

# HOW TO BE **COLLECTIVE**

from the pages of The Divine Cool Breeze





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The sincerity itself to the idea that you want to be collective

will break all barriers.

# How to be

Sahaja Yogis are expanding their hearts and realizing that they are no more drops, but they are part and parcel of the ocean and that the ocean itself is going to strengthen them and look after them. It's the ocean that is going to nourish them and the same ocean is going to guide them.

The connection between a drop and an ocean has to be fully established, so the limitations of a drop have to be absolutely dissolved into the greatness of the ocean. With care and with nice things to say, we can improve the depth of the collectivity – and with a sincere desire to be collective. The desire to be collective has to be very sincere.

**Birthday Puja**

**21 March 1990**

**Sydney**

## **Sincerity, desire and vision**

So this expanse of your being will start. The first thing needed is a sincerity to yourself. Of course, because we are coming from a drop status, from a drop, a little limited drop, from that phase, so we get engulfed again and again into those limitations. But we must see our own vision, what you will be in the future.... The sincerity itself to the idea that you want to be collective will break all barriers. If you are sincere to any purpose, anything, then you forget the time, you forget the labour, you forget everything. You want to achieve it – even in small things.

Now this sincerity comes from where? There are two things which work out sincerity. Firstly, you must see for yourself what is Sahaja Yoga, what it has given you. It has given you Realization. It has given you that wider vision. It has given you collective consciousness. It has given you thoughtless awareness and doubtless awareness. It has made a new personality out of you like an egg becoming a bird. And now you are a bird and you cannot go back to the shell again.

Once you realize what Sahaja Yoga has done for you and also realize what you have achieved in that – that is, you have achieved the knowledge of Kundalini, which was a secret knowledge all these years ... you are amazed and you can't understand how it has happened, how it has worked out.... All these happenings should open your eyes to the fact that you are no more like an ordinary human being, that you are sages now, that you are saints....

This understanding of what you have achieved in Sahaja Yoga should immediately make you realize what you are. And when it all has happened to us automatically, you should be very sincere about it. You must feel that something really you have achieved. So we have to be sincere. Mentally, also you should feel that way.

# Collective

## **The heart and the brain**

So this is the first thing you do ... to mentally feel that it's so important ... so valuable. You become very sincere about it. But the second part is different, where you see something, you know something and you start opening your heart about it. In the second part you have to open your heart. The sincerity comes from an open heart. If your heart is not open, you cannot be sincere....

So now, with your Kundalini rising, you can clear out your head first of all. The sincerity will come when the Kundalini will move and touch your Brahmarandra, which is the seat of your heart and it will expand. Then the heart just comes back like a king, returns back and starts dominating the brain. And when the heart comes back, immediately we find those people with whom we were angry, whom we would not talk, we had nothing to do, suddenly we become friendly with them. There's no problem. In many ways, people have harmed you. All that harming and everything just disappears and you start becoming so nice and beautiful. What has happened is that the Kundalini has touched your Brahmarandra, where is the seat of heart. And as soon as that opens out, your heart also opens and it gets awakened. It thinks, "Oh, what? I have allowed this brain to rule me. How dare it rule me!" It just jumps on it. And we have seen people – suddenly they're so much transformed that it's remarkable....

When we are dealing with people, we have to break the ice also by communicating with the others in a very decent manner.... To accept somebody as bad is very easy for human beings and once they start accepting such a thing, then they build up a kind of a fortress in which they live and they think they are the best people and nobody else is good. And thus, the whole community, the whole society, the whole humanity gets bitten by these ideas. Sahaja Yoga is the only way which is going to cure it. Sahaja Yoga is the only way which is going to finish this. And that part is to be played by you people, to understand that sincerity can only come if you raise your Kundalini again and again and open your Brahmarandra. Then your heart will rise. It will become a very awakened personality and it will take charge of your brain, which is all the time thinking, thinking, thinking like mad. And once that happens, then you will realize that now you have jumped into doubtless awareness.

So the relationship between the two has to be fully understood. At first, the domination of the heart or the kingdom of the heart is challenged, is put down, brought to zero. And then this brain becomes the king and it starts ruling us.... That's why I always say you must meditate and you must be in thoughtless awareness. Then it works out. Don't pay attention to outside things so much. Of course, you are, in a way, responsible for Sahaja Yoga because you are sincere about it. You cannot force yourself. So again and again I say you weigh your sincerity. "How sincere am I to Sahaja Yoga?"

The sincerity  
comes from  
an open heart.





Sahaja Yoga  
is complete.  
It does not  
need you.

**Sahaja Yoga is complete**

I don't need Sahaja Yoga and that Sahaja Yoga does not need you. You need Sahaja Yoga. In itself, Sahaja Yoga is complete. It does not need you. It is a complete thing. It will remain like that, absolutely. It will have its own position, its own status, its own dignity, everything intact. But if you have to get something out of it, you have to work it out. Like from the River Ganges, if you have to fetch the water, you must have proper pitchers which are deep enough to receive the water. But if you take a stone, what can you bring out of it? But the Ganges flows. It is what it is. It has its own capacities in it. It doesn't change because you people have taken stones....

I've seen that Sahaja Yogis have a very large heart for Me, but for themselves they don't have. They'll do everything for Me, but nothing for themselves.... Instead of wasting all your energy in decorating all these things, you should decorate yourself within yourself, with sincerity, with nice thoughts about yourself that you are capable, absolutely capable people and you can use your imagination, your intelligence, rationality, whatever you think you have to find the way. Again I say, to keep your heart large....

You have to raise your Kundalini all the time and keep the standard of your Kundalini higher and higher. The more you open out, the more threads of Kundalini will come up and the more your heart will open out and it will be awakened, it will become more powerful. And with an open, big heart and a powerful heart, you can dominate your brain, which is giving you all these funny ideas.... A large heart doesn't mean stupidity. It doesn't mean that. A large heart means the heart in which you can put Me in. It's quite a big person, Myself, so you have to have a very large heart that I could reside into your heart. That is the large heart and that's what you all should have. If that happens, then everything will work out very well.

### Expressing love

You have your emotions, your feelings like flowers that you have to keep to yourself, which are part of the same ocean of your heart. And, once you are ready, everything is done. If the whole house is ready, now bring the flowers, the emotions, the nice things, the beautiful things and nourish them.

One must learn. I think there should be some books about how to say nice things to others. We should try to find some books like that or should write some books how nice things could be said, how we can take care of others, how we can make another feel our love, the expression of love and that work. Such a book will really help people to understand that this is nice to say. And once you say something nice to another, that niceness comes back ... like the ripples that touch the shores come back and then you feel very happy.

Go on saying things which are nice, which are pleasing will be very much appreciated. But if you say it with sincerity, not just to tease someone or to say something just to be so superficially good ... then you will be surprised that the heart of the other person will open and from that heart will flow those beautiful flowers of emotions that are stored.

So on one side, you have to expand your heart and, on another side, you have to reserve or preserve all the beautiful, nice, delicate feelings within yourself, absorb from everywhere and then to pour them out at the right point. That's the art.... This is the way we have to be with ourselves in our heart because human beings are very delicate, very beautiful things and to beautify them you have to say beautiful things. This tongue is not for saying harsh things, for making fun of others, for teasing others, but is for saying something, such a beautiful thing that the other person also imbibes that beauty. I've seen some nice things people have said and that lingers in My mind. And I said, "When will I have chance to say these things to others?"

So think about it, that "Now this is a very nice sentence. This was a very sweet thing they said. All right, so now, where should I use this...?" To find these nice feelings and nice emotions and nice things said, then what do you do? You collect them, all these things, give them and use them at the right time, at the right place. This is what is the wisdom of Shri Ganesha. Innocent people are the most sincere people, innocent people. Those who are clever and cunning cannot be sincere because they enjoy their cunningness, they enjoy their so-called brilliance. They can never be. Those people who are simple, who are loving, who care for love more than anything else, can only say very nice things sincerely....

When your heart is large, then whatever you do for others, you enjoy. You enjoy doing good things. You enjoy saying nice things. So we should have the choicest flowers of beautiful sayings. We should have the choicest emotions which we should be able to express to each other....

Now you are all saints and sages. You have to respect each other. Not only that, but you have to be enjoying your sincerity. That's the way.... Enjoy your sincerity.

If the whole house  
is ready, now bring  
the flowers,  
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the nice things,  
the beautiful things  
and nourish them.



Dancing is a very good way of  
clearing out your pressures because,

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*in the dance,  
you go into  
thoughtless  
awareness.*

