

# SEVEN ESSENTIAL TALKS

from the pages of The Divine Cool Breeze

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photo by Ray Harris

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My tapes are there. When you are listening to My tapes, note down the points that Mother has said and see for yourself. The education in Sahaja Yoga is very important, otherwise your intelligence will rust out. You must have full education of Sahaja Yoga. Only giving Realization is not the work you must have. Others must know you are knowledgeable. The amount of education you have had, nobody had before. No saint had it. So now take full advantage. Whatever your age may be, education qualification may be does not matter, but you should all know what is Sahaja Yoga, what it means, how it works out. Ask questions yourself and find answers. You all are still students of Sahaja Yoga. You must know that. You are still students of Sahaja Yoga and you must master it. You must know it, every word of it. Just to enjoy Sahaja Yoga is not the point. You must also know. Like if you enjoy a cake cooked by somebody, you must know how it is cooked because then you can cook for others. But if you do not know how to cook, people are not going to believe. This is what I have seen. *Birthday Puja 1985*

# 1 A NEW ERA SACRIFICE FREEDOM ASCENT

**WHEN:** Wednesday 6 February 1985

**WHERE:** Bordi Maharashtra India

**WHY:** Shri Mataji calls on us to rise to the cause of Sahaja Yoga.

**QUOTE:** My life, My mission, My existence, My everything is for the purpose of the emancipation of humanity.... This is My announcement of this new dimension into which we have to rise. And as in the war, we have to declare, “Now forward on!” In the same way, this is a declaration – in no way to degrade you, in no way to insult you or to say anything about any one of you, but to just infuse that inspiration which led thousands and thousands and millions and billions of people to sacrifice for a greater cause.

# 2 THE LEFT SIDE SHRI BHAIRAVANATH PUJA

**WHEN:** Sunday 6 August 1989

**WHERE:** Garlate Italy

**WHY:** Shri Mataji explains the significance of Shri Bhairavanath.

**QUOTE:** Bhairava always has a light in His hand and He runs up and down the Ida Nadi to make light for you to see that there is nothing negative.... To enjoy the positivity in every negativity is the capacity of a Sahaja Yogi. The negativity does not exist. It is an ignorance.... But as you know, now the hell is also full of people, so it is better that we should try to fight our negativity and become fun-loving, enjoying others, loving others, not worrying about what others are doing to you, but only thinking what good you can do for others ... to laugh, to enjoy, to have fun.

# EVERYTHING FOR LOVE



## 3 MOTHER EARTH AND SHRI MAHALAKSHMI PUJA

**WHEN:** Sunday 21 August 1983

**WHERE:** Surbitan Ashram Surbiton London United Kingdom

**WHY:** Shri Mataji explains the value of the Mother Earth.

**QUOTE:** Whatever you have got from the Mother Earth you can give because your Mother Earth is awakened within you now. So you return Her back everything that you got from Her and give it to others – generosity, the greatness of heart, nobility, forgiveness, love, affection, bearing, everything for love. For the mother, to save her child, she will starve herself, she will do everything to save her child. Complete dedication she has for her child. That is a real mother.... What I am saying, that is the real image of a mother and you have an image before you.

# 4 GURU PUJA 2008

**WHEN:** Sunday 20 July 2008

**WHERE:** Cabella Ligure Italy

**WHY:** This is Shri Mataji's last recorded talk.

**QUOTE:** Only after getting Realization, do you know that there is God and there are vibrations.... Many of you have felt the cool breeze on your hands and out of your brain. Some have grown in Sahaja Yoga, some have not. Some are still carrying on with old catches. But now I have to say that quite a lot of you can become gurus. That means teachers and you should act as teachers. To act as a teacher, you should know Sahaja Yoga, the theory and the practice of it thoroughly well and then you can become a guru. It is a very great responsibility, a lot of understanding for a guru.

# 5 THE CREATION

**WHEN:** Sunday 20 February 1977

**WHERE:** Delhi India

**WHY:** Shri Mataji explains the creation of the universe.

**QUOTE:** It is a very difficult subject and I will try to make it intelligent for you, but I would request you to pay full attention for such a difficult subject like creation.... In many ages I have been living now for thousands of years and I have been working it out on so many human beings and so many things and, at long last, I have been able to find out most of the permutations and combinations of most of the human beings. And that is how it has been worked out in such a large mass scale. It would not have been possible if I had not worked it out in that way.

# 6 GUDI PADWA ADVICE ON MEDITATION

**WHEN:** Tuesday 30 March 1976

**WHERE:** Delhi India

**WHY:** Shri Mataji tells us how to meditate.

**QUOTE:** We cannot meditate. We only can be in meditation. When we say we are going to meditate, it has no meaning. We have to be in meditation. Either you are inside the house or outside the house. You cannot be inside the house and then say that “Now I’m outside the house.” Or when you are outside the house, you cannot say, “I’m inside the house.” In the same way, if you are moving in the three dimensions of your life, of the emotional and physical and mental being, you are not inside yourself. But when you are inside, when you are in thoughtless awareness, then not only that you are there, but you are everywhere – because that is the place. That is the point where you are really in the universal. From there you are in contact with the principle, with the shakti, with the power that permeates into every particle that is matter, into every thought that is in emotion, into every planning and thinking of the whole world. You permeate into all the elements that have created this beautiful Earth. You permeate into the Earth. You permeate into the *akasha* [sky or ether], into *teja* [light], into sound. But your movement is very slow. Then you say, “I am meditating.” That means you are moving in permeation with the Universal Being, but you are not moving yourself. You are just unloading yourself to be free from the weight of things that do not allow you to move. When you are in meditation, you must allow yourself to be in thoughtless awareness. There, the unconscious itself, the *achetana* itself will take charge. You will start moving with the force of *atita* [beyond]. The unconscious is going to work it out. It is going to take you there, where it wants you to go. You keep to thoughtless awareness all the time. Try to keep to thoughtless awareness as much as you can. When you are in thoughtless awareness, you must know that you are in the kingdom of God and His people, His arrangements.





# 7 OPEN YOUR HEART SEMINAR

**WHEN:** Sunday 2 August 1981

**WHERE:** Mill Farm Yetminster Dorset United Kingdom

**WHY:** Shri Mataji creates a nucleus of Sahaja Yogis in England.

**QUOTE:** They will believe you much more than they will believe Me. They will not believe Me at all. They will say I am fantastic. I cannot be understood, you see, so they won't believe Me. They will believe you. They will not trust Me, but they will trust you. They would not trust Christ, but they will trust you because you are one of them. That is why it is important that you should improve in all sincerity, in all truthfulness to yourself. Become a perfect mechanism of God. No reservations – there should be no reservation.... That is how Sahaja Yogis are going to form that nucleus, that great nucleus, that powerful nucleus, that tremendous source which is going to overthrow all that is nonsensical. It is tremendous. Believe Me.