

TO THE SEEKERS *of truth*

You are on this journey.

It is so simple.

It works in a very simple manner.

It is very Sahaj.

when will it happen?

I bow to all the seekers of truth.

There are, in these modern times, many seekers of truth.

It is a special category of people born in these modern times.

In every country a lot of people are born with this seeking. They are a special category, which sees beyond, tries to find something beyond what they can perceive through their sense organs.

The truth, as we see it, is through our sense organs. For example something we see as white, we call it “white,” something we feel cool, we call it “cool.” That means whatever we perceive through our sense organs and whatever is communicated to us through our central nervous system, we accept as the truth. And we should accept that only as truth and not something that is told to us, not something that we have read in books, not something that we can project in our mind.

That doesn't mean that I deny any one of the scriptures. That doesn't mean that I deny anything. But to begin with, let us start from scratch, as they call it, or on a clean slate. Let us see what is the truth.

To experience the truth

In every religion truth has been described. As I can see it, everybody does not see it. That is why there is blindness. That is why there are these blind alleys where you end up arguing things. So there must be something that is missing within us. We have not been able to really relate truth to our central nervous system.

Now, what is that missing within us? We should find out. In all humility, we should know that there must be something within us. We have been arguing about so many things. We have been talking about so many things, reading so many books, going into all kinds of funny experiences right from alcohol to other drugs and gurus and this and that, but still we have not felt anything on our central nervous system.

Secondly, we have no control over that truth. So what is the reason? Is something missing in the human awareness? Is it that we are lacking something in our human awareness? All the books, all the scriptures which are true scriptures have said one thing: to know the truth, you are to be born again.

If you take Patanjali, who wrote a very ancient book, it is not that Patanjali asked you to stand on your heads. That is wrong. That is just a wee bit of it. But what Patanjali has written is that you have to achieve the truth on your central nervous system meaning the experience of your spirit.

A lot of people
are born with
this seeking.

To be born again

The English language has an advantage and a disadvantage. The spirit could be the *atma* or the spirit could be an alcohol or the spirit could be a dead body. It could be any circumstance, but it is not so. These are three separate things, absolutely opposite to each other. So the *atma*, the spirit, has to be found out.

It is said even by Mohammed-sahib. He said you are to become the *pir*. It is said by Zoroaster. It is said by Lao-Tse. It is also said by Zen. Buddha has said it. Mahavira has said it. Every one of them has said it that you have to be born again.

To be born again does not mean that you certify yourself, "I am born again." A self-certificate, you can call it. What is so special if you are born again? The human awareness at this level is just ready to be born again.

In Sanskrit, the word for a bird is *dwija*. It means "born again" and also for a Brahmin who is born again. But those who call themselves Brahmins are not Brahmins. They just call themselves Brahmins. Have they come to know the Brahma, the all-pervading power of God? Those who say that they are born again should feel the all-pervading power of God around them. If they cannot feel it, they are not born again. So all these self-certificates are a deception, a self-deception and a deception of others. It is just a money-making process.

The living process

The truth has to be achieved through your evolutionary process, which is a living process. Again we must understand the living process. Through just talking, mental projections, sitting down here, big talk about it or by giving you some courses or taking some money from you, you cannot get it. It is a state in a living growth. That proves that it is living.

That means the state of our awareness has to be higher than what it is. If our state cannot rise, then it is not of any use. Like the seed that becomes the roots, then the bark, the leaves, the flowers and then the fruit in the same way, a living religion must give you a different state and that religion is within us. Every one of us has it.

When we go against that living religion within us, we go into imbalances, but even today people can ask, "Why religion? Why should we have a balance? What is the need? Let's go into imbalances." I mean is that a logical question?

What is religion?

What is the religion? We come to that point. It is that a religion is a valency of human beings. Just like carbon has four valences, human beings have ten valences, which matter does not have. Animals have nine, while the human beings have ten valences. And when these ten valences go out of balance, then they go out of the quality of a human being.

But still, one can ask, why should we have these ten valences? Because in the evolutionary process you have to ascend and you can never be satisfied with yourself unless and until you have achieved it – especially the seekers.

That is why I say they are the special category – because in this special category, men of God will have to become prophets and they will have powers to make others prophets.

When is that going to happen? It has to happen today.

Pir: the spirit or atma

Awareness
has to be
higher than
what it is.

VALENCE: The number of possible bonds or qualities. For an atom, it is the number of bonds it can make with another atom. For a human, it is the number of qualities or laws of dharma.

a question of becoming

There are barriers within us,
built in, not because of anything else,
but only because we have misled ourselves.

You have to be
a free person.
So far you
are not.

We have been going to various roads of seeking, whatever suited us. Wherever we went to, we have tried to find something and we have injured ourselves. Within ourselves sometimes, we have built up certain barriers.

Now when you become the prophet, actually you become your own master. You become a free person. You have to be a free person. So far you are not. You cannot overcome your own weaknesses, your own temptations, infatuations, emotional problems, mental worries. Why? Because you are still standing in the waves of this turmoil, this troubled area where you just see the waves all the time and you are frightened of breaking down. But if you somehow or other get out of it and get into the boat of your own being, then you enjoy. You become a witness, a *sakshi*.

Even to understand the scriptures, you have to be a free person, which you are not. You have to be your own master. For that, you cannot pay me.

To get your freedom of the spirit, you can't pay because money is money. Money has no value in the divine field. Nothing can bring this forth but your own ascent. And how do we ascend? Is there anything built within us?

The knowledge of the roots

Whatever I am telling you is the knowledge of the roots. What we see is the knowledge of the tree. We see it from outside. We see a leaf from outside. If we have to treat the leaf, we have to go to the roots. But from outside, when we see the tree, we are still outside also. When you have to treat the leaf, you have to go to the roots. If you block out the leaf, it is dead. Then you put it under the microscope. You can go on seeing cells. After that, you can see the nucleus. You can go on analyzing it and analyzing it, making it dead, dead and dead and dead. But to treat it, you have to go to the roots. And this knowledge of the roots we have here.

Paths not layers

I had never read Carl Jung, although I knew he was a realized soul – at least he got his Realization at a later time. So I said, “All right, let me have a look. Let me see his theory.” And as I opened the book, I saw a diagram, what he had drawn of the human being. And I said that’s the mistake because he saw human beings from outside and he described them in layers. First he said the unconscious that cannot be expressed manifested. And then the unconscious that can be manifested. Then he said about the subconscious and then he is said above that is the conscious mind, then above that is the ego – like layers, one after another.

Now when you are sitting here, though you are in layers, the path is laid down. In the same way within us, God being the greatest organizer, He has not made us into layers, but what he has made us in a parallel way – left side and right side and the central path. Three paths He has made within us for our evolutionary process. The central path works out our evolution. The left side gives us the desire and the right side gives us the power of action. These are just the principles I am telling you, but you can understand slowly, when you grow, all the details of it.

The central path of evolution has brought you today to this level of human awareness. Now beyond that is a very short ascent which you have to achieve, by which you become the spirit. But there has to be some living process for this to happen. And what is that living process built within us? It is the reflection of the Holy Ghost within us in the triangular bone, which is called as Kundalini in the Sanskrit language. This exists within us. At the top of the head, it pulsates and then it breaks. When this breaks, the pulsation stops and you start feeling the cool breeze of the Holy Ghost coming out of your fontanel bone area. This is the happening that takes place so that you get connected with the truth.

With the connection you become

So the connection takes place and you start feeling on your fingertips the cool breeze of the Holy Ghost which surrounds you. Actually you start feeling. One should know that when we have eyes we start seeing, when we have ears we start hearing, so now you have got a new awareness. What is this awareness? This is the awareness of collective consciousness, that you become. Again I say, “you become.” You are not just certified, but you *become*. It’s a question of becoming, that you become collectively conscious, that on your central nervous system you can feel another person. You can feel yourself. You can feel your centres. You can feel the centres of others on your fingertips.

But who talks about the resurrection? Nowhere people talk about it. They talk about the doomsday because they can frighten people with the doomsday first and take advantage of it and make money out of it.

God who has created this universe. He feels love. Do you think He will destroy this great creation of His without giving us the fruit, without letting us know the fruit of His creation? He is the wisest of wise, the greatest, compassionate source of love. How could He allow this universe to be destroyed, especially this Earth, which is a special present from Him. So don’t believe in all these stupid ideas of destruction and the last complete devastation. There is still lots of time. Let’s first enjoy the blessings of the Divine for which He has created you.

This Earth
is a special
present
from God.

to experience the truth

The experience of truth

has to be felt

on the central nervous system.

You become
trees, giant
trees, like
moving trees.

The experience is very slow in the western countries. I am sorry. It is not that you are in any way less seekers. You are very great seekers. I would say you are greater seekers than the Indians – much greater seekers. Indians have still to cross a lot of steps to come up to your level, no doubt. But while coming up to this level, you have developed a lot of problems and that is why the seeking sometimes takes time to express itself as a fruitful gain of Self Realization.

So you will get your Realization, but again the Kundalini goes down. I must tell you very frankly because I cannot be dishonest. It can be brought up by you by understanding how to work it out, by co-operating with your Self, by understanding yourself, that you are the temple of God and that you have to work it out with respect to your Self and you have to give some time.

What I find is people get their Realization and then they are lost but if you know how to handle your roots, how to nourish it, how to look after it, then you flower out, you bear fruits and, by your fruits, people know what you are. Then you become trees, giant trees, like moving trees. And many who come under such trees get realized.

Once you are settled, you will be circulating the divine interpretation and the divine experience of truth all over the world. You are the hard core and this is what you have to do.

We cannot be mediocres. There is no compromise with yourself. You become so powerful that you also do not compromise. You can just get out of everything in no time. But you must accept yourself first of all. Have faith in yourself.

You become the knowledge

I have to make a humble request. I know the experience of Sahaja Yoga is slow, but very steady, and I am sure that today I have got people who are of a rare quality of courage.

All this knowledge is available to you now because this time is for you to know all these secrets. Some newspaper people asked me, “Mother, have you got very big scholars?”

I said, “No, they are very ordinary people. Some may be who are more difficult, but mostly they are very normal, ordinary people – simple people. But what makes you think that?”

They said, “They are so scholarly. They know so much.”

It is because you *become* the knowledge.

So truth is the knowledge. The rest of it is all mythical. It is mythical. What we know about things is all mythical because whatever we see from outside is outside. Like I would say we appreciate the Mona Lisa. We appreciate the miracles, as we say, the great miracles that human beings have created. Why do we call them miracles? Sometimes we think that we have observed a very miraculous task. They are. Mentally we think that. But actually it is not so.

Because they have divine vibrations, they emit vibrations and they appeal to you because in your heart lies that spirit, which is the universal being and which gives that feeling of bewilderment when you see these great miracles human beings have created. But unless and until you become a realized soul, how will you know?

Now this is the only condition and to become the realized soul you have to have the ascent of the Kundalini and the proper state of that Kundalini to remain there. And that’s the point where I found we lack in efforts, lack in courage and in patience.

So again and again, I request you, do not be superficial. Be solid people, serious. Take it up seriously. You must decide that if we get our Realization, we will establish ourselves into Sahaja Yoga, for which you do not have to pay. There is no membership. There is no organization, nothing. I have nothing to take from you. You cannot give to me.

By God’s grace, you all should get your Realization. You need not be aggressive. I have come here to give you what you have and you need not be also docile about it or slavish. I have come here to give you or tell you what is free.

May God bless you.

This time
is for you
to know all
these secrets.

a world of faith

The experience of the truth has to be absolute.

That means everyone should feel it the same way.

I spoke to you about the experience of truth, that the truth has to be felt through your central nervous system. If anything has to happen to your evolution, you have to feel it through your central nervous system, otherwise it is just a projection of your mind which forms it and you are surprised at yourself. Like we call somebody as a friend, a dear friend and one day we find there is no friendship. Maybe one day the friend may try to murder you or you may try to murder that person. You just do not understand what happened to that love. It is the same thing about all of our projections. We find they have no basis. It is so superficial.

When we realize that all is so superficial, it has no basis, we just get frustrated and we start thinking, "What is all this? We are playing games. Why can't we be sincere? What has happened to us? Why are we so frivolous? Why are we so superficial?" We may start taking an interest in things which look superficially very great, but ultimately we find it does not have any depth. And suddenly, to our horror, we discover that everything seems to be relative in this world, nothing is absolute.

So the experience of the truth has to be absolute. That means everybody should feel that way. If not, then it is something poetic because each poet sees the reality in a different way, describes in a different way. But if he is a truthful poet, he keeps the essence at least the same. But when we say we have to feel the truth by everyone in an absolute manner, what does that mean?

On top of
the head
there is
a lotus.

That means when we get our Self Realization, when we think we have got a new awareness of collective consciousness, that means we are connected to the whole, with the absolute. Then every one of us who is like that should feel the same way.

The truth is one

When the truth is felt by everyone the same, then it is absolute. If somebody sees a blue colour and if somebody sees a red colour, then it is not the truth. And you will be amazed when you become self-realized. If you meet people who are self-realized, you will be amazed they will say the same thing in a different way. But they say the same.

Down within us there is something that is absolute, that tells us about the absolute. So the second experience should be of absoluteness. The Divine Power that is all-pervading, if it is truthful, if it is real, then all of us who are feeling that power through this Realization should receive the same message. This is the second proof.

This is a very, very important thing for you to understand, that truth has to be one. It has to be absolute and, if you can establish your rapport with the absolute, you cannot have any other information but the truth.

So as you ascend, you start learning that whatever messages you are getting are the truth, that all these messages that you are receiving you can yourself perceive them. You can feel them. Nobody has to tell you. Even a child can sense it.

The line of evolution

So you move one step forward into a world called faith, which is the faith of experience. You call something as a stick. Now how do you know it is not artificial? It is real because you have experience of the artificial and the real and now, when you feel it, you can say with faith, "Yes, it is a real stick."

In the same way, reality can be only accepted if you go through the experience of truth and then have faith.

Our evolution starts going on a different line where we want to find ourselves and what is the truth.

You move one
step forward
into the faith
of experience.

2 July 1984 London

the search for truth

Some talked of the formless

and some talked of the form.

Truth is a
state that
one has to
achieve.

What has happened to human beings in the search of truth? We have discovered everything else but the truth because truth you cannot discover. It is a state that one has to achieve. One has to achieve to receive the truth, to know the truth.

So some people felt that truth is what we have found. Like blind people, whatever they have found out, they called it as truth. Even in India, where people have a great sense of meditation, people committed mistakes and what they found was the movement on the right-hand-side and they said, “Yes, there is the All-Pervading Power and that is formless.” The left-hand people found while praying to God that there are forms, so they talked of the forms.

Some talked of the formless and some talked of the form. The right-sided people, being the worshippers of the Goddess of learning, wrote down everything as the Vedas, but in the very beginning of the Vedas. Vedas means “to know.” And to know means to evolve, to become self-realized. It is not when I talk to you that what you know is the knowledge. It is not. The knowledge is that which is expressed, manifested on your central nervous system – the truth.

So they wrote down what they found, that we have to first excite or initiate the nature. So they wrote all those things. Now that has become an authentic writing, the Vedas for intellectuals, that after many, many years people even knew it by heart.

All that writing, if you go by it, you will be lost into another wild goose chase and those who read only the Vedas can never find that which is suppose to be known. In the first chapter or the first verse of the Vedas, it is said that, by reading this book, if you do not get the knowledge, no good reading the Vedas. But there are books and books and books, libraries and libraries and libraries – all a wild goose chase. Many other systems followed. There was the system of fearing God, then finding the forms of God, worshipping God as a form.

Two types of people

The incarnations came on this Earth and people worshipped them – like Christ, for example. Now there is a challenge on Christ. These intellectuals will challenge everything because they challenge everything through the intellect. The trouble is that they think they are the wisest. You have to be a little humble.

So the intellectuals, as usual, challenge and the others just believe. Without intellectuals, there were the people who just believed in things without knowing, who had just faith.

All these extreme movements on both the sides created two different kinds of people – one who we can call as intellectuals and another as emotional or conditioned types. They did not create self-realized people because the ego makes a person so superficial and so stupid that he cannot grasp. It is beyond him. He is so stupid, he cannot grasp the truth. It is a barrier. It is a projection outside. He is a convex personality. His brain is convex. And the other one is so concave, is so conditioned that you cannot complete.

That is how the quality of seekers came on this Earth, who are seeking truth.

To be born again

We should also know that God must be worried about His creation. He must be worried about the people who are created by Him, who became human beings, who are seekers, a special category. What hypocrites – you cannot tell people. You cannot help them, those who are real seekers. There are many real seekers and He must be worried about all these seekers and He must have arranged something for them. That is how Christ came on this Earth to guide you. He came on this Earth to guide you and tell you that you can find the truth by your second birth. You are to be born again.

Then there are people who just believe that “I am born again” – you see, self-opinionated – “I’m all right, I’ve found it.” Stupid people, they just believe, certify themselves, “I’ve found it.” They just give themselves a certificate, “Oh, I have found.” But who is the loser? It is not God.

He is there to reveal Himself to you if you want to know Him through your evolution, through your effortlessness. But as you have seen with Patanjali, all the shastras were written for central people, the real seekers. But people took out of Patanjali also what they tell these central people. It is like a person who has been invited to dinner is doing dish washing. It is that stupid.

And that book, even today thank God, despite all the intellectual attacks and all nonsense, it does talk of the formless, not of the form so much. But it does say that you have to neutralize your effort. You have to neutralize your thoughts and, in the absence of that thought, only the Kundalini will rise.

Now a vicious circle is created. Even when we say we should not have these thoughts, we fight with them. Why? So something has to happen that the thoughts must stop.

And that is what happens in Sahaja Yoga.

In the
absence
of thought,
the Kundalini
will rise.

Patanjali: the compiler of the Yoga Sutras about two centuries before Christ.

this is enlightenment

It is all done by God Almighty within us. He has made these beautiful chakras. They are made from different elements, the essence of different elements and all the incarnations of our ascent are placed there to guide those subtle centres. It is already within us.

We may not know about it, but they exist within us and ultimately the residual power is the Kundalini. It is residual because it has created everything, but has not manifested itself. It is the pure desire to know the truth, pure desire to know the Divine, to become the Divine. It is still sleeping. When these chakras are in proper shape, it spontaneously rises just like a seed sprouts.

You do not have to do anything to reduce your efforts and your thoughts. Your thoughts are created and they disappear. Again they come up and disappear. There is a little gap in between and that gap widens with the ascent of the Kundalini and you become thoughtless without any effort. With effort, you cannot. That is the point. This mechanism exists within us.

You can see the rising of the Kundalini. You can see the break of the Kundalini. You can feel the cool breeze coming out. The cool breeze that emits on top of your head is the first sign that your Kundalini awakens and then when you start feeling it all around. Now you are in connection with the All-Pervading Power.

Before that, we are denying the truth. It is all done by God, by His grace. He has made it all so beautiful – so very, very beautiful. We do not do a thing. We don't have to do anything, but that is the point. We cannot do. We do not have to do anything. Is it too much to accept? But how do we become human beings from monkeys? Do we cut off our tails? Do we pay for anything? How does a seed sprout? By itself, spontaneously.

In the same way, your evolution has to take place spontaneously. And every time somebody has to lead, somebody has to go forward, somebody has to be bold, somebody has to conquer. When the sun shines, it does not do anything, does it? But when the sun shines, the trees become green. It just happens. The sun does not take any credit or does not say that the trees must offer God their goodness or something else to Him. They are not angry with the sun, are they? In the same way, it is somebody's nature to do that and somebody's nature is to ascend and to rise.

You cannot pay for it. You cannot put in any efforts. You cannot do anything about it. It has to work out, otherwise we cannot be guaranteed. If it is there, it will work out. If it is not there, it will not work out. If the desire is pure, it will work out. And then you have to work it out to keep it there.

So by reading about it, you may never understand. There are so many people who know the Gita, so many people in India who know by heart the whole of the Gita – the meaning, everything – but they suddenly realize they have sickness, they are feeling ill, they are unhappy or are ego-oriented – something wrong somewhere. There is nothing wrong with these scriptures. You have forgotten: it is said you are to be born again.

You have
forgotten:
it is said
you are to be
born again.

Transformation

The third experience should be of transformation. If it cannot bring out the virtue in you, if it cannot give you the strength of your spirit, if it cannot transform you, then it is not Self Realization. But transformation can be taken like this, that people can just change the colour of their clothes and say “we are transformed, now we have taken a sanyasa.” All are such self-opinionated people.

It is not that. It is not opinion. To be in that state is important. To be in that state, that is the truth. And that is the truth you should ask for and nothing else. Are you transformed by it? The first transformation you feel – before you change your temperament, before you change your habits, before you take anything – is that your central nervous system acquires a new dimension of collective consciousness. *Acquires* – you get it and you can verify it. But human beings still think they have a right to their opinions and say, “No, I don’t believe in it.” It is all right. Do not believe it yourself.

So the first thing that should happen in this experience of transformation or evolution is that you will become. Again I say “become.” *Become* – become collectively conscious, by which you know your chakras and you know the chakras of others. You know the subtle problems you have, the subtle diseases you have, the hidden problems you have. The whole life which is abnormal becomes normal. You see because you can see the abnormal.

Get into balance. That is enlightenment. If enlightenment doesn’t give you the vision of wisdom, it is not enlightenment at all. You drink, you smoke, you see all kinds of things. You have a temper. Everything exists and you say, “Oh God, I am a very religious person.” And the second thing that comes to you is some sort of abuse.

So your virtue must shine and that time is today. This is the true faith. This is the yuga. the age when there is perfection. That means where you get into contact, actually, with actuality. That means you actualize it and that is the time, today, that has come, called as Krita Yuga.

The Kingdom of God

The All-Pervading Power is actualized and we feel the manifestation of that power very, very clearly on our central nervous system because whatever is evolved within you, you feel on your central nervous system. So this new breakthrough is to be seen through and not to be just accepted – not to have blind faith, nothing of that kind.

Then, once you come to a certain state, then the subject gets deeper and deeper and much more intense, but first that state has to be established. There are no secrets, but one has to grow to that point to bear that truth. Also, to bear the truth, we have to develop that power within ourselves and that state we have to achieve.

It is so beautiful. There is a very beautiful thing to achieve. That is what we say is the Kingdom of God. That is what we say is the peace that resides within us, that joy that fills the whole world as bliss. The complete auspiciousness of God’s being can be ours if we decide to be there. Nobody can question it – no one. It is you who has to choose it in your own freedom. Only you can achieve your complete freedom.

There’s a very beautiful thing to achieve.

Krita Yuga: The time when the work will be done, a transitional age from the chaos of Kali Yuga to the Satya Yuga when spiritual work is perfected.

on your fingertips

I told you how to understand the experience of truth. We came to the conclusion that if we have to feel the truth, it is not only our mental acceptance that it is truth, but you have to feel it on your central nervous system.

I also told you that when you feel the truth through your central nervous system in your evolutionary process, then you become something. You become. You *become* is the point. It is not that you think you are like this or like that, but you really become something – like a flower becomes a fruit or an egg becomes a chick. You have to become something in your awareness and this new awareness is the awareness of collective consciousness where you can feel yourself, what is the problem with you and you can feel others on your fingertips.

This is a very good English idiom they use – “on your fingertips.” Somebody must have thought of Sahaja Yoga when they formed this I am sure. To use this, you should know it on your fingertips.

Truth is
absolute
and is for
everyone.

To know the truth

Now what does that mean? We have never thought of it. We always say so, we should know them on our fingertips, but actually you feel them on your fingertips – the different centres within you and the centres in other people as hot or cold. It may be as heavy or burning. This you just feel. You can feel it. Others can feel it, children can feel it and everybody feels the same because truth is absolute and is for everyone. Whether you have a different caste, community, race, religion or nationality – all kinds of superficial things, which divides human beings – everyone feels the same.

For example, supposing you put a finger to a flame. You are going to feel hot. Because you have a different hairstyle, you are not going to feel something different. It is like that. Truth has to be that way and that is what is the experience of truth. And once you know, you have to know the truth and nothing else but the truth. When you decide in your mind and are honest about it, then when you see it, it is very obvious. It has to be obvious. It cannot be secretive. It cannot be. It has to be obvious, apparent, absolutely known to your central nervous system.

So you know the absolute, as I told you. Like a computer, you start working. You ask any questions – absolute questions – and the answers come to you as cool vibrations for “yes” and as hot vibrations for “no” and sometimes the vibrations stop to say “absolutely no.” But it can be some blister sometimes a little bit, to say that it is satanic. And you can decode it yourself and see for yourself. This is the second phase where you start knowing about others and knowing about yourself. So you become connected with the absolute. The absolute means there is no question about it. The absolute means there is no doubt about it. The absolute means it is single.

We become the Self, the spirit.

Kundalini awakening

I have to tell you about what actually happens when this force called Kundalini within you rises and gives you Self Realization. Actually, within yourself what should happen? Nobody tells you these things. They will say you are to be reborn, so you have a sort of a certificate, “twice born, reborn” and you go about. It is not like that.

Supposing a monkey puts a signboard on, “I am a human being.” Does he become? If you just say “we are this, we are that,” you are not. For example, we say we are Muslims, we are Christians, we are Hindus. We are not. Because you have formed a group, you call yourself something or something that you are not. It is just your own idea. How are you a Hindu? How are you a Christian? What all these religions have said is that you have to be born again – every religion, Jews have in a way said it too – but the problem is that we do not do what is told to us. We just form a group.

A group can be made out of anything nonsensical, but it is nonsense. All this is nonsense. What is sensible is that we have to become something more than what we are. We are human beings. We have to become more knowledgeable. We have to become the knowledge. That knowledge you cannot get in the libraries or from books.

How do you grow into that knowledge is through this Kundalini awakening, through this happening that this Kundalini rises within you and pierces through your fontanel bone area, giving you the real baptism and not the artificial one – the reality. We cannot give you a false certificate. You cannot give yourself a false certificate. But it is very common, as you see in this world, that when you listen to people who are religious, you find they are horribly fanatic, funny, stupid people. If you want to hear about each one of them, you should go to the opposite party. If you want to hear about Hindus, go to Muslims. If you want to hear about the Muslims, go to Jews. And if you want to hear about Jews, go to Muslims or anyone, Christians, and they will tell you. So there is no universal opinion about things.

The spirit cleanses

It is surprising for a person who wants to see the truth in every religion. He cannot understand why people belong to a religion when God is only one, why there is a fight going on. Why is this world divided? Even religious leaders are dividing the world. It is very amazing.

So where is this religion? And what happens to our religion? When we get our Self Realization, we become the Self, the spirit. And the spirit is untarnishable. You cannot cleanse the soap, can you? But the quality of the spirit is that it cleanses you. First it cleanses you. Just like a mother lovingly cleanses the child who has fallen somewhere in the road and cleanses the clothes and makes the child absolutely neat, tidy, clean and with great admiration looks at the child, in the same way the spirit bathes you with its beautiful blessings so that you are cleansed.

We have to
become the
knowledge.

When you become your Self,
you become powerful to fight your weaknesses

equal to your meaning

The spirit bathes you with its beautiful blessings so that you are cleansed. The second thing it does is to give you light. Now the light does not mean electrical light. It does not mean the light you see inside. What this light means is your awareness itself.

In the Sanskrit language it is called by the word *samarth*. *Samarth* means powerful, but actually it means *sama-artha*. It means “equal to your meaning.” Equal to your meaning means you become your Self – *samartha*.

When you become your Self, you become powerful to fight your weaknesses and you automatically do it without any trouble, spontaneously. Very easy it is to forgive. Not only that, but so many things there are which you just do without any difficulty. After Realization you just give. You like to give. You love to give. You want to enjoy the giving capacity of your Self. The acquiring, acquisition and also the capacity to preserve, keep everything to yourself becomes a giving capacity. And as a result of that, what you find, is that you are filled in.

Love is
the most
powerful
thing.

Every sort of thing, every sort of material or physical or any thing that is needed to make you happy just comes down. From where and how, God alone knows because it is only God who does the job. It is God’s work. So the power to stand up against evil, against injustice, against wrong-doing just changes your priorities completely and you become a powerful personality.

The power of love

This powerful personality, which is compassionate, which is righteous, which is virtuous, starts shining through you. It is not a quarrelsome, dominating power in which we believe. According to us, a powerful man is the one who can dominate the whole world.

The power of love we have never exploited – never. All our enterprises, all our worldly affairs – political, economic – are based on hatred. The power of love in its purest form is the most powerful thing and that is going to emancipate the whole universe. There is no other way out.

It does not mean your carnal love or your nonsensical ideas of love. It is not that. It is pure love. The pure love is that kind where the sap rises in a tree and gives nourishment to all the parts of the tree and goes back. It is not attached. If it gets attached to one flower, the tree will die, the flower will die. So this is the power which empowers you, nourishes you, soothes you, consoles you, relaxes you and leaves you powerful.

A terrific character flowers

That sort of a power is to be felt if it is the experience of truth, but we have never tried to understand love in its own truth. The reason is we were not realized people. When we are blind, we are mixed up. We cannot make out one from another, but when our eyes are opened out we understand the true love. And this is what people have exploited, many of them. Many so-called gurus and these people who talk of God have exploited this side of love by teaching dirty things to people, debasing them, using their weaknesses, saying that if you do this kind of a weakness, then you will reach God.

Love that makes you a slave cannot be love and that is what it is. The love that is divine is the love of God that starts flowing through you. You become the medium, as you call it, of that love – a powerful medium. But you know how to manoeuvre it. You know everything. It is not blind. You know everyone. You know the ins and outs of everyone and of yourself also.

You can see your ego clearly once you get Realization and you say, “Oh God, what is this? That’s not me. I am not the ego. Oh, that’s not me. I am the Self. I am the spirit.” So this separation takes place within yourself with your own understanding that you are not this body, this mind, this ego, this superego, but you are the spirit and, the more you grow into it, a beautiful personality of a character, which is not a character.

Sometimes people think if you are very meek, you are compromising. Such a character will never compromise. It is a terrific character. It would never compromise with anything that is not the truth. It cannot be temperament. But it is very kind and compassionate, forgiving. He gives lots of chances because there is that inner urge to save others, to help others, to get them to the right thing. It is like people who are standing on the brink of a disaster or people who are on the bank and see the people getting drowned and are trying to pull them out with all their effort. But they do not want to compromise, as to jump or to leave the banks that they have got.

Such a character you develop then and this character is felt by everyone. I have known many Sahaja Yogis who came to Sahaja Yoga, their own family people were angry. “Now you are following another guru. This is another cult.” But then they found out that they were giving no money, nothing and they were flowering. In every way they are beautiful. They are becoming better and better people, righteous and virtuous people, powerful people of great character and they become very intelligent. They do not do any stupid things. They just do not do it. They are dignified and they do not take to cheap entertainments. The depth that you feel in the poets, in the great musicians becomes their own nature. When they talk, when they walk, any rapport with them, you can feel the depth of their spirit. They become very knowledgeable suddenly.

Simple people are the best. And this is what is true: those who get Realization start feeling the knowledge which is absolute, seeing the knowledge, knowing the knowledge. If you see a pillar, you just look at it. You say, “Oh, very nicely done, painted like this.” Somebody might say it should not have been this colour, that colour. But a Sahaja Yogi doesn’t see this pillar as to how aesthetically it is done and all that, but immediately he will say it is beautiful. Why will you say? It gives vibrations. The whole aesthetics are worked out through vibrations. All the beautiful things of the world have vibrations.

Real, beautiful things have vibrations.

All the
beautiful
things of the
world have
vibrations.

the religion within

When you start expanding yourself

you start feeling your own mind

– the peace, the bliss of your own mind.

Many times you will find there is no thought, but the joy is just bursting in and you just think why has it happened. “Suddenly, how did I get this?” Gradually the state of joy starts increasing in its frequency and you become joy. That is what one has to achieve. To become the joy is important. And once you become that joy, it is not a duality. It is not a thing in which you feel the happiness and unhappiness, but you feel the joy.

Joy is a witness. It is a kind of a power of a witness which sees a drama. By seeing the drama, whether tragedy or comedy, it is at a point where you are just a witness and enjoying it.

In the same way, you will see so-called the comedies and tragedies of your life and the futility of your nonsensical endeavours and you will laugh at it, “Oh, that’s it, that’s me.” There is a higher being who sees all this and is giving you a drama of yourself, projecting it through you that this is what you are. “See yourself.”

The power of wisdom

The capacity to see the drama, that is what we develop. That is the mental capacity to which we rise with Self Realization. You start seeing, through and through, the mockery of all this kind of seriousness and the hypocrisy and the way people who are stupid try to give you stupid ideas. And once you are realized, you laugh at yourself, “Oh God, I was so stupid.” That is what should happen. If that does not happen, your Self Realization has no meaning.

The righteousness and the virtues become part and parcel of your being. It is not that you have to be told anything – you just should not do it. It is beyond your self-respect because you respect your Self, you respect your spirit. How can you do such a thing? You cannot despise yourself, can you? You just become virtuous. You may be kind to others. Even if they are not virtuous, you can be nice to them. You can forgive them, but as far as you are concerned, there is no compromise. And you enjoy your virtues. You enjoy your magnanimity. You enjoy your generosity. People will tell you, “Stupid fool, you go on distributing things. What are you doing?” And you will laugh at them.

You become religious.

You become the guru yourself.

As Lao-Tse said, when a wise man sees the way, he respects it and says this is the way. That is the sign of a wise man. And a mediocre, who is half this way and that way, when he sees the way, he waits for others to go into it. And when the stupid sees the way, he laughs. But when the wise sees the stupid in himself, he laughs.

So that power of wisdom starts shining through you. You become a wise, righteous, virtuous man. Such a balanced and integrated person you become that whatever you do is good for your spirit and for the spirit of others.

That which is good for the spirit

In Sanskrit the word is *hitta*. Whatever is good for your spirit and for the spirit of others, you do it. And that is the right thing to do and that is how you become a righteous personality. That is the religion within you that gets awakened. Nobody has to tell you your religion. You yourself become your own master, your own guru and, by that, you determine yourself, "Now Mister, you can't do this. No, you can't."

So you become your own police commissioner. You do not need any outsider to tell you. You are on your own guard because, if you do something like that, your vibrations will disappear and then you won't like it. Then you feel uneasy. Nobody has to have you as a guru. There is no need. You become your own guru. It is the best way. And that's how you solve the problem of becoming better. By others is very difficult, but yourself becoming better by your own understanding and urges, it is a thousandfold happier and stronger.

So the third thing that happens to you is that you become religious. You become the guru yourself. Nobody has to tell you because there is a natural valency of ten within you which starts balancing you and you become one and enjoy that balance.

As you enjoy a balance of colours in a beautiful photograph, in the same way, you enjoy the balance within yourself. You enjoy your personality, you enjoy your being and you enjoy to be the Self. And those who are on the same level, you just enjoy each other.

This is the first time you enjoy other human beings as if you are enjoying a flower. The fragrance of that personality is a spiritual fragrance. It is so beautiful and attractive. Without any lust and greed in it, but just enjoying the company is real perfect bliss.

May God bless you.

The three experiences of Self Realization:

1. you feel it on your central nervous system,
2. it is felt absolutely as collective consciousness (all feel the same truth),
3. there is transformation (you become a guru).

VALENCE: The number of possible bonds or qualities. For an atom, it is the number of bonds it can make with another atom. For a human, it is the number of qualities or laws of dharma.

I how to the seekers of truth: part ten

I have told you about the experience of truth.

I described what is truth, how to recognize truth.

We have to get to the finale. That is the enjoyment of the bliss of truth.

divine awareness

1. *experience*
2. *collective consciousness*
3. *transformation*
4. *the Divine*

The first was the experience of truth which one has to feel on the central nervous system. Into a new collective consciousness was the second one. The third one we talked about was the transformation that takes place.

But the finale is the nature of the Divine. People say the Divine is purity, the Divine is blissful, the Divine is compassion, the Divine is love. It is described by many words, but I don't think it can be described. It has to be experienced.

You can go on describing, writing books after books, stories after stories, poems after poems. The Divine is so unlimited that you cannot describe it in its full extent, nor in its depth. But as it is being described that the spirit is the truth, I covered the subject of the truth within us, that we have to feel it in our evolutionary process, the truth on our central nervous system.

That is a very important point we have to understand because not everything that people tell you or project is the truth. Nor is whatever you project the truth. But whatever you feel on the central nervous system is the truth. Like you feel something hot or cold, everybody feels the same and that is how it is the absolute. But the truth that is within us and which manifests within our being is known through our brain.

The truth of vibrations

That much intelligence everyone has, to know what is truth. But before knowing the truth, if you depend on your intelligence, you can be misled completely. Intelligence that is without the spiritual insight is your own ego. It is not pure intelligence. It is just your ego, which says, "This is right," "I say," "I believe," "I am like this." That is ego.

After Realization the truth that comes to you is the real pure truth and is not your ego. But those who cannot feel it, for them it is just the same, no difference at all.

So when the truth is felt within us, our intelligence tells us it is the truth. If you are inert people, like a stone, you might suck in the vibrations. It may have the vibrations.

Now see the point: the difference is it will not be intelligent or it will not be intelligible to that particular matter. So the matter, when it is inert, is not sensitive to understand. It is different to absorb vibrations. But it is very difficult, unless and until you are a human being, to discern it, to find out whether there are vibrations or not.

The Divine has to be experienced.

One has to understand that you become the truth. That means you are awareness itself. You become aware of the Divine. Your central nervous system – or you can say your brain – evolves to that state that you can feel the vibrations. That is one thing. Then you cannot only feel the vibrations, but you can discern them. You can find out whether these are good vibrations or bad vibrations. Then you can also say whether these vibrations are partial or full vibrations from the person. If the person has got some sort of a disease or a trouble, you can, without knowing a word about medicine, say this person is suffering from such-and-such disease.

Imagine the computer that we are. We are really the greatest computer that anybody can produce. Human beings cannot produce this computer. The one they have produced is just a copy of this, which is not such a great copy because this computer sees something and knows this is this. It does not think. Can you think of a computer which doesn't think? Just without thinking, it knows. And that is the computer we are.

Now this great computer of our brain which just sees and knows, feels and knows, smells and knows, this special computer becomes a greater – we can say a subtler – instrument, which knows the Divine, which feels the Divine, which understands the Divine and can manoeuvre it.

Seeing the truth clearly

If a person is a realized soul, he sees truth so directly and he can explain it so the people can understand what he is going to say and what he is meaning. It is not something ambiguous.

For example, in the Bible, we have a word called “Holy Ghost.” Now we can say that Holy Ghost is a word which we cannot explain because if you just read the Bible you cannot understand the Holy Ghost because Christ or the Holy Ghost are like oceans and you cannot just put it in one little cup and say that this is it and beyond this is nothing.

You have to go beyond it to see there are many cups filled with the knowledge and you have to see all of them and find out what is the meaning of the word Holy Ghost in other scriptures also. And when you find the similarity between the two, then you are surprised that this is what the Holy Ghost is. But when we just take the Bible as everything, then I have seen people making the Bible so small they are putting it in the golden box and hanging it.

Imagine – it is absolutely absurd. The Bible is to be respected, no doubt. It has great knowledge in it, but the Bible itself I feel is a microscopic thing. It is very microscopic. Every word is microscopic and, to go into its details and all that, you must first get Realization and get an explanation from other places, other dictionaries, which can explain it better. But when we stick on to one sort of a thing, then we are flabbergasted.

And that is what it is. When the truth comes to you, you see everything clearly.

Intelligence
that is
without the
spiritual
insight is your
own ego.

becoming the truth

All the people – truth being absolute – say the same thing. Take Kahlil Gibran, he says the same thing. Take William Blake in England – anyone you take, they say the same thing because there is no difference of opinion as far as the truth is concerned if you are facing the truth.

The trouble is, when you are a human being, you can be also dishonest. The awareness before Realization can be blurred. And therefore, with a simple truthful thing, as you see with your own eyes, there can be aberrations. Then there can be other explanations and other descriptions. But after Realization the basic truth never changes.

After
Realization
the basic
truth never
changes.

Prophets of the truth

All realized souls will have the same voice about it, whether you go to the Antipodes or you go in the future at any time, a realized soul will come and he will say the same thing. That is why there is so much similarity – I should say unity – in all these people. Whether it is Lao-Tse or whether it is Mohammed-sahib or whether it is Raja Janaka or Guru Nanak, they say the same thing.

Now where is the difference that comes in? The difference comes that each of these incarnations came for a different type of a job. Moses came to establish the Void. All these primordial masters came to do that, so their job was to establish the balance. And that is why, whatever they have said, all of them have said the same thing.

Then came Rama. Rama came on this Earth. He came here to establish the benevolent king, what is a benevolent king, the idea of a benevolent king, so He talks differently. Then came Krishna. Krishna came to establish the truth that you have to ascend first and, secondly, He came to show that the world is just a play of God. Then came Christ. Now Christ came on this Earth to create a full awareness within us that we are the spirit. So the accent of their preaching has been for the purpose they have come.

So you must understand that the truth, when it comes to a person like that, it is not only that he knows, but he can make others also know. This is what William Blake has said: at this time, men of God – that's you people – will become prophets and they will have powers to make others prophets. So people sometimes say why didn't it happen earlier? No, that was not the time. Now the blossomtime has come, so it is happening.

The tree of life

You see the truth in its full extent. At that time that was the situation. Today this is the situation and, according to the situation, with all the development of the tree of life, the work is done.

This is what one has to understand: the complete comprehensive idea about the spiritual growth of human beings. Unless and until you have that kind of an idea, whatever you have is like a person saying that the flower is the tree and somebody is saying that the leaf is the tree and they are fighting.

Everything is the tree. Everything is needed for the tree. So when you understand, through your Self Realization, that truth is what it is, you cannot change it.

So you become the truth and the strength of truth comes in you and then you are not afraid of anything. You say it out loudly. You say, "This is the truth. I know this is the truth." People may not accept it. They may crucify you, do what they like, but truth is truth and that truth remains forever and ever. It is eternal. But this brain, that we do not think much of, becomes aware of the truth. This is the blessing of the truth upon us, which comes to us through our Self Realization or, we say, through our spirit.

There can be a complete seven books on the truth if I go on, but I think I have to see to the other side of it, what else it does.

Attention brings peace

Another thing that happens to you is your attention. Now our attention is outside. The reason is our brain has become like a prism and the rays of awareness that come into us also are thrown out and, as a reaction, our attention goes outside. If I tell you take your attention inside, you cannot take it. You just cannot. Something has to happen inside and that is why, when this Kundalini rises within you, then your attention is attracted inside and this happening takes place. And then you find that you can enter inside as well as outside, but otherwise you cannot.

Many people say that they are praying. Now you are praying outside. There is no connection. First the connection must be established. So when your attention is outside, you react to everything. As a result of all the kind of sensations we get out of our reactions, our attention becomes absolutely disturbed and we get into a lot of troubles. First of all, our eyes are not steady. They go on hovering from here to there. God knows what are we looking for. The eyes become impure because we start thinking about things. As soon as we see something, we start thinking and a barrier is created. If there is a thought, you cannot enjoy. But if there is no thought, there is pure rapport, pure connection between that beautiful art and yourself. Then you just see it and enjoy that joy of the artist which he has poured into it, without thinking about it. A person who is a realized soul will just see. Just like children, they just look in the same way, without thinking.

So the first thing that happens to your attention is that the thoughts subside. Thought is the first problem that has started with ego and now, when the thoughts subside, then you become peaceful.

Truth is truth
and that
truth remains
forever.

collective consciousness

Peace has to
come from
the hearts
of human
beings.

People talk of peace. “We should have peace.” How can you have peace? It is not possible. It is an impossible situation.

We think that by thinking, by organizing, by manipulating, we will have peace. You cannot. You cannot have peace that way. How will you have peace?

When the peace is established on your attention, when your attention is peaceful, when we are absolutely without any thoughts, then the peace resides. After all, the peace is only disturbed by the human beings, isn't it? It is not disturbed by something else. It is disturbed by human beings and now, if the human beings are not peaceful, how can you have peace by talks? On the contrary, when there are talks, be sure that there will be some violent action after that. Always it happens because thought is incapable of keeping your attention in balance.

Peace and Krita Yuga

*Krita Yuga: The time when
the work will be done,
a transitional age from the
chaos of Kali Yuga to the
Satya Yuga when spiritual
work is perfected.*

How do you remove the thought from your mind is the problem. Thoughts are all the time in your mind. If you get possessed, you may not have thoughts, but otherwise, what is the other way?

The other way is the Kundalini, when it rises. A thought rises and falls off and another thought rises and falls off. But when the Kundalini rises, then what happens? These thoughts become elongated and start some working inside. And there is a gap in between and this gap is the place of our peace.

If you achieve that peace, world peace can be achieved. By just taking placards, by shouting for peace, you cannot establish peace. Peace has to come from the hearts of human beings. In the hearts of human beings, peace can be only established when you establish the spirit within it, its core where it manifests the bliss of peace. When you start enjoying the bliss of peace, you do not want wars, you do not think of wars and that is the state where now the human beings have to rise.

So these horrible times now, which we call as Kali Yuga, the modern times, which are the times of complete illusion and when all the value system is changed, where everybody seems to be unhappy and sick, is the time also preceding the Krita Yuga – the time when everything will be done, perfected and established. That is the meaning of Krita Yuga.

So to begin with, the primitive times, which we call Krita Yuga, are established again. The primitive is again established, but here with awareness. As I told you, matter becomes aware of itself. The Kundalini, which is a potential power of desire within us, which is as we can call the primitive – manifests itself and becomes aware of itself.

With attention comes purification

That is what is Sahaja Yoga today. It is all sahaja. It is all spontaneous. All the life process has been spontaneous, but today that is what it is.

So spontaneously, our attention becomes peaceful, absolutely peaceful and when that peace is achieved, that peace is established within your heart through the ascent. Then every bit of that peace emits peace. Such a person, wherever he is, he emits peace. If there is a quarrel going on, there will be peace.

In India we understand these things. We are more grown up in spiritual sensitivity than in the material sensitivity. You are very sensitive to material things. We should also learn something from you, but you should also learn something from us. And that is the spiritual sensitivity to understand what serenity is and what superficiality is.

So with this attention being absolutely stationed on a balance, you start seeing the superficiality and you start discarding the superficiality. You immediately see that this is superficial. There is nothing in it and then the attention only accepts whatever is deep, whatever is divine. The rest of it is rejected. It doesn't accept. It doesn't react. It doesn't say anything about it. It doesn't accept. It has nothing to do with it. It is just separated. The attention keeps a distance from all superficial things. It has no enjoyment.

This is inner morality which just keeps you moral. Your attention becomes absolutely pure. Your eyes become innocent. Your eyes do not have dirty ideas, lust and greed, but they have purity in them and wherever you put your eyes that becomes purer. Wherever you look, that becomes purer. You spread purity through your eyes, not lust and greed.

This is something that must happen today because the time has come. Our eyes are tired now, tired of looking at all these horrible things. Once we discard it, it will all disappear. It is our own creation. Whom can we blame? It is not the birds who have done it, nor the tigers have done it, nor the trees have done it. It is us, the human beings. We have done all this nonsense. If we get purified, everything will be purified.

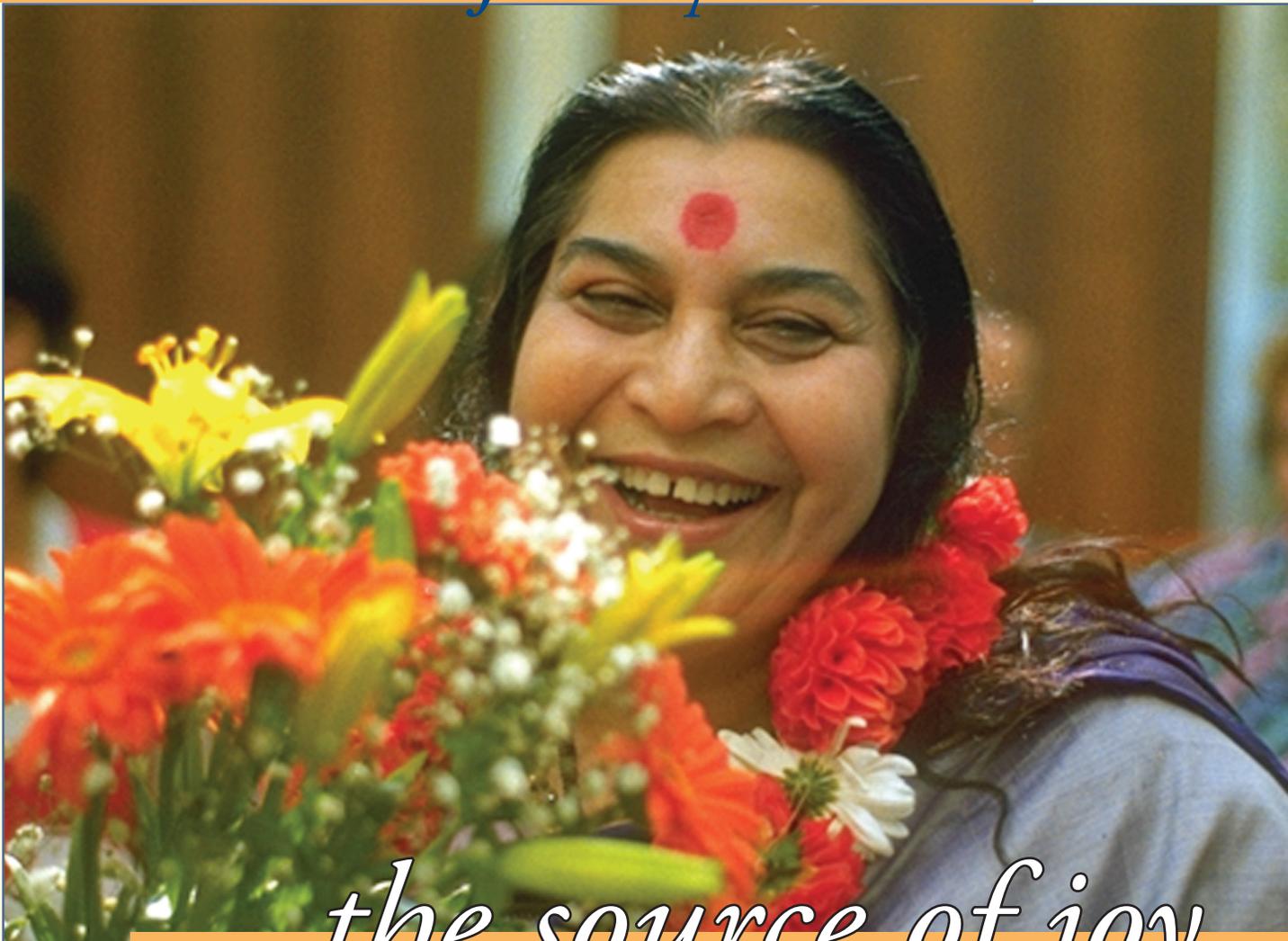
Now the attention becomes collectively conscious. It *becomes*. So far your attention has not. You can see a person, how his hair is or what dress he is wearing and all these things, but you cannot penetrate into that person to feel what sort of trouble that person has, on what centres he is catching, whether he is a good man or a bad man from the divine point of view. Because your attention has achieved that state of collective consciousness, you can understand. At the very sight of the person, you can say what sort of a person he is.

That penetration only can come when you have those pure eyes. When you are yourself impure, how can you see it? To see something clearly, your eyes must be clear and clean and that is what happens to us. But there is nothing wrong. Once the Kundalini rises, She kindles a light. You can see a twinkle in the eyes of a person who is a realized soul. Their eyes are twinkling and there is a kind of a light. You can see in the eyes of such a person and then you know that such a person is a realized soul. It is very simple to make out even the eyes of a bad man and a good person when you develop your own inner sensitivity and this comes through the attention being absolutely in balance. With no thoughts rising, you look at a person without any barrier. Whatever you have understood through your brain is not important. What is important is if you are seeing through and through what sort of a person he is.

So the attention has to be purified, but that you do not have to do. Your Kundalini itself purifies your attention. You become collectively conscious.

That is what
is Sahaja Yoga
today.

I know to the seekers of truth: part thirteen



the source of joy

Krita Yuga means it happens. It is manifested. So now the attention manifests itself. It is another very remarkable thing that has happened. After Realization, if somebody needs your help, you will just think of that person and, if you think of that person, that person is helped. Even if the person does not know and he is thinking of God, you may help that person just thinking of him. It happens.

Krita Yuga: a transitional age from the chaos of Kali Yuga to the Satya Yuga when spiritual work is perfected.

If you can receive on the television something from the ether, you can always receive at that level and you can manifest it. But in the television what we receive, it doesn't manifest. Supposing we see a photograph of someone, it doesn't get up and cure us does it? It does not. But here, attention, when you put it, the attention manifests. See how fantastic it is. It is very hard to believe, but it happens. It happens that the attention itself manifests.

So this attention that becomes enlightened becomes one with the Divine. It manifests and it acts and it helps. It can happen to any one of you. The attention makes you a part and parcel of the whole body, but also the awareness of it. A big finger is a part and parcel of the whole body, but it is not aware. It is not aware that it is a part and parcel of the whole body, but it acts. But here it is aware and it acts without even having any connection. It manifests and it works out the way it has to work out. It is such a fantastic thing is the attention that becomes.

*Shri Mataji Nirmala Devi
8 July 1984 London*

You become a flowering personality.

Becoming the joy

The last and the most important thing is that you become the joy. Nowadays we have lost the sense of joy. With the smallest thing we get irritated and angry. All the time you are just waiting to find faults with others, waiting to complain, waiting to see what others are doing wrong, not enjoying them at all. That is how our attention is – horrible. It can never enjoy anyone, what the birds sing, how the children run and how the people talk. Enjoy – it is so enjoyable.

Everything is such an enjoyment. We have lost that sensitivity completely. We cannot enjoy each other. But then we enjoy. We just enjoy a person who is a realized soul.

This is what happens. Your attention becomes balanced. Attention becomes collectively conscious. You start enjoying others and this so-called comfort, for which we really vie, is zero.

This moment, every moment has a dynamism in it. It is all God's work you are entering into. Who is greater than God? Who is more powerful than Him? Once you enter into His kingdom, everything works out. You know it works out. The joy of those happenings, the joy of that blissfulness, that security of God fills you up. And when it fills you up, you feel absolutely relaxed. You feel it is all done for you.

So the attention should be on the nice things, as we say, but it never is. How do we do it? We do it by enjoying the nice things. By understanding the nice things, our attention just goes there and whatever else may be there, we just don't see. You can never enjoy a sinful act and the enjoyment of righteousness and virtue starts flowering into you and you become a flowering personality. You really enjoy yourself and you never say, "I hate myself" or you never use these words "I hate you" and the next moment "I love you." That sort of a nonsense goes away from your tongue. You become a beautiful person who is never bored. You enjoy your own company so much. Even if you are in jail you are enjoying yourself. You are there. You are not lost.

So this is how our attention becomes enlightened and you become the joy. And this joy fills you up completely. You become a personality of magnetism, complete magnetism. Joy is the perfume in a human being. The causal of the Mother Earth is perfume. It becomes the perfume. The magnetism of the Mother Earth becomes the magnetism in your personality. Whatever you have got from the five elements, goes back into its primitive state in the sense that it becomes its causal. Like it becomes the glow. The *tejus* is there. It is the causal of light. The causal of light is *tejus*. It is the glow.

Your face glows. Your skin glows. There is a glow on your face. A person like this has a glow on his face. So do you become your primitive or your causal. You are made of all your five elements expressed in its causal.

But now the causal is aware. That is the only difference there is. So you become the joy – the source of joy and the giver of joy – and you yourself enjoy yourself because your Self is so glorious, so great and so joyous.

Every
moment has
a dynamism
in it.

Tejus: the glow or radiance, such as that caused by light, or the glow on a joyous face.

it is very sahaj

Reality is not complicated.

We are all enveloped in it. And it is only the waves that we see.

We are on the airwaves, so we see it as dislocated, separated.

We feel “this is Germany” or “this is England,” “this is India.”

These are just folds of the sari of Paramachaitanya, which looks separated, but they are not separated. They are continuous. The connection is absolutely complete. If I pull a thread from here, the thread will throughout be pulled. In the same manner, this Paramachaitanya is working within itself and there is nothing without.

So when you are Sahaja Yogis it pays special attention to you. Or I should say it becomes absolutely one with you. Whatever you desire, whatever you want also will be coming from the same Paramachaitanya – if you are one with it.

Reality is not complicated.

One must know that it is the simplest thing and the simpler we become, the easier it is for us to grasp that reality.

Try to meditate. Meditate more, so that you reach your inner being.

And this inner being is the vast ocean of bliss, which exists in every one of us. It is that vast glorifying flood of light that floods everybody’s inner beauty. So to approach it, you have to go within yourself by denying things which are against it, against your movement.

Sometimes the wind can be very, very strong causing you to misunderstand that the glory of God is within.

Every moment remember that your movement has to be inward. When you move inward, you forget the ideas of your outer glories.

It is an individual journey towards God when you meditate. And when you reach there, then you become collective. Before that, it is an absolute individual journey within.

You should be able to see this.

Shri Mataji Nirmala Devi

9 July 1989

16 September 1983

14 March 1983

3 June 1990

Birthday Puja 2000

21 March 1977

it is so simple

You are on this journey. Nobody is your relation. Nobody is your brother. Nobody is your friend. You are absolutely alone. You have to move alone within yourself. Do not hate anyone, do not be responsible, but in a meditative mood you are alone. No one exists there. It is you alone.

But once you enter into that ocean, then the whole world becomes your family. The whole world is your own manifestation. All the children become your children and you treat all people with equal understanding.

The whole expansion takes place when you enter inside your spirit and see, starting through the eyes of the spirit.

Such calm, such peace, such bliss exists within you.

You have to be ready for that journey.

Decide for yourself.

It is your decision, your understanding, your growth.

You have to open your eyes to it.

When you know yourself, you are surprised that the greatest thing for you is to love and to be loved.

You enjoy that collective love so much when you absolutely overcome your baser self.

In Sahaja Yoga it is so simple. It works in a very simple manner. It is very sahaj.

It shows what we are capable of doing. We human beings, so-called, are very selfish, self-centred and only worried about ourselves. That is what is said. But it is surprising that with Self Realization, with self-knowledge, with knowing your Self, you understand how rich you are within, how great you are within and how capable you are.

This understanding comes to you and then that is expressed in such a beautiful manner.

May God bless you with all His prosperity, with all His goodness, kindness and the eternal.

The Paramchaitanya will descend on you and on your awareness.

*Paramchaitanya:
The all-pervading divine
power, which is expressed
as the cool breeze of the
Holy Ghost and the Ruh.
It is absolute love, which
knows, understands,
coordinates and works out
everything.*

