a simple straight forward manner, you get your realization...The difference between the reality and the concept is this that with concept we develop egos or we develop another system by which we feel obliged or anything. But with reality you just do it. It just works. You start speaking in third person. Like you say. "It does not work out," "It works out", What is this 'it', that is working it out ? Then you realise



that you are working for that great power of God which is His divine Love, which is all pervading, which is doing all living work and you have become part and parcel of it.

It's the Spirit that works out auspiciousness. And imagine when you think like that, how much tension goes out. First of all you have to be a slave of your watch, another, you have to be a slave of the books, then, you have to be a slave of the market, of the place which you have to hire. But supposing if you allow the Spirit to work it out, then everything will work out. And you will reach at this point when it is the most auspicious. So, how do you accept it? - Just by accepting. So just now, if you give up your 'satta', your own domain, you get into the domain of your Spirit. You give up your domain, that is, your ego's domain, or may be your super-ego's domain, you give up that and try to see things how it work's out. Now, what is the testing point of it? How do you test it? It works out - that's the point of testing it. It works out. Allow it to work out. Don't put your attention. Attention has the second part, the tension. And don't try to say, "Why not today, It should have happened today, we expected it to happen, why not at this moment?" - That's your ego, "Thy will be done", so the thought that starts moving in you mind all the time, which creates tensions is not the thought of the Spirit. So, what you should say, "Not this thought. Not this thought, (Neeti, neeti), Not this thought not this thought, not this thought", - and see how you relax - Now you are relaxing - Not this thought, not this thought... Just go on refusing accepting any thought. So you go into Nirvichara. In that state you feel the Spirit.

Dedication is actually turning back to yourself and looking forward towards the Divine personality in you. Once there is Divine personality in you, there's no problem of Devotion. You will just become one with it, you start enjoying it. But this rationality is the worst thing, that plays tricks with you, which deviates you from understanding that whatever life you have led so far has been a very material, gross life. You came out of it, you have grown out of it, you have come up, Now to blossom, to become fragrant, you have to give-

up rationality. That is a binding. Try to avoid rationality, try to avoid arguments. Try to avoid giving reasons.

### **Worries**

You don't need to worry about how, what, where and when the negativity is working out - you are a soldier. You have to just fight. There should be no obstacle - just push forward.

....I thought now I'd better stop worrying as to what the atmosphere is, worrying as to what sort of people there are, let's start. And that is how the first Brahmarandhra Chhedan took place in India. Under these circumstances Sahaja Yoga started. And there I find that the powers of Adi Shakti are much greater than the problems you see.... because these powers are awakening the kundalini.

It is very important to understand your value, who you are, how remarkably important are, born at this time, got you realization, for what ? To emancipate this world, to transform human beings, to take the whole of this world into the realm of God. That is what you are for... So I would expect all of you to have this new development in their Sahastrara, in your Sahastrara, in everybody's Sahastrara. We have to think of the whole world, we cannot just think of Sahaja Yogis and also about the seekers, seekers are there, alright, but what about the rest? There's so many problems they have, and so many things are to be done. For example, now we have a problem in India of poverty. So I'm trying to do something for them. You have problem in your countries. Find out what problems there are. You can start some sort of movement for them. Try to help them as far as possible It's not missionary like, that you convert somebody for some sort of a reward or some name, you have to just do it for your pleasure, your pleasure to do it. That's how you'll go to the society and you won't be afraid that you will be caught up.

### **Subtlety**

And as you grow in quality, more and more people will come. Because

I know, all the time, you are so collective that you, all the time you see "Mother, my uncle is still not a Sahaja Yogi, see Mother, my brother is not yet a Sahaja Yogi". I know that feeling you have, that my father still is not a Sahaja Yogi. So forget about them, but those who are seeking - approach them. They are your real relations. Then afterwards when all these people will join, your father, mother, brothers, sisters, children, all of them will jump in. They are that type, they will wait and wait and wait- they are not seekers. But those who are seekers, you should seek them, you should find out where are they. My attention, of course is with you and every time you think of me, I'll be at your service fully. Whatever you want, I will be there, to help you whichever way is possible. Anything you find very difficult, is not, because you take it upon yourself-but if you leave it to this All pervading Power of Divine love, to this power of Adi Shakti - Paramchaitanya, nothing is difficult, nothing is so bad that you cannot manage it. You are not doing it. Humility is only possible for people who are strong, because they don't need any reactions, they don't need any protection. Their humility keeps them protected also very much. So you just start thinking or feeling - thinking is a funny word - feeling, that you are a small dust particle, at the same time you feel, you are the whole sky... Such a flexible temperament you develop and that makes you subtler and subtler, because you can penetrate into any thing, any subject, any personality, any understanding, any book, anything - any enterprise - in a very subtle manner, and you immediately see what is to be done, because you become so subtle. And then when you become very great, then you start thinking - or I should say feeling - what you can do to help so many people, to do this great job, to do that.

This, when it happens to you, then don't think that you are egoistical, nor you should think that you are very small. Only thing is now, you are the spirit and spirit is very subtle, it's a very subtle light but it can penetrate into anything, it can expand into anything. It can remain anywhere but it can disappear anywhere. This subtle personality that you are, which is your spirit, you even don't use it, but it uses you - all the time. Without your knowledge it uses you.

So the second thing should be that you should not determine what you are going to do. What I have to do - if I have decided, I must do that. Whatever you have decided is all right, but if it does not materialize, there's nothing to worry, there's nothing to be upset, there's nothing to be overly nervous about.

One must know that you are not doing it, everything is arranged and planned and beautifully kept for you. You decide "all right, if your decision is always have to do that, it will work out, doesn't work out, if it should not have been worked out."



# CHAPTER 9

## THE NEW DIMENSIONS

*"Sahaja Yoga is the greatest work  
of spiritual world,  
where all the cosmos, all the Gods and all the  
Goddesses and all the angels and incarnations  
and prophets, all are busy working it out,  
within you and without."*

## **The Job**

In Sahaja Yoga you have got your realization in one lifetime. And in this life -time you have to grow. And in this life you have to achieve the highest. So the time is so very short ! And the background is so dark. You are surrounded by people, who are pouring out morning till evening destructive concepts. Now you are the people who have to shoot out much faster than all of them. but a kind of a lethargy, though you understand that your awareness is very different from them, a kind of a lethargy, which does not accept it the way it should accept Sahaja Yoga. Everyone of you must think every day, what have I done for Sahaja Yoga today ? But you are all still very busy with you jobs, of making money, having relationships with people, who do not matter at all in Sahaja Yoga. We have to make an all out effort to rise to that point, that whatever we know, we believe in, we act on that and become one with it... For the gross freedom we do anything, but for the subtler freedom the Sahaja Yogis have to do everything that is possible.

The first thing is to realize, to be aware, to be in your conscious mind all the time that you are yogis. You are the ones, who are very much higher that the rest of the humanity. That the salvation of the whole of humanity depends on you. The purpose of creation will be served by you. So first of all you have to be conscious in you consciousness, that you are so important and that's why you were given realization. How can you be living with your conditioning and with your ego?....Though now you are aware, you are aware and conscious of your chakras, you do not keep them clean... But you do not feel ashamed of them also when they are bad. Because after some time you also loose the awareness of them. That means you have become subtler, but in your consciousness you are not yet subtle. There are so many things, you know more than the people who are not realized, as absolute reality, For example - we don't even use vibrations, whenever it is needed, we don't use it. Or sometimes mechanically, just like a machine, we start giving bandhans, So you are still unconscious about

you chakras. The consciousness that I am doing it from my heart, is what I want you to achieve. Like there are people who work very hard in Sahaja Yoga, others will just take it for granted., They do not want to help. They want everything to be ready made. That shows that they are not conscious of their own powers of enjoyment. If they do it from their heart, then they will never feel what effort they have put in, they will only feel what they have been blessed with or what they have achieved. The sense of fulfillment and satisfaction will overcome all your problems, specially your left vishuddhis.

### **Spiritual work**

Why I have to work very hard, facing all kinds of problems, all kinds of turmoils, all kinds of pressure, what was the thing ? Just to see that you all are created and you're all My hands. You have to work, every finger has to work. And that is what I have been telling you, that now it is our responsibility to see that we become, not only Sahaja Yogis ourself, but blossoming time and many, many Sahaja Yogis we should have.

It's a work of Adi Shakti. Try to understand this, It's not work of any saint. It's not work of any incarnation. It's not work of any politician. And nor work of any big leader. It is the work of Adi Shakti, which is so transparently showing its results in you.

Now, it is for you to see. To please Me is your ardent desire, I know, I see how you love Me and how you want to do for Me. The greatest thing you can do for Me is to spread Sahaja Yoga. [it] is a very special, extremely difficult blessing you have got. You didn't have to do any efforts. You didn't have to pay any money. You don't have to get sick with rituals. You got it spontaneously. But that doesn't mean that it's sort of your birthright to get it [it] is the work of Adi Shakti. And the work of Adi Shakti has to be shown in your life. [it] is the compassion, without any reward.

People have tried to spread their religion by showing compassion to poor people, looking after the poor people, handicapped people.

There's no need, actually for Sahaja Yogis to do that. What they have to do is to transform other people, find out ways and methods how you can transform, how you can spread the message of Adi Shakti. Put your mind to it and you will know how you can manage it.

You are a spiritual worker. You are not a social worker. Of course, by the way, you can do social work. It doesn't matter, by the way. But the main thing for you is to transform human beings. With that, the greatest disease is of meanness, of cruelty, of torturing others, anger. All these diseases can be cured, which are internal, not external. That is today wanted. Every country's fighting and is tortured and is in peril all the time of getting destroyed. The only way you can do it is to give them Realisation. Now what happens is to be seen very clearly that when you give Realisation to someone and he values it and he grows into it, then you are protected. You are completely protected.

Who protects you, you may say ? The Adi Shakti, all right, but also there is a destructive power working in this world, not of negativity, but positive destructive power of Shiva. If He sees that if Adi Shakti's work is going on well, He's happy. But He's sitting there and watching each and every person, each and every work of Sahaja Yogis and if He finds something really very wrong, I cannot control it. He destroys, I cannot go to that point. He destroys, Not only destroys, but thousands He can destroy.

### **Soldiers of Love**

I am sure - it's really heartfelt - desire of mine that you should become really soldiers of love and peace. Because that is why you are here, you are born here for that. So enjoy yourself.

So you are like very gentle soldiers of Love, and that's what you have to spread and talk to others, give them that joy that you have. Not to be satisfied if you have got it only, or few of you have it. You have to spread it very fast, and you can do it. Because it doesn't require money, it doesn't require any show, it is just inside (that) it works, it is already there, it is present there, everybody has it. I knew all that. Of course I



knew it. But now you also know it, so you should work it out, and work it out in a manner that I am sure one day this world will be a changed place.

### **Vision**

I want to see that you people are doing in your country. You may say that in my country the people are hopelessly bad, may be, I don't say no. But, still there are places, there are pockets where you can go to talk to them, tell them - especially the media you must handle. It is something you have to do, and find out why you can't do it. Like me, I was not supported by anybody, not helped by anybody, and how I managed to break the Sahastrara, you can also break the Sahastrara of others.

It is not difficult, because my vision is that this world at least should have forty percent people who are Realised Souls and who are practising Sahaja Yoga, who are giving, Realisation to people and trying to change the people. Anybody you can go and tell, anybody. There's no need to discriminate or to find out or to sit down with their...I mean people take sometimes the copy of their education and this - that's not needed. Who-so-ever it is. I'm not saying to give it to dogs, or to animals, but to human beings (She laughs). They may be anything they may be English, or they could be Germans, they could be Italians, anywhere.

### **Time limit**

This incarnation had to come, the time had come...There is a difference between fixed time and time which is Sahaja. Fixed time is such that you can say that a train leaves this time, it will reach this time. But living things, which are spontaneous, which are Sahaj, you cannot say time. This advent came at a time which was judged what time it should come.

This is a special time, the best time of Ritambhara where you have to grow. That's the point, the season is that. In this season if you do not grow, you wouldn't grow. You have to take full advantage. With full

intensity you have to do Sahaja Yoga. That does not mean that you give up your job, or anything. If you are intense in Sahaja Yoga, you will be intense in everything.

Krita Yuga means the time when you have to do something, krita, when it is done. So you are the channels of that way, doing the work of God. You are the channels of God Almighty and His Power.

We have to enjoy our bliss within, that is important. Perhaps you are not aware of the bliss that you have. Not at all aware. Never, never before they were, so many people who got realisation. Never before, in the history, that Adishakti Herself came on this earth to solve your problems. Never before, that people of very ordinary effort, of very little seeking of very little understanding have been given realisation like this. It's like, sometimes, if you see, like a stone becoming a diamond suddenly. You get cut a diamond from a diamond such blissful state you are in. Tremendous peace has come. It is so effective. I myself don't know when I see them. I am really surprised, how it is working, Bliss can only come through gratitude. Only through enlarging your heart with gratitude. Bliss is the reward of gratitude. The gratitude which is not just wordily or just spoken lip-service, but is from the heart, Is from the heart, gratitude of the heart. And the blissful people are never jealous of others, because what is greater than bliss ? Bliss has so many dimensions, that you go beyond the realm of cause and effects. And all the angels, all the ganas are there to help you. You know that. It works out. This way it works out, that way....But you take it for granted. You don't have that effect of the bliss in you when you know this has happened, that has happened. What a bliss !

The time has come, you are the people who are going to change the mind of God with your good behavior. The wrathful God. You are going to please Him. Who is going to deserve in this western world, you tell me, today. You are the ones chosen for this, specially prepared for this, to create an area so that the deity of compassion should be awakened for the rest of them.

We have to know that in our awareness we have to be conscious how far we have achieved the consciousness for our relationship with each other, that is the collective consciousness of Virat, of the brain, that is of Sahastrara. So in principle Sahastrara is vishnu Tattwa, but the Deity is Shri Mataji Nirmala Devi. So you can see how the beautiful integration has taken place. All the powers of Shri Vishnu have to act according to the Deity, surrendered at the Lotus Feet of the Deity. So the consciousness of Shri Vishnu is absolutely in the hands of the Deity. I do not want to talk about this tremendous Deity. It is too much, because it may fill you up with awe. So, whatever is working out, allow it to work out. They say, surrender your Sahastrara to this Deity". And it's so, so allow it to work out. They say, "Surrender your Sahastrara to this Deity," And it's so, so simple for you, because you have the Deity, you have your own Sahastrara, and it's only you, the people who are Sahaja Yogis today in modern times, who have seen the Deity.

Now the time has come for you to know the truth, but truth which is not dry, truth which has compassion, truth that encompasses everyone, that brings the complete view of our existence. Why are we here on this Earth ? What is our purpose ? What should we do ? Adi Shakti's powers are such, of love and compassion, that makes you understand your self first.

The love, for you, is very, very limited. There's no awareness of you own being Just imagine what a great task is for you, how much you have to be seriously becoming aware of your self first.

That is extremely important. First you have to be aware of your self. And now you have the light of your spirit. In the light of that spirit, you can see what you are and you can see how far you are going, how wrong things you are doing, what harm you are doing to yourself and you have a power to cure it, to improve it and to come to your senses. These are the most important times. You will never get these times again. Never had it in the history and you can never get it in the future.

This is the time you have got, not only the awareness, not only the self

knowledge, but you know how to do it. Otherwise, about the saints, about those people, Tao and Zen people, they have just described what a person with self knowledge is, how he behaves, how his style is, how he's so different from others, But none of them have said how you become that. No one has been able to say that. Nobody has been able to do that also because perhaps most of them didn't know about kundalini and those who knew also, could not talk about it to people.

So the greatest work of the Adi Shakti is to put the kundalini in your Sacrum bone. This kundalini is not the Adi Shakti. The Adi Shakti is a much greater thing, a much bigger thing, much wider thing, much deeper, much stronger, much more powerful. Kundalini is the reflection of Adi Shakti power and when She rises, you know what happens to you and how you get your Realisation. But you have to be very watchful. Are you really a compassionate person ? If you are compassionate, the first thing that will happen to any compassionate person. I think, will be to help others, to emancipate others. They cannot be satisfied with their own achievements and with their own state of Self Realisations.

It cannot happen. What was the need for the Adi Shakti to do all, these efforts to work so hard ? You know that, that I had to work very, very hard, but, from my very childhood I've worked very hard and I've gone through very difficult times, very ,very difficult times according to human understanding, but the worst time I have, when I see those people whom I have given Realisation, those who are self-realised people, they are the ones who have no responsibility for others and, if they have, it is very little, they don't have that compassion and don't have that love that we have today to save the world, save the humanity. That's our - not only our principal work, but the only work that we have to do. All other things are going to achieve nothing except for your own efforts here, individual efforts to give Self Realisation to others and give them this knowledge.

To me it is clear cut, I have short time, because the instrument has to be alright. If you have to expedite the growth of the instrument in a proper

way so that the God of Love, God's Love flows and the God of that Love feels happy about it, we have to create such beautiful flowers that He appreciates, that He does not destroy. The spectator of this play has to be satisfied so that He postpones His destruction. That's why I said the time is short, time is very short. If we want our children to grow into the realm of God, they are great saints who are born, if you want to give them a full chance of the enjoyment, then let us first of all become proper parents and not people who just live with illusions. Everything in Sahaja Yoga cannot be explained. I cannot explain. I cannot, because you don't have those powers to understand.

All the nature is so anxious to work it out. But you must learn to cooperate with your Spirit. It's not a cooperation that is just by the way. It is to be the Spirit, the becoming of the Spirit fully, Is very important, Nothing should stop that.

I hope today's announcement will help all of us to have that understanding of our responsibilities towards ourselves and towards our Creator, It's nice to praise me for my love, It's nice to praise me for whatever has happened, but to be very frank. I do not know if you are praising me. I do not feel the praise because I myself I am not myself. I see myself as separate and then I tell myself that "See, you are Adi Shakti alright, but you have spoilt you children, you have not done full justice to them. They take everything so easy and mundane," So you have to tomorrow take a vow within your heart. It's not the words that are important. It has to be living action of your being. That should prove it, that should convince you that we are fully surrendered. And the effects of that you will feel in your own personality, in you own being, in you own manifestation.

All our ideas of freedom are to be bound by maryadas. If the freedom has no maryada, it is abandonment. It is nonsense. It is not going to help. So we have to create out of Sahaja Yogis great politicians. It has been predicted (see: Nadi Granth), that if Sahaja Yoga does not spread then the third world war is inevitable, People will suffer a lot with a third world war. It is possible to avoid it if people take to Sahaja Yoga

in big numbers. But if they do not, there will be a third world war and the effects 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 a full idea of how to be rulers like Shri Rama. We have to move very far with ourselves, training ourselves, educating ourselves, getting rid of our egos and understanding that we have to grow, It's a very big task, it is a great task and sometimes you might think. "How can Mother expect us to do it ? But I think that 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 the rulers of others.

People do not know that time has come. It is the last chance. You won't get any more chance. In Bible it has been described as the Last Judgement, your last judgement is in Sahaja Yoga and how it will be done can be judged by yourself. When the light comes within you, you judge yourself, "See my such and such Chakra has been caught." Then you say "Mother, I have a catch on this chakra", You know that I am ready to put in all efforts for you. You can also work on each other. Thereby you can completely clean all your faults, problems and sins etc. Why should you carry that burden ? Instead of throwing it off, people are running away from Sahaja Yoga. This is human brain, that keeps thinking and always remains worried, There is nothing to be scared of. If you become little steady, you will realise how big is this power, which not only brings into you faults, but also removes them and removes them completely.

So, first of all you must know, that kundalini Shakti is extremely holy and virgin. This virgin makes us clean and pure. In Sahaja Yoga, She is very much pleased to give you the realisation. Then there can be only two possibilities. Either you recognise the self-realisation within you, and rise up to its greatness and go deep in it, or leave it altogether. There cannot be third alternative.

....Whenever incarnations came, great and auspicious works were done. But now the time has come in which that work will be done, which is the most auspicious work ever done, thereby, you also will be the doers of auspiciousness and will realise the Spirit residing within you. This is the ever great work of Sahaja Yoga and the incarnations. It should inspire the entire society. In this great eternal life, when shadows of kaliyuga are enveloping the whole universe, your torches (flame) should burn high, and in their light you may attain auspiciousness, joy and prosperity. It is necessary for this, to keep you, lamps clean. You should wash your sins and past deeds. Your past deeds are washed along with your ego...

This is the last judgement. Let us see what happens. Whatever people come is alright for me. Even if they do not come it's still alright. Remember, God will not bow before you. You have to accomplish Him in your own freedom. If you have not achieved Him, it is not His fault, nor is it of Sahaja Yoga, mine, or that of Atma. You, who are having ego, will have yourself to blame. It is your wealth or you asset and it has been given to you only because you should accept it, know it, and enjoy it.

Now it is your responsibility to work it out. It is your responsibility. In your own way, think it, what can we do for Sahaja Yoga ? In everything you can see Sahaj. You will get ideas. Pass them all. Write them down, Write your poetry. So many things can be done by all of you and there is no time to be wasted any more. It has to be a very fast Job, because this universe is standing on the brink of its destruction. And we are the only people who have to save it. So it is an emergency for us. In that emergency one has to know that the nature of Sahaj itself is working out everything. But if this does not work in right time then we will have to have another world - which is another problem. So we have to think seriously about it and understand the essence of everything and understand yourself, why you do such a such thing.

### **The Joy of Spreading**

You are very great people, you can save the whole world ! I must say I

never expected all this to happen in my life-time, and it has happened, and I see you as very great, very great people. Especially ladies have to work it out more, because I am a woman and women have a special capacity to love, and to bear. I expect all of you to become beautiful Sahaja Yogis, and that nothing can convince the whole world but your work, your abilities and also your power to love. So many things I have seen, experienced about you people, and then I think about them. I really feel very happy. I have seen people, how they have managed and looked after so many things which were difficult, and have worked it out.

So now we are in for a new world, and in that new world, a new race of Sahaja Yogis have to show their results, they have to show their powers and their courage and their understanding. It is not serious, it is not frivolous, but it is joyous ! It is just joy that you have to feel about yourself. I am telling you all this because this is within us, within your power. It is all the time residing within you, and that you have faced it also.

The greatest joy you will get when you will find you can give Realisation to people. You can change their lives. Never you should feel such joy, even if you get, say, a big lottery maybe a big job or a big name or a very big award, no. The joy of creating Sahaja Yogis knows no bounds, is much a joy-giving thing. You develop such fraternities, such solidarity, as they call it, such oneness, such enjoyment of love, enjoyment of compassion. It's different level of enjoyment, that's not like ordinary enjoyment.

I must say but it's not the final, we have to work faster with more enthusiasm joyfully. You don't know what you get when you give realisation to somebody. The most joyful moment is when you give realisation to others. Now you just try once and you enjoy it and then you want to do it more and more and more.



# CHAPTER 10

## QUESTIONS AND ANSWERS

*"Why people do not come again,  
after getting Self-Realisation?"*

In Sahaja Yoga, people get the realization. Immediately thereafter man sees his own faults and as human nature is, he starts running away from Sahaja Yoga. Initially, he gets scared, the very moment he starts seeing his own faults. He cannot believe that so many faults exist in him. He is scared and then he starts doubting. You have seen, thousands of people come and get the realisation but they do not come again. What is the reason for it? If hundred people are realised, only 10 per cent come back. It always happens. Therefore Sahaja Yoga is developing rather slowly. That does not matter. It's reason is that man is so much identified with himself that he does not want to know his faults, and when he knows them, he starts running away. But it is better to know your faults and correct them, rather than carrying their burden from life to life.

When you are realised, I would say 'when you are a newly born person', if you start respecting you attention, then gradually you develop a deepness for Sahaja Yoga. But so many people when they get realised, they hardly come second time, even if they come again they do not develop the feeling of vibrations more. They still go on being busy with their day to day work, wasting their attention on things which do not give you them the subtler feelings. So the subtleness, the depth 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 incorrect, some of them are absolutely false, some are useless, some are only because they wanted to make money, they have 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 start again losing the vibrations. Actually after-getting Realisation I've seen with small children they sleep for very long hours. They become little inactive for some time, but if an elder gets it, he'll immediately go to the book-stall, buy one book on kundalini and start reading about it...

Physically those who come for physical handicap or physical trouble or something like that, because they are sick, are sometimes little better than people who do not have this, because definitely they get the relief part of the joy. If they get the relief, there is a little shadow of joy that they feel and then they start understanding that it is to be enjoyed. But I would say they too, once they get the relief they just disappear, not understanding that there is something greater than this to be tasted and enjoyed. And the physical enjoyment in Sahaja Yoga itself is sufficient to keep your attention subtle. You do not have to fix your attention but you have to get subtler and subtler in your attention. Fixing up of your attention, as you know, is a very wrong method. That was done by some Yogis and you know that is the result of that, their chakras were broken and finished. When they fixed their attention onto Agnya Chakra, you've seen that Agnya chakra is broken. You have not to fix any attention but you have to make your attention subtler and subtler.

**Question : What about people who are good people, not seekers, but who have got realisation but don't seem to see the significance of Sahaja Yoga ?**

Shri Mataji : They will go out of circulations. Sahaja Yoga rejects more than accepts. It is a judgement going on. Such people will go out of realisation. You can talk to them of realisation, give them bandhans etc. for, they are the people in whom you could be interested but they are lost otherwise. For example, butter is made out of curd by churning. A little butter comes out and the rest is butter milk. To separate it, a big lump of butter is put in the butter milk and when it is churned all the butter gets around that big lump and gathers into a larger lump of butter. But some butter particles are left behind. If they do not stick to the larger lump of butter, they are thrown away with butter milk. So, those who do not come to Sahaja Yoga and are not up to the mark, will be thrown out. It is a fact but you should have 'nirpekshita' i.e. you should have no attachment to such people.

## **Frustration Caused Advent of Sahaja Yoga on Earth.**

I realise that when something is very important from God's point of view, all the negative forces work out their plans on how to delay, how to put obstructions, how to deviate or how to bring hindrances... He is Compassion. He is Mercy, He is everything, But in His mercy only. He is going to destroy this world. He won't allow more sins to be committed against Him, Even otherwise destroys. What is cancer? What are all these diseases that are coming up in you body? They are nothing but our own destructive forces that we have built within ourselves. There is no fear from outside ourselves or is built in, of which we should be aware. In the name of freedom, we have gathered within ourselves all the germs of destruction. It is such a built-in process that we are not even aware that these attacks are coming, that they are there. We are quite satisfied with ourselves, our artificial life, etiquettes and superficial mannerisms....

The easiest thing to do is to sit down and ask question, but it is best to get your Realisation. That is the most important thing today, Of course, under the circumstances, as human beings are, it is not going to work very fast, I am very sure of it. I have tried my level best, Like mountains you have to raise the kundalini. It is really like raising mountains. You feel so tired and worn out. But then they don't want to appreciate it. So do not feel disappointed, do not get hurt about it. Slowly and steadily I am sure, in you own eyes, people will see how your life is transformed into joy and bliss and understanding. They will see how loving and delighted you have become and then they are going to believe that there is a better life for you. Some people are in such a bad state that they see a black picture of everything. They are so disappointed that they have given up. They have just given up. They say "Now we have just finished with it. We have done everything and now we do not want to do anything more".

I have seen in France. they are discussing about the collapse and the imminent destruction of the world. They are discussing that "Let us be finished now. We have had enough of it. Let us have the ultimate

destructions, whether it is an atom bomb or anything else. Let us be finished.

It is so desperate! I can understand the desperation of those who are thinking about, of those who are concerned about it. I am bothered about it. I have no doubt one should feel desperate. Even the Sahaja Yogis sometimes get very upset and become extremely desperate. Even the Sahaja Yogis sometimes get very upset and become extremely saying "Give up, Mother. We have finished with it and no more". But I do not know how to remove my attention from the Spirit. If you can try, try your level best to remove it. You cannot, for you are there. So, whatever it is, you will fight to save as many as possible. So, all these Sahaja Yogis who get frustrated at certain intervals, I have to say, you should not be frustrated. You have to keep your courage and under standing, if you have feelings for others and if you show concern for them, they will understand you and you will be able to get more and more people saved, emancipated and they will enter the kingdom of God. As you are enjoying, they will also enjoy.

The only snag is that you will feel so many are still lost. It does not matter. You have to work hard. We have to understand that there are negative forces which are pulling them down. They are ignorant and they do not know there is a life beyond this mundane strife, the eternal life of beauty and glory, But gradually, I am sure, it will work out. Especially for this meeting, they have lots of ups and downs and the whole thing was discouraged. But one must still understand that God's work is blessed by God. He will bestow all His blessings and help on you so that you will perform your desired duties. The time is passing, very little time is left now. It is running out and that is why there is increasing desperation. The desperation itself has brought forth the advent of Sahaja Yoga on this earth. And you should feel more strong to fight these obstructions that, you feel, are around and work out the Ultimate Goal of this Creation.

**Question : After achieving full growth in Spirituality - What should happen to us ?**

One has to realize that we are all bound by some common principle of life - and the common principle of life, that has bound us by the Adi Shakti, is that we all have kundalini within us - all the human beings have kundalini within us. It is not - it is in the animals also but it's not so developed. It's not yet, what you call - is a full form of kundalini that can be wakened. But in the human form only, it has evolved as connection, as the one that is the Divine Force within us, which is the reflection of the Adi kundalini, which is so easily awakened in this Kali Yuga. This is the common principle we all have, so we have to respect all the people, all the human beings, whatever nation they come from - whatever country they belong, whatever colour they have because they all have their kundalini. Then there are people, as you people are, who are awakened, who are enlightened people, who have got your realization. So, when you understand that this is the enjoyment of the attention of the Adi Ma. of the Primordial Mother, It's just the play and an enjoyment. Then, when you have achieved your full growth in spirituality - what should happen to you ? What should we feel ? How do we then exist.

This is the question many a times you have asked. Now, when you ask questions itself, it shows that you are not there, because once you are there, you don't ask questions. Secondly, what happens to you is that you become just the existence, just the existence, and that existence that you become, then you start reflecting the character of Divinity.

**Question : Why we are not progressing ?**

We must understand why we are not progressing Actually arrogance comes to people who lack self-confidence. Self-confidence is shattered in people whose Self is not manifesting. Let your self manifest. When the self is not manifesting, you get all kinds of problems and then you complain, Actually the problem resides within you. It is God who has to complain. Think of it. The one who has

created this universe, the One who has created you all with such love and affection, the One who has given you everything under the sun, also the One who has given you realisation, given you light, - everything that is possible, and you are complaining against Him ? You should not. Complain about yourself, that "I am not alright, I should be alright." Complain about it. Face yourself. (8210170)

People have other interests and other priorities and other things which are very important to them. All the time, they are wasting their time for that and then they will say that "Mother, we are not progressing much in Sahaja Yoga," If you decide...that we have to do Sahaja Yoga first and the other things are secondary then only the Sahaja Yoga can be really established into you. (7911180)

The another very subtle point is there in Sahaja Yoga, in which - I'll think I'll ask you the question. So why Sahaja Yoga doesn't progress in you, what is an essential compulsory condition ? Who can answer ? You're all thoughtless, that's the problem. So now let's have it, what is the compulsion? That's important, which was never for any incarnations, nor any prophet, nor for any guru or any one.

Answer : It's the combination of the Brahma Shakti Herself and it has never been before that the Brahma Shakti Herself has incarnated.

Shri Mataji : That's right, but what is the compulsion?

Answer : from public, It's the conditioning.

Shri Mataji : No, no, what is the condition for you? There is one compulsion for you Sahaja Yogis.

Answer : That we have not our ideal behavior.

Shri Mataji : No, no, not at all. There are many with ideal behavior yes.

Answer : We think too much.

Shri Mataji : No, no, that's not, what I'm trying to say, that's not the point, I'am saying there is one little compulsion in Sahaja Yoga.

Answer : Dedications.

Shri Mataji : Yes, little closer, but still.

Answer : Obedience.

Shri Mataji : Obedience everybody can have.

Answer : Enjoyment

Shri Mataji : Enjoyment is the result but what is the compulsion? What do you have to pay ?

Answer : Devotion, love, dedication

Shri Mataji : Love, love you have for everyone. What is so great? Still, Still, still, little close

Answer : Recognition, open heart.

Shri Mataji : What is the compulsion, what is the fee you have to pay, what is the position you have to come to? What is the need? What she says?

Answer : You have to surrender to Shri Mataji.

Shri Mataji : Correct. That's it, that's it, that's the important point. Unless and until you recognize me, spiritual progress is not possible. As you progress, the recognition increases, it goes hand in hand. And this is the most difficult, very difficult problem of modern time, very difficult, because we cannot recognize anyone unless and until he is elected or put in a position or branded. But from your heart to recognize, you have to have a very sensitive spiritual attainment. It's not a mental recognition, it's an integrated recognition. Some may recognize Me from their hearts but will not recognize Me from their intelligence. So they'll be fighting. Or they do not accept Me physically that one has to do certain things physically. But this recognition itself is joy-giving. Just to think, and if I had to think, that I'am sitting before the Adi Shakti, I'd be so very happy, and I'll bless my soul, that oh God, that has happened to me, what have I done so great. So that recognition when it comes in, it disciplines you in Sahaja



Yoga, completely. Like, say, you know somebody, is the, say queen of England, is mental recognition, then immediately you observe a kind of a protocol, But all disciplining in Sahaja Yoga comes from within, from the spirit. So now it is, whether you can ask me. "Mother, is it the egg first or the hen?" A sort of a process it is. If the hen came first or the egg came first. Right, so in that way we can say "Mother, is it that first our spiritual awakening should take place or should we recognize you? So then the question is, that if I say that it is when the light, the candle goes up, the light spreads, It's like simultaneous. So you may start and at that time asking a question. "But Mother, how to keep the light, how to increase the light? Now can I ask you again, what should we do?"

Answer : Meditation, meditation, Shri Mataji.

Shri Mataji : That's one thing, but people do it mechanically.

Answer : With the right desire.

Shri Mataji : No, but the best thing is, I think, the attitude, all the time in the beginning to witness everything, as if it is Mother who is doing it and then you will see so many miracles happening. So mentally you will start understanding that there is something special about our Mother. Then also in the heart, you have to put Me there in the heart all the time, so you will see your emotions, how beautiful emotions you will have, beautifully joyous ripples of different kinds of thrill, I can call it. Like say, now you go in the sea, you don't love the sea do you ? but the sea loves you. And all the waves of the sea, they give you thrills itself. So just to pray that we go deeper in this ocean of love and then you will feel the ripples coming out of your heart like a fountain and just bathing you and such joy is flowing that people will look at your faces and say, "What's happening inside you? The way your eyes are glistening and the way that your faces are shining, we can't believe it, what's happening?" And you'll be just witnessing the joy within yourself and you'll enjoy because there are no words to describe it and as they say at Sahashrara you get Nirananda, means only joy, absolute joy, there's nothing second to : (8806070)

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



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