

BASICS NUMBER 1

HOW TO TALK TO NEW PEOPLE

from the pages of The Divine Cool Breeze

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The Basics

how to talk to new people

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I bow to all the Sahaja Yogis and all the seekers of truth. May God bless you all.

It is such a great thing to be back home with all of you and to see you here blooming with joy and happiness. That's the fate of a mother who has so many children, that she goes from places to places, leaving some children behind, but looking forward to meeting others. Somehow that compensates for the separation.

Today I think we should start on very subtler ideas about Sahaja Yoga because you people have understood it on the other plane of the mechanism that works it out, the kundalini, the chakras and all those things. But we have to see what is the problem that actually faces human beings and why we make such mistakes in our seeking. It is a very important thing to understand because, unless and until we understand why we really make mistakes or others make mistakes, we can never forgive them and we might have a kind of a high-handed attitude towards others who are now coming to Sahaja Yoga, thinking why did they do like that and why did they commit this mistake and they could have done better. But I personally think that, if you look at yourself, you will know that you also committed mistakes. Everybody has committed mistakes. Some have committed more mistakes and some have committed less. But what is the reason why a human being has been committing mistake? That's what we should look into it.

What is going to help you is a simple attitude toward yourself
and toward these Sahaja Yogis and towards Sahaja Yoga that

“You have come here to become the spirit.

We have to gain nothing from you.

There’s no clientele, as such.

There’s no money proposition – nothing.

**It is you who have come to the Ganges,
to take the holy water.**

It is you who has to take it.

We are here to help you.”

If that attitude is developed ...

we can change

the face of this world.





Without Self
Realization
what happens
is that reality
is just a myth.

The spirit empowers us

Those who have got Realization and those who have felt the cool breeze and have matured in Sahaja Yoga know that automatically you drop out many things – automatically. Now why do we do it? You see, why do we drop things? Even I don't ask you for it. You just drop them. Why? The reason is the light of the spirit within ourselves empowers us to see that this is wrong. Like as we have got eyes – once we have eyes, we know whether we are going to fall here or we are going to slip or what's going to happen. In the same way, when you get this vibratory awareness, it is not an awareness only of the fingers. It is the awareness of the whole being and you just drop out everything that is against your spirit. I don't have to tell you.

But without Self Realization what happens is that reality is just a myth. It's only a mental projection with which you live. You project your mind and you think this is reality. You can call anything as reality. Any hallucination can be a reality. Any theory can be a reality. Any absurd ideas could be a reality. I mean all religions have taken that form now. It's very sad, but all religions which came from truth and from reality are nothing but mental projections and they're very far away from reality.

You can only feel, understand and assimilate reality if you are a self-realized person. Unless and until this Self has expressed itself or manifested within yourself, the light has come into you, how are you to manage? Whatever you try is a mental projection— like many people who came first, "Oh, we believe that we are born again." All right, now how can you challenge it if you believe into something?

Myth, reality and balance

“I believe” is the one of the great sentences we use. But what is that “I” that believes? That is that ego. That’s not your Self because you have not yet felt the Self. So to feel the Self is the most important thing if you have to know the reality. So you must excuse all others who have not felt the Self, who have their own mental projections. They might look like a fanatic. They might look like stupid people. They may look to be very high-handed or maybe you might think they are these ego-orientated pseudo-intellectuals and all sorts of things. But all that is mythical because that plane on which they move is mythical itself. Whatever you know through your mental projection is imagination itself.

But the spirit is the reality and to know the reality you have to be the spirit. And once the spirit starts shining within you, you just drop everything like a hot brick. Like I would say, as I’ve many times told you, that in our human awareness we know what beauty is, we know what cleanliness is. For a dog, he doesn’t understand cleanliness. If you don’t give him a bath, he’ll be quite happy. Actually to give him a bath is a problem. But to a human being, you see, what is a sin or what is wrong? A sin is nothing but whatever is against the spirit is sin. Even fear is a sin. Any such small little sins or the big sins, all are nothing, but they are all against the spirit. But if you have not felt the spirit, whatever you do will amount to something like anti-spirit because you don’t know what you are doing.

Now the prophets have tried their level best to tell you that you must keep your balance, you have to follow a certain religion, as they call it, or as we call it dharma within yourself. But that, too, for what? Why to have the balance within you? People will always say, “What’s wrong?” “What’s wrong if we are not in balance. What’s there? What’s wrong in drinking?” Before Realization I never said don’t drink. After Realization, you yourself drop out. But they say, “What’s wrong? Why does he tell us like this? Why should we listen to them?”

Why the balance? The balance is needed for the ascent. Unless and until you have a balance how will you ascend? Imagine an aeroplane without any balance. Say a wing is missing, will it be able to take off from the ground? It cannot. So for the ascent, it is necessary to have the necessary balance. So they said, “Keep in the balance.”

But even when we’re just told the simple thing to keep to the central path, to lead a life of balancing yourself or moderation in your life, in that also – the moderation part of it – they have made it an extreme. Everything has been made into an extreme because religion also they want to follow through their mental conception. That’s why you find all these religions are a mess. But I would not blame them for that because they had no other instrument to go ahead and they wanted to go ahead. They had no other way to proceed further, so they used only one engine they had. That was this mental projection. And they made all these various projections and that’s how they are so diversified and separated from each other.

But as soon as your spirit shines, then everything drops out by itself because it is beyond the mind. The spirit is beyond the mind. I don’t have to tell you anything, that you must have balance, you develop a balance. If you don’t have a balance, you’ll just get vibrations in one hand. The other hand will be just cold or will be hot, so you start giving your balance. But I don’t say that giving a balance means following a particular religion or anything because, if I say that, half of you may run away.

The balance
is needed for
the ascent.



The secret working of Self Realization

The beauty of Self Realization lies in secretly working out within you everything that is virtuous, that is beautiful, that is joyful – secretly. It doesn't tell you. For example, now supposing somebody has an imbalance on the right-hand side – very intellectual fellow and thinking for the future and a futuristic man, you see, forgetting all his past. Even there are people I've known, they have forgotten their names and the names of their wives, but they are so futuristic. For such a person, if you tell them don't think about the future, he can't do it because he's put his attention like this. The whole ego portion has gone that side and he's all looking forward to the future. But if you put him, somehow or other, in a state where his Self-Realization takes place, then immediately he will say, "Mother, my right hand is burning and there's nothing in the left hand."

She works it
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gradually She
transforms
you.

So you start talking in a very mundane way, not in a very subtle manner like all the philosophers talk. All right that means your right is not getting proper vibrations, so you raise your left to the right. Now, for an intellectual, he can't understand. "What is this raising left to the right. I have read the *Bhagavad Gita*. I have read the *Bible*. I've done the *Qur'an*. I have done this. Nowhere is it written 'left to the right.' What do you mean by this kind of a nonsense?" You see that you have to put your hand just left to the right and you get the balance. I cannot appeal to a mind which has been thinking about God, religion, everything, all right.

So the secretive working of the Kundalini is such, that She goes in that portion where you need help. She works it out and She raises you and gradually She transforms you.

But if it is not awakened, if it has not yet touched the Sahasrara, it means if it has not touched the feet of your spirit, it may not be interested. It may not be interested.

So the first and foremost thing is to raise the Kundalini and to let Her, at least once, know that She has touched the spirit. Then She has interest. Otherwise She hasn't got any interest. That's why you must have seen some people who come to Sahaja Yoga and just dropped out. The reason is the Kundalini itself is not interested.

The beauty of Self Realization

lies in secretly working out within you

everything that is virtuous, that is beautiful, that is joyful.

Two duties of a Sahaja Yogi

The foremost duty of every Sahaja Yogi is, first of all, not to be angry or annoyed with people who have done lots of wrong. But be very kind to them and gentle because they are just seekers of truth. How can you be angry with them? Already we have lost so many of them because of their stupidity. But we must try to salvage as many as possible.

And then the second duty of every Sahaja Yogi is to slowly, steadily convince the person that he should become the spirit. Of course you'll meet so many who will be self-appointed people. They'll say, "Oh, I've already met the spirit. I am the spirit. I'm Christ." They can say anything, so soothe them down a little. Bring them down and raise their kundalini, but don't leave it half way. It must touch the Sahasrara. I have seen some of the Sahaja Yogis – even in India I've seen – they just give up. They'll sit down, "Oh Mother, forget it. We don't want to do it. It's like a mountain. We can't raise it." But we have to work. That's what we have to do, is to work it out. Raise the kundalini, pierce through the Sahasrara and then the kundalini will work it out.

It was a question asked to Me, "Mother, we gave Realization to so many people. Out of that, only about thirty percent of people are coming up. The rest are lost." The reason is you have left it half done.

So this is one of the reasons why we have lost some people and there is no connection still established. Now those people who come to Sahaja Yoga, you have to really work hard on them instead of arguing with them because what you will argue is all mental projection. On what point are you going to argue with them because that is not going to give them the light of the spirit.

So somehow or other work it out in such a way that they feel the light of the spirit, then talk. But we think that if we talk to them it will help. It's not a question of conviction. It is the question of happening. It is a question of becoming which is important. Unless and until they become, what is the use of argument? There's no law court here. There is no debate going on. There is no election. There's nothing of the kind. It is something that has to happen to all those people, that they should get their light of their spirit. And once they get it, then it is very much easier for you to talk to them and tell them about it.

It is made easy. It has to be,

as it is the most vital force that has to take place

in the realm of spirituality.



Let the bird
find its own
wings and fly.

The philosophy of Sahaja Yoga

The philosophy of Sahaja Yoga is extremely simple. It is the simplest of all philosophies you can think of. It is a very simple philosophy. It is that once you get your Realization you start feeling for the first time the all-pervading power and forget everything else. Once you get that feeling of the all-pervading power, only you know how to manoeuvre it, how to work it out and how to use it for your own growth. It is made easy. It has to be, as it is the most vital force that has to take place in the realm of spirituality...

The grace of God is so great that, once you get Realization, you become such a different person that everything drops out. You are really a transformed personality and so that one should know whatever was the past is finished now. It is no more there. The egg is finished. It is the bird. And whom to blame, whom to talk about that the bird is there? Now let the bird find its own wings and fly. Once you understand this simple thing of Sahaja Yoga – it is that we have to make everyone feel the all-pervading power of God to begin with. Unless and until they have felt it, we have not to accept them as realized souls. They have to feel it.

Now, of course, as you know, if the Vishuddhi chakra is not all right they may not feel it in the hands. But still, it is no use if you tell them that, according to us, you are a realized soul, but according to you, you are not feeling, you see, because the mind is working. Instead of feeling a little disturbed about it, upset about it, they may just think that “You see, it’s just a make-believe or psychological stuff and I didn’t feel it. I’m a person of great will-power.” That attitude – yes, many feel like that, so they can be lost....

Understand that wisdom is higher than intellect and discretion is higher than debating. Take a very kind and a compassionate attitude towards the rest of the people and then work it out that they should, somehow or other, feel this subtle force of God’s love. Then gradually try to bring them around and teach them what you’ve got. It is easy to blame their ego. It’s very easy to say, “Oh, they’re ego-orientated. Throw them away.” It is very easy to say that. But that’s not their mistake. That’s not their doing. It was because they never felt the spirit before. Whatever they have, they have used that instrument, whether ego or super-ego, and they have built up their own self in that kind of a fort. But this barrier can be broken very easily as soon as they get their Realization.

Understand that wisdom is higher than intellect
and discretion is higher than debating.

A simple attitude

Now for the new people, I have to tell, you have to have patience with yourself. You have to have patience. As I have patience for you, I have love for you, I am here only because of you, you also must have patience for yourself and full confidence in yourself that you'll become the spirit. If you have these two things, I'm sure it will work out. It is going to work out.

Once you get your Realization, you have to work it out on other people and gradually you will be amazed that it will grow and it will convince you and you will know that you have become the realized soul. But the realized souls are very simple people. If they say, "I am a realized soul," nobody can believe them because there are no horns around them, no gurudom around them – nothing of the kind. They're extremely simple people.

So what is going to help you is a simple attitude toward yourself and towards these Sahaja Yogis and towards Sahaja Yoga, that "You have come here to become the spirit. We have to gain nothing from you. There's no clientele, as such. There's no money proposition – nothing. It is you who have come to the Ganges to take the holy water. It is you who has to take it. We are here to help you." If that attitude is developed, I'm sure, with your cooperation, we can change the face of this world.

And as William Blake has said in this Hampstead, "We have to build up Jerusalem here."

May God Bless you all.

