



Her Holiness  
Shri Mataji  
Nirmala Devi



Navaratri



PUJA  
TALKS



# Her Holiness Shri Mataji Nirmala Devi



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Puja Talks



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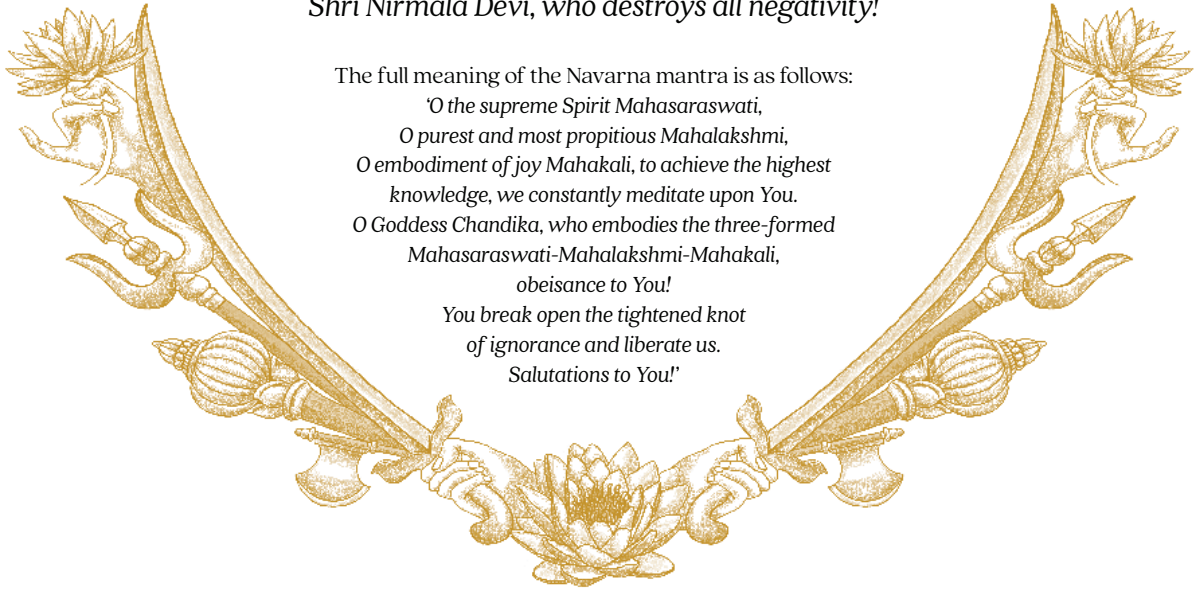


# Aum Aīm Hrīm Klīm Chāmundāyai Shrī Nirmalā Devyai vicche namah

*Salutations to the victorious Goddess,  
Shri Nirmala Devi, who destroys all negativity!*

The full meaning of the Navarna mantra is as follows:

*'O the supreme Spirit Mahasaraswati,  
O purest and most propitious Mahalakshmi,  
O embodiment of joy Mahakali, to achieve the highest  
knowledge, we constantly meditate upon You.  
O Goddess Chandika, who embodies the three-formed  
Mahasaraswati-Mahalakshmi-Mahakali,  
obeisance to You!  
You break open the tightened knot  
of ignorance and liberate us.  
Salutations to You!'*









# Dedication

*O Beloved Mother, Shri Mataji Nirmala Devi,  
You are the source of all divine knowledge and wisdom,  
You are our Mother and You are Shri Durga Mata,  
You are the One that protects Her Devotees  
from all negative forces.  
With deep reverence and gratitude we thank You  
For the blessings of Your Holy wisdom  
That as a Protective Mother  
You have given to us.*





# Foreword

*This book is the third volume in a series of books with transcripts of puja talks given by Her Holiness Shri Mataji Nirmala Devi, grouped by the main puja types.*

*This third volume contains all the transcripts of Navaratri Puja talks of Shri Mataji that were in the systems of Nirmala Vidya / Amruta in January 2023.*

*The talks have been fully verified.*

## Collective effort

*Many Sahaj artists have offered their work and time to decorate this book beautifully with paintings, illuminated letters and decorative elements that reflect the artistic principles taught by Her Holiness Shri Mataji Nirmala Devi.*

*Transcribing and verifying talks and collecting works of art and photos for this series of books is a collective effort that will continue to rely on the voluntary effort of dedicated Sahaja Yogis for many more years.*

*As this is only one of the volumes in this series of books, you can contribute to the creation of other volumes in the future in several ways, such as:*

- *Transcribing, verifying and proofreading talks.*
- *Carrying out graphic design, maintaining digital records.*
- *Searching for photos of Shri Mataji from specific pujas or facilitating the finding of such photos.*
- *Creating and identifying artwork, illuminated letters and decorative elements for the upcoming books in this series.*

*If you would like to help with future books, please contact us at:*

*nirmalavidyacollections@gmail.com*

## Word of thanks

*We thank all the Sahaj artists who have generously offered their artwork for this book, the graphic designers, and those who have transcribed and verified all the talks.*

*We would also like to thank the Shri Mataji Foundation and Nirmala Vidya for endorsing this project and including this book in the library in Palazzo Doria in Cabella Ligure.*

*We offer a deep and heartfelt Thank You to all those who made this project possible, and we pray that this will bring joy to the heart of our beloved Mother and be a fitting tribute to Her life and teachings.*

The Nirmala Vidya Collections Team



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First published in Italy in 2026

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Printed in Italy by Polistampa Firenze Srl

Published by Casa Madre Edizioni Letterarie  
Via Martiri della Libertà, 11, 15060 Cabella Ligure AL, Italy  
on behalf of Fondazione Mondiale Shri Mataji Nirmala Devi Sahaja Yoga

Printed in September 2025

[www.shrimatajifoundation.org](http://www.shrimatajifoundation.org)  
[www.amruta.org](http://www.amruta.org)  
[www.shrimataji.org](http://www.shrimataji.org)  
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# Navaratri Puja

*Shri Kundalini, Shri Ganesha*

India, Hinduja Auditorium, Mumbai

22 September 1979

First day of Navaratri Celebrations





“Today’s auspicious day is that of Ghata Pujan. Ghatasthapana is primordial. Means, when this universe was created, many times – the universe has not been created only once, but many times; many, many times – when this universe was created, first they installed the ghata. What does ghata mean? One needs to understand this at the subtlest. Firstly, the Almighty exists in the state of principle of Bramha. We will call it entropy in English. When there is no movement in this state, when the desire originates in this state or when the Almighty fancies desire, then this desire gets established in Him that something new must be created in this world. Why does He get this desire? It is His desire. To understand why the Almighty has this desire is beyond the understanding of the human being. Likewise, there are many things beyond the general comprehension of a human being. But as we take them for granted, similarly we must accept that God’s wish is His own hobby. It’s His desire; He does whatever He wants to do. This desire gets merged in Him and again gets awakened.”



n today's auspicious occasion, in such a beautiful environment, such a beautiful subject, seems that many coincidences have come together. Till date, nobody suggested the subject of puja to Me, but it is so important. Especially in this land of yoga, in our land of Bharat, in that, in this holy land of Maharashtra, the Goddess of nature has come up with the creation of Ashtavinayakas. So what is the greatness of Ganesha, what is the importance of Ashtavinayakas and such things are not known to many people. I am very surprised at this. Perhaps those who understood everything, who knew everything – those great ascetics and saints of our holy land – they must not have been given the liberty to express, or may be nobody listened to them. But any amount of explanation about this will be inadequate, and even seven lectures instead of one would be insufficient for Me to speak about Shri Ganesha.

Today's auspicious day is that of Ghata Pujan. Ghatasthapana is primordial. Means, when this universe was created, many times – the universe has not been created only once, but many times; many, many times – when this universe was created, first they installed the ghata. What does ghata mean? One needs to understand this at the subtlest. Firstly, the Almighty exists in the state of principle of Bramha. We will call it entropy in English. When there is no movement in this state, when the desire originates in this state or when the Almighty fancies desire, then this desire gets established in Him that something new must be created in this world. Why does He get this desire? It is His desire. To understand why the Almighty has this desire is beyond the understanding of the human being. Likewise, there are many things beyond the general comprehension of a human being. But as we take them for granted, similarly we must accept that God's wish is His own hobby. It's His desire; He does whatever He wants to do. This desire gets merged in Him and again gets awakened. Like a person sleeps off and again awakens. After sleeping, even if his desires are dormant and are with him, they get activated only when he wakes up. It is same thing with God Almighty. When He has a desire that I should create, to create nature, then all these waves of creation of the universe, of the desire or what we can call as waves or ripples, get collected. And after accumulation, the ghata in which they get filled in, this is that ghata.

It is the power of desire of God Almighty itself. If the God Almighty and His desire power is separated, and if we can understand it that way. It is same with us. We and our desire power are different. This power takes birth first. Till the time you desire something, till then, that thing and its realisation does not happen. This beautiful enormous world of ours, this too is a result of somebody's desire. Everything gets activated only after we desire it. And to activate God's desire, we need to separate it from Him. If it remains absorbed in God Almighty, then it remains dormant. When it starts its work by separating from Him, we call it as Adi Shakti.

When this first state came, the first state came, then Ghatasthapana happened. This has happened many times since time immemorial. And today also when we do Ghatasthapana, then we remember that eternal, infinite process. Means during this time [Navaratri first day], we do the Ghatasthapana. So, keep in mind what a great event this is. That time what the God Almighty desired, before activating it, He collected it. This was placed in a ghata. The same desire today is being worshipped by us. We are worshipping it today. God Almighty desired it. He made us part of humanity today. He helped us reach this great state. Hence, it is our prime duty to bow to His desire. In the language of Sahaja Yoga, we call this as the desire of Mahakali or the power of Mahakali. This is the power of Mahakali, and these events that take place for nine days, especially in our Maharashtra, these are about the various incarnations of this Mahakali. Even today, nothing can happen before the power of Mahakali or the power of pure desire. Hence, the power of pure desire is the beginning, and the end also transpires in it. First of all, everything emanates from the desire and at the end it merges in it. So, this power of Shri Sadashiva is the Adi Shakti, and it moves around as Mahakali power within us.

At this juncture, if we consider it as the Supreme Power; if we consider it as the formulation of the Virat, the power on the left which flows through our Ida Nadi, and that power is known as power of Mahakali. This is more widespread in the humans. It is not as much in the animals. This power enters us from the right side of our head. Subsequently it moves along the left side to go below the triangular bone, which is the position of Lord Ganesha, and ends there. Means first and foremost, the power of Mahakali gave birth only to Shri Ganesh. Then Shri Ganesha got established. Ganesh is the first deity that got established, and similarly, the situation of Ganesh is same as that of Mahakali. This is the seed, and the whole world emanates from this seed and again gets merged with it. Similarly, everything after emanating from the Ganesh principle merges with Ganesh





principle itself. Whatever exists, Ganesh is the seed of that. Whatever appears in front of us, in action, in desire, Ganesh is the seed of it. That is why Ganesh is considered the foremost main deity.

Not only that, without worshipping Shri Ganesh, we cannot do any work. Then they may be Shaiva [devotees who worship Shri Shiva], may be Vaishnav [devotees who worship Shri Vishnu], may be devotees of Shri Bramha or anybody else, all of them first worship Shri Ganesha. The reason for this is that Shri Ganesh principle was established by God Almighty as the first thing in this universe. The Ganesh principle is what we call as abodhita, or what we call as innocence in English. This is a very subtle principle. We do not understand it. In childhood, it exists in the children. Everywhere we see its expression, its fragrance wafting all over – that is why small children are so lovable – such is the principle of innocence. It is present in Shri Ganesha. It is difficult for human beings to understand this, that how can one deity encompass all these things?

If we look at the sun, we see it has the power to give light. Similarly, Shri Ganesha has power of innocence. This power of innocence that the God Almighty has imbibed in us, we worship this power of innocence. And we should also be such innocent beings. Many people feel that being innocent means being ignorant. The meaning behind innocence is that just like a small child is innocent, he is naive, that naivety should come in us. We do not understand how great this principle is. Suppose a small child starts playing. Today's kids do not have much naivety. We only are responsible for that. What else can we tell others? How are we following our dharmanas? How deeply involved are we in our dharmanas? How dharmic we make our children, it is dependent on that, and must know this is the outcome of that.

Now the presence of innocence in humans can be identified by watching a child. A person may have it; however old he becomes, still he has that innocence. Like a small kid while playing can impersonate Shivaji, may build a fort, will do everything then he will leave everything and go away, one must leave everything after doing it. One must leave everything and be detached about it. One must not get entangled in something. Must have no involvement. This is the typical behaviour of children. If you give anything to any child, he will preserve it. Will preserve it for a long time. After some time, he will have no feelings for it. If we take away that thing without letting him know, he will not feel anything about it. But there are some things that a child may not leave which are very important to him. One of such things is his mother. He does not leave his mother. Rest, anything of this world you take from him, it is all right with him; he does

not understand wealth, he does not understand money, he does not understand education, he does not understand anything except his mother: "This is my mother. She gave birth to me. She is everything for me." He does not accord importance to anything other than his mother.

Rabindranath Tagore has written a beautiful story. A small child lost his way in the marketplace and people caught him and asked him what he wants. He was continuously crying. They told him that they would give him this thing, give him horse, give him elephant. He said, "Nothing doing. I want my mother." And he was continuously crying for his mother. He did not eat anything offered to him. Kept on crying the whole day. He became quiet only when he met his mother. All of us have this seed principle in us from the childhood itself. We do not leave our mother. We know that this mother has given birth to us.

But in addition, there is another mother within us that the God Almighty has given. And this mother is Kundalini. God Almighty has curled up Mother Kundalini and placed Her in our sacrum bone. She is our mother, and we are continuously searching Her. In all our searches, whether political, social or educational, whatever your interests may be, behind all these interests you are searching for your mother. This Mother Kundalini takes you to the ultimate position where you get complete satisfaction. The search for this mother, the longing for this mother, which lies in us in a subtle form, which embraces us, stays awakened due to the Ganesha principle. The person whose Ganesha principle is destroyed completely, he is not innocent. We observe many qualities in a person who is innocent. Means, he has chastity in his relations with his mother, sister and brother. During common interactions, social interactions, during worldly interactions, God has defined one spouse, and all other people in this world, if we consider that we have pure relation with them as God Almighty has defined, if this is seen in your behaviour then it should be considered that the person has true innocence. This is his true attribute.

The sign of innocence is that a person sees purity in all individuals. Reason is, as he has purity within himself, he will not regard anyone as impure. Here we don't have to explain about chastity, as people know what chastity is. In England or America, we have to explain because their minds are confused. But you all are sensible. By grace of God in this land of India, say, due to Ashtavinayakas or due to good deeds from your previous lives or due to the service rendered by our gurus and saints, this is one land on this earth where holiness still prevails. It is a very great thing, and you have organised the puja of this holiness. So,





while doing puja, you must pay attention to whether you have that holiness or not.

In our Sahaja Yoga, those who do not have Ganesh principle, they do not have the purity. He is of no use to us. We do not pay attention to such a person. But there is no way to tell upfront that you have lost this holy attribute. Even though we know all this, we cannot tell this, because this Ganapati who is installed there, He is the son of Gauri. And Gauri means the power of Kundalini which encompasses us, this is the power of Gauri. Today there is Gauri Pujan and Ganesh Pujan—we must realise what a significant day it is. The Ganesh principle present in us tells Gauri whether this person is all right or not. Means one must appreciate the good arrangement that is made. Means the two nadis coming from the top, Ida and Pingla – now if you have not read about Sahaja Yoga at all then it will be a bit difficult, but if you try to understand it is not that difficult – Ida and Pingala are the two nadis within us. Of these, one is Mahakali and the other is Mahasaraswati. These are the two nadis. The Mahasaraswati has emanated from Mahakali. Means She is the power of pure action. The first one is the power of pure desire and other one is the power of pure action.

From these two powers, whatever deeds we have done in this birth as well as past births, whatever are our good deeds, whatever are our bad deeds, this all is evaluated by little Ganesha, the deity who is within us. He is observing how much virtue this person has accumulated. Now today's modern people do not have any inkling about virtues, and they do not even think about it. People think, "What sense does it make, that how much virtue one has and for what?" When they don't have any concept about virtue, then sin and its atonement etc., then knowing these things has no meaning. But the human has a feel for sin and virtue. Animals do not have this. Animals do not have feel for many things. Now suppose, if you walk an animal through dung or filth, it does not sense the smell. It does not have any appreciation for beauty. As soon as you become human, you get a thought about virtue and sin. You understand that this is wrong. This is sin; should not do this. This is a good deed; should do it. Instead of us making a judgment about sin and virtue, this Shri Ganesh keeps an accurate account sitting within us. Every human has a place for Shri Ganesha, and it is near the prostate gland. We call it Mooladhara Chakra. Mooladhara Chakra because Mooladhara, the triangular bone which we call Mooladhara, where Kundalini is sitting, where Mother Kundalini is sitting, just under Her; under that triangular bone, Shri Ganesha is sitting nicely, protecting Her; rather, protecting Her chastity.

Now we know how Gauri established Ganesha. Her marriage had taken place but had not yet met with Her husband. That time, She had gone for Her bath, and after removing the dirt from Her body—now see, if you have vibrations in your hands, if your entire body has the divine vibrations and this divine vibration is flowing, and if that is taken in the dirt of one's body, then that too has divine vibrations—She created Ganapati out of this dirt and kept Him outside Her bathing place. Now see, She kept Him outside the bathing place and not in the front from where the all the filth is flowing. Many of you must be knowing, when the water from the bathroom flows, then many a times the leaves from peepal, or some people plant lotus flowers also and they grow there quite well – it is quite surprising, the lotus flowers grow only where there is a puddle of dirt – same is the example of Shri Ganesh. Means where the dirtiest region of the house is, on that dirty region of the house this lotus has bloomed, and with its fragrance it imparts its fragrance to all the dirt.

This power of His also greatly helps us in our lives. The dirt that we see in us is secured due to the Ganesh principle. Now this Ganesh principle has to first perform puja of Kundalini, means of Shri Gauri first. Means your Ganesh principle first has to perform your Kundalini's puja. In short, to bring abodhita in us. You will be surprised, when Kundalini gets awakened, that time the fragrance of the Ganesh principle spreads in the entire body. [Aside: "These are realised; should please sit here. It does not matter."] Many people, especially those of you who are Sahaja Yogis, sense the fragrance when Kundalini gets awakened. Because Ganesh principle is made out of earth principle, or the earth itself is made out of Ganesh principle. This earth is made from Shri Mahaganesh. And the Ganesha within us is also of the earth principle.

Now we know that all fragrances emanate out of earth. The fragrances of all flowers emanate out of earth. That is why when Kundalini gets awakened, many people sense different types of aromas. Not only this; they tell Me that, "Shri Mataji, when we remember You, we sense very intense fragrance, and such fragrances emanate from Your body also." People say that. Many people misunderstand, that: "Shri Mataji wears some perfume," but it is not so. If the Ganesh principle is awakened within you, then the fragrance emanates from within. Different types of fragrances emanate out of a person. But you must be knowing that there are such people in world who call themselves as sadhus or saints and they cannot live with fragrance. They call themselves "God Almighty" and they cannot tolerate fragrance. We have explicit writings on this. You read any deity's description, especially that of





Ganesha, that He loves fragrance. He loves fragrance. Not only that; He loves flowers. And He loves lotus. Then if this is the case — similarly it is written in the description of Shri Vishnu, written in the description of the Devi — this means that those people who do not like fragrance, who cannot tolerate fragrance, they have some serious flaw, and they are against the God Almighty. They do not have the power of the Almighty for sure. The person who cannot tolerate fragrance at all, he certainly has some anti-God principles in him. That is for sure. Because fragrance is a great principle of the earth principle. There are many names for it in the language of yoga. It's no use talking about it that, as you would keep thinking about it.

But the important point to note is, whatever five significant principles are and before that whatever life principles they have, the first amongst these, we can say, is the principle of fragrance. This principle constitutes the earth. Shri Ganesh is created from this life principle. Therefore, before worshipping Lord Ganesha, one must exude fragrance ourselves. That means our lives should have a subtle fragrance. Not outside. A person who is very wicked, is very vile at an overt level, has an equally foul smell. Such a person from Sahaja Yoga's perspective is foul-smelling. On the outside even if the person smells good, still that person is not considered fragrant. Fragrance should be such that it should attract the person. If we stand near a person and if we feel pleasant about him and experience purity, then that person is a real fragrant person. But if the person has lust and dirty tendencies flowing out of him, if you stand near him, some people may feel good looking at him, and this depends on their vile instincts. But these people don't belong to the Ganesh principle.

A person of the Ganesha principle is very righteous. But still this person has a special charm, and this charm has so much holiness that this holy charm itself keeps him happy. Now the concepts of attraction also have become very weird. They are against the Ganesh principle. The reason for this is that people do not have Ganesh principle left in them. If a person has the Ganesh principle, then the attraction is also towards the Ganesh principle. It is quite natural. If the principle is present in us, how can we get attracted unless the other person also has that principle as well?

Now, there is a famous painting of Mona Lisa. You would have heard, it is a beautiful portrait by Leonardo da Vinci, and it is kept in the Louvre, a big museum in Paris. If we see that painting, see that lady, you feel she is very lethargic. Lethargic aside, she has nothing special from the perspective of modern ladies, and according to the modern ideas of beauty, you would never call her

a beauty queen. She has a typical smile over her face, which is called the mobile smile of Mona Lisa. And even after working hard on that smile for thousands of years, people have not been able to draw such a portrait. What is the main thing about the famous portrait, means what is the main principle here, and that is chastity. This portrait has so much of chastity that it makes it attractive. Even in today's modern age, behind the weird and perverted thoughts of today, I am surprised that thousands of people come to Louvre to see only that portrait. If the portrait is not available to view on any day, then nobody goes inside that day. It is a very large museum, but nobody is prepared to go in if they are unable to see that portrait. That way, there is nothing special about that portrait. That lady is in a very simple attire, she has very plain hair, and in spite of having a very simple face, what is the captivating feature of the portrait? Chastity. Chastity is the main feature.

But in today's modern world if we talk about purity, then the great intellectuals do not agree with it. They feel that these are old ideas and these ideas mean don't do this, don't do that. By saying this, we are conditioning people, and by thinking thus, a person goes on the wrong path. Now to tell you, a person imbibes chastity due to company of his virtuous parents first. First of all, the mother. Firstly, if a mother is not virtuous, it's very difficult for a son to be virtuous. But sometimes a soul is such, I have seen, that it takes birth from the womb of a filthy woman, who is on an evil path, and he just comes for her salvation because he is a great soul, and a holy soul takes birth in his form. I have seen that just like a lotus blooms in filth, he takes birth there. Especially in London I am very surprised to note that there are some small children whose mothers we will not entertain at all at our doorsteps. Even if it is like that, it is an exception. If by nature the mother is a pure woman, then, boy or a girl, they become pure quite easily. Or they acquire virtuosity quite easily. Here we do not tolerate any utterances against our mother. People come charging even if one word is uttered against mother.

But how many mothers are there today who have this chastity in them? In chastity, the main thing the mother has is that she should have loyalty towards her husband, first and foremost. If Parvati would not have the loyalty for Lord Shiva, then is there any meaning to Her? There is no importance for Parvati then. Even if She is perceived as more powerful than Lord Shiva, because that power belongs to Lord Shiva, even if it is the power of Lord Sadashiva, still, first of all She chose Lord Shiva as Her superior; She bowed in front of Him. And only then She was considered as a powerful deity. But She is His power.





It is different for God Almighty and deities and absolutely different for human beings. They will not understand. They will not understand that when the husband and wife live in unison, they are not separate, just like a moon and moonlight or the sun and its rays. The humans don't appreciate this unison. They think that there have to be quarrels between husband and wife. If there is no quarrel, then it is an abnormal thing. This way a very pure bond between a husband and a wife, or we can say between Shri Sadashiv and Shri Parvati, existed. And their son is Shri Ganesha. Parvati gave birth to Him only on the basis of Her chastity, means She did not include even the father's component. Means only on the basis of Her chastity and Her resolution She gave birth to Ganesha. This is such a significant event. With Her chastity, Her resolution She did this. In Sahaja Yoga too, whatever virtuosity I have, I have put it to stake. With this resolution, to give birth to as many people as possible is the mission that I have set for My life.

Now before Me, so many speakers have spoken about Me. But you don't think about it. Till the time you get something from Me, get any experience of Me, till then you do not get entangled in these things. People frown upon such things. Not only that; people get furious about it. Now this boy also got angry because the speaker said, "Shri Mataji is a Goddess." People do not like saying such things at all. They get upset about such things. If you say [unclear], these are realised people. And one gets angry. And to be angry is typical with human nature. If someone refers to someone as Devi, then that's it. But if idiots refer themselves as "devta" or "Bhagwan," even then people bow to them. People consider them as God Almighty. Then if someone makes them dance naked or strips them or strips them of their money, still it is okay, but will still call them "Bhagwan." But one should understand the reality. And if we get it, understand it as to what it means, and why we have to say this and why we have to admit it. Today I am going to tell you that.

Means, if you do not consider Ganesha as a deity, if you do not accept Him as a god, then nothing will work or can work as per your wish. But people don't understand, because it is not actually seen. Means, a doctor keeps a photo of Shri Ganesha at his residence. He will apply kumkum on it and tilak. And if I tell him that the Ganesha principle is physically present in your body, you get physical advantage from it, he will never accept this. But if I tell him to remove the photo of Lord Ganesha, he will not agree to that. But if I tell him that you cannot make any move without the Ganesha principle, then he will not agree to that too. They feel that only a doctor can help [in body matters]. Now we do not believe in the Divinity. But

in Sahaja Yoga, one has to accept. The reason behind this is, whatever trouble you face due to the Ganesha principle, then you have to pray to Lord Ganesha only.

Means it is like this: Say, Ganesha principle, you have some issue with your prostate gland – now I want to narrate an experience. I have a disciple named Agnihotri. His name is Rajwade, but as he has performed many important yagnas of agni, he is referred to as Agnihotri Rajwade. And it can be said that he is a very committed Sahaja Yogi. Two, three years ago he came to Me and said that, "I don't have any issue except that of prostate gland." I was very surprised. This very accomplished devotee and Sahaja Yogi, and why should he have an issue with his prostate? Because the prostate ailment arises due to the issue with the Ganesha principle or if Ganesha gets upset with him. There was no reason for Ganesha to be upset with him, as he was a committed devotee and had total faith in Me and was a very simple person. Then why is the Ganesha principle working in the opposite direction for him, could not understand. I told him, Rajwade, "Rajwade, take some prasada." The prasada is in the form of chana. When I gave this to him, his fellow person said, "Today dada will not eat anything." I asked, "Why? Why are you not eating today?" He said, "Today is Sankashti. Everyone says you should not eat chanas on Sankashti." I said, "This is the mistake. Sankashti is Lord Ganesha's birthday."

Now see. All of you are educated people. Even if someone tells you anything, you should use your intelligence. Should be alert always. We keep fast on Sankashti. Sankashti or Ganesha Chaturthi are the birthdays of Shri Ganesha. If you keep fast on His birthday, are you in mourning or what? It's a simple thing, the expressions of a human being or whatever he shows as being sad or happy. Like, when someone dies at our place, we do not eat food. If your grandchild is born, you will distribute sweets, have a party, have a celebration. Then will you keep a fast when Shri Ganesha is born? Then you surely will suffer from prostate problem. Then uterus, cancer of the uterus, that too happens due to this. If you do not treat the Ganesha principle with respect, means if you do not treat your son well, if you do not have the feeling of motherhood in you, all these things cause uterus trouble.

There are very holy rules of the Ganesha principle. If you do not follow them, then you suffer from a uterus problem. But a doctor cannot relate this problem with Shri Ganesha. This is related only to Shri Ganesha, which he cannot connect. He only infers that the prostate gland has deteriorated or that the pelvic plexus has gone bad, at the most. But the undercurrents beneath this or what is





understood due to intuition or what is subtly understood – that which you cannot see, for which you still do not have vision, for which you do not have sensation or have not reached a state of complete fulfilment to experience this – then how will you understand that this problem is due to the Ganesh principle having problems and that Shri Ganesh is upset with us? That is why we cannot achieve Sahaja Yoga without pleasing that deity. Upon hearing this, this doctor got annoyed. The moment we mention Ganesha, all doctors assert that they are not ready to believe in Shri Ganesha: “We do not believe in Shri Ganesha principle. We only believe in scientists.” Then forget about it. Your cancer will not be cured until you put faith in the Ganesh principle. Cancer arises when the Ganesh principle is deteriorated. If the Ganesh principle is deteriorated, as it is everywhere maintaining balance in the tiniest atom and molecule, if it is damaged, it gives rise to cancer.

Now we can cure cancer, have cured and will cure. But this not My business. Now I have informed everyone, please do not search for cancer patients, because I have cured many of them and they have proved useless. There may be a few of them sitting here. But most of them then don't follow Sahaja Yoga, don't grow further. Again, when they suffer from cancer, then: “Mataji, You have cured us once. Then how did it recur?” Did you follow Sahaja Yoga? Did you pursue it diligently? Did you think about it? Did you worship Shri Ganesha? Did you understand Ganesha? Nothing like that. I cured you of cancer for free, without charging you a single paisa. Again, you want Me to cure you, and you took no effort to.

So, Ganesh principle is very important. Whatever importance one gives it is not enough. This very beautiful Ganesh principle, made of four petals, is within us. And Shri Ganesha is sitting right in the centre of the Ganesh principle, which is made of four petals. This Ganesh is present in us in the pelvic plexus, which is the physical manifestation, and is taking care of physical aspect of our body. It has many aspects to our physical being. The first aspect is the physical one, and there is the mental aspect. The seed of the mental aspect is the Ganesh principle. As you have seen, as I have shown just now, that the power of pure desire, which is the power of left side, it gives all emotions. As Ganesh is sitting at the root of that emotion, if an individual has lost his mental balance, his Ganesh principle has been spoilt. This does not mean that he is impure. But if his chastity is damaged, if his chastity is persecuted by others, still he can be affected.

If a person is persecuted by someone, this may also damage his Ganesha principle, because he feels that if God or Shri

Ganesha exists, why doesn't He punish the persecutor? “Why does this person persecute me so much? If there is God, if there is Ganesha, then why does He not kill the perpetrator? He has a battle-axe in His hand. Why does He not kill him?” When such questions arise in the person's mind, his left side slowly starts deteriorating. And when the left side is damaged, then he can go mad. Just see how balancing the Ganesh principle is.

However hard you work and whatever trouble you take, or if you apply your intellect and think of future, plan ahead, today's people are afflicted by the disease of using their intellect. Means if you start thinking too much and if there is no balance in it, then your left side stops working. Means it gets frozen. And the right side starts expanding. Hence, left-side diseases occur due to the damage to Ganesh principle. Like diabetes. Diabetes occurs when our Ganesh principle is spoilt. To set right the balancing of Ganesha, He attracts our attention to the diabetes. Diabetic person immediately starts working less. On top of it, heart disease. If you perform intense intellectual work, then you suffer from heart disease. Do you see the balancing here? If you do intellectual work, then you suffer from heart attack. This is the work of Ganesha. Now we have seen that the swastika of Ganesha is placed in our body in such a way means these powers which intermingle with each other. Of these, the power that comes from the left is the power of Mahakali; the one coming from the right is of Mahasaraswati. Their meeting point, their point of union, however, is in the line of Mahalakshmi.

The left sympathetic system works by the power of Mahakali, means due to power of pure desire. If lot of things happen against the wishes of an individual and if he suffers a lot due to this and none of his desires get fulfilled, then he will go mad. He will not get a heart attack. Heart attack will occur to a person who desires a lot of things, he wants this also and that also and does a lot of planning. He wants to do that, wants to serve the country, wants to do nation-building – some or the other thing. These are illusions of the brain only. Nobody has done any work. If they would have done, it would have been visible. They have just created quarrels amongst each other.

Now whatever work this is, we do a lot of such external work: “We must do this work, and we must do that work, we must think over this.” Because of these things, our left side, which we call Ida Nadi, or which is the Mahalakshmi [Shri Mataji says Mahalakshmi] principle, that gets weakened. Due to its being weakened, whatever is supported by it, or whatever our organs get supplied by it, that gets endangered. I have mentioned it earlier that uterus, kidney, diabetes – which is pancreas – spleen also,





then heart, all these diseases happen due to over-thinking. And it is balanced by Ganesha. This is the function of Ganesha. Hence, we see that even if people are in a hurry, still if they see Ganesh temple, they will anyway manage to pay their obeisance. Now there is a long queue at Siddhi Vinayak temple also. But does it make any sense? It would benefit only if you have got your Self-Realisation. If you do not have Self-Realisation, if you are not connected to the God Almighty, then you will not realise how He is divine and how someone else is not. You will not realise whether Siddhi Vinayak is the real deity or who else is the real deity, who is a false guru and who is the real guru. You will not be able to understand this. Means this seed of Ganesha that you have in you, after Kundalini arises, He explains to Kundalini that this person is suffering from all these issues and the Kundalini guides. She should be called as an informer, as She provides information.

Now after the Kundalini rises, you will immediately understand: if someone has liver problem, then it would throb at that place. You would see this with your own eyes. If there is a catch on Nabhi Chakra, or if Nabhi Chakra is affected, when the Kundalini rises below the Nabhi Chakra, then you can see with your own eyes the pulsation or the palpitation over there. If a person is affected by a bhoot badha, then it will throb all over your back. The whole back, you will be surprised to know – we have created a film on this, that it [unclear]. Even if the Kundalini rises due to Me – no doubt about it, Kundalini rises – but if the Ganesh principle is damaged, then He will pull Her down again. Even if She reaches the top, She will suddenly drop below again.

There are many such gurus, there was one at Pune, about whom there are many stories. One does not know what they exactly do. But their specialty is that even if I bring up the Kundalini and tie Her up, still they would pull Her down. What damage they inflicted on the Ganesh principle I don't know; what they did, I am unaware. But what I have observed is that the Kundalini definitely falls down. Even if you bring up the Kundalini five times, still it falls down. Quite a few times I visited these fake gurus, to see and observe what they were doing. I observed then that a lot of them indulge in very dirty and improper deeds. First, they damage the Ganesh principle by some or the other pretext. They say that to raise Kundalini they need to put their hand below. Now see, Ganesh principle is sitting there like a small child, to protect the chastity of His mother. And the sex drive gets a boost from the Ganesh principle. So, the people who say that they will awaken Kundalini by doing sex, means they started saying Ganesh had an illicit relation with His mother, means with Kundalini. He is sitting there; anyone who pursues that path, He immediately hits back.

Many people came to Me who said, "Mataji, our Kundalini is awakened." I said, "Is that so? What is happening?" "Now when I am sitting in front of You, such and such thing happened." Said, "Why did this happen to you? Cool breeze must flow through the hands if Kundalini is awakened." But the person had big boils like blisters on his neck and water was oozing through it. Some people have a lot of heat in their bodies. A person at Delhi sent Me telegrams three times that, "Mataji, my Kundalini has awakened. What should I do?" That time I was at Mumbai. I said, "Send him a telegram and call him." But I started from Delhi, and he reached there. My sister-in-law said that he was running here and there as if he is bitten by thousands of ants or scorpions. Just kept on running from here to there.

At Delhi, at [unclear] Institute there is one gentleman called Dr. Batra. He happened to come for a program just like you people. Those days I used to cure people; now I don't do that. He said, "Shri Mataji, see me. For one month I have been tortured. I am being bitten by scorpions. My Kundalini has been awakened. People say this and that." So, I said, "Sit down for two minutes." Still, he was impatient, so I went to him and calmed him down in five minutes. The reason was Mother Earth. He was standing on the ground. "You sat down on the ground. I am very happy. Today is an absolutely proper coincidence." The Mother Earth sucked out all his heat. Now how will you tell Mother Earth, "O Mother Earth, you suck all my heat"? She will not suck it out, but she sucks it for a Sahaja Yogi. The reason is that once the Ganesh principle is awakened in you, and as the same principle is present in the earth, the earth is working on the same principle, she sucks it. That is why one should keep this principle awakened in us—man should preserve the chastity.

Not only this, but in Sahaja Yoga, the Sahaja Yogi who is chastity personified, for him, Ganesha is the one who propels him forward. In that world, the one who rules, who is the ruler, one pays obeisance three times to that god, Shri Ganesha. And one should try to imbibe the purity like Him in oneself. Now the things that should not be told but which the people are talking about, about which a lot has been said, and in this way many tantriks have invaded our country. While their invasion is not political, still it is so immoral and deadly that we are suffering from their deeds. These tantriks have created this filth in the sixth century. The reasons for that are the monarchs of those times were vagabonds who lived off on people's money.

The abundance of money results into this: First, spoil the Ganesh principle. If money is in abundance, then it persecutes the Ganesh principle – go after young girls, go after small innocent girls, this spreads due to this. What do





these people do? They do the same thing. Exploit innocence wherever it is seen, whenever an innocent person is seen, persecute him. Destroy one's own innocence. For these vagabonds and fun-loving people, the monarchs and kings, means the kings and monarchs of those days, led a self-indulgent life – and their ministers, who were mostly Jain people. Now these Jain people at one point developed so much orthodox perspective, so much religious extremism. I think none of the Indian religions had this. They became very orthodox people. Other religions there is some balancing, but Jain people became very orthodox.

I asked one Jain person – a very renowned Jain saint had been to My place – I said, “Mahavira had asked you all to contemplate, and you people have built temples and shaved off your heads, roamed around naked. What is this all about? Why do you do these things? What is the need of this? First of all, contemplate and attain God Almighty.” They said that, “We do this as after doing meditation etc.; we achieved paranormal powers. When we got these powers, we used to shout like bhoots, used to do this and that.” “All right, agreed. That time it may have happened due to practising religious extremism. But now a state has come that you should sit for meditation and get your Self-Realisation.” But amongst us still there are these people. Many Jain people have come in Sahaja Yoga. At Nagar, many Jain people have got their Self-Realisation due to this, because they realised that by doing these frivolous deeds we have not reached the God Almighty.

Many such people who have tried very hard but could not be one with God Almighty, so to explore something new they came to Sahaja Yoga and have achieved their Self-Realisation. What I mean to say is that we too have religious orthodoxy. We too have our share of inflexible rules. Maharashtra has lot of this stuff. Means one should wash hands sixty-three times in the morning – don't know who told this. But if the lady washes her hand sixty-two times and not sixty-three, she will not be able to sleep at night. Must prepare so many lakh wicks, do this thing for so many times, but they do not do what needs to be done. Means while making wicks, bad-mouth the daughter-in-law or daughter. We have such things here. Hence, what I mean is, Sahaja Yoga will not be achieved by everyone. It is not for the fools and lazy.

Shri Ramdas has explained the background for My work. If you have read Dasbodh [Saint Randas's spiritual text for devotees of God], then I do not have to tell you anything. He has explained everything and that is the truth. A person who has the calibre and who is at that level, only that person can achieve Sahaja Yoga. Not everybody. It happens, you will get vibrations, you get realisation, but

again slide back to original state. I have given vibrations to thousands of people like this. In this Mumbai city itself, at least ten thousand people must have been given vibrations. But how many of these really progressed? To say, very few. Because they turn their sights in the opposite direction.

There is this great guru who respects Me also. He was telling Me that, “Donkeys should be given donkey work. Why do You keep on giving realisation? What is the need for You?” I said, “There is a dire need. This is the time for that. If realisation does not happen now, then this is the Last Judgment.” It will not work like this. Now write your own judgment. Whatever happens after this, whatever loss and profit that will happen, eleven rudras will come in this. Eleven rudras. Means, only one rudra is sufficient to destroy the whole world, but when eleven rudras come, you cannot imagine. They will finish everything. Before this, for people whose judgment has to be done, that judgment should be done now by Sahaja Yoga and people should accept it. But for most of the people, they get upset over small, small things and they leave Sahaja Yoga. If I would have charged money and created some commotion and a grand show, then people would have liked it more. If I ask them, “Tell Me first how much money will you give Me, how much money do you have to give” – means if you cajole the ego of a person – he is ready to come. But in Sahaja Yoga it is to be said that all this is done by God Almighty. It happens easily.

Just like a flower becomes a fruit, in the same way it will happen for you also. And just as you have nose, eyes, mouth and this human form, similarly God Almighty will give you a super-human form. It is a gift, it is a boon from the God Almighty. You cannot do anything about it. Human is not ready to accept this stance. He has developed so much ego, he thinks that until he stands on his head for ten days, he will not get anything. First you should understand that the God Almighty has done such infinite things which we cannot do. We cannot do any living work; how will we become a super-human? He only will do that. But only thing is, after getting Self-Realisation, only in human form one understands that he has achieved Self-Realisation. This the first thing. Second, with the power a person gets, he can make others achieve their Self-Realisation. This power flows through him. He becomes akarmi [not the doer]. This way many people can get their realisation. Means he will attain divinity, he himself will come into divinity. There are many such people who were followers of great gurus, but I have not seen divinity in any of their disciples. There is no transformation that's taken place in them. They are where they were. Even if it happens due to fear or faith, but it has not happened from the inside. That event has not taken place. That transformation has not happened





within. If one wants to convert this instrument into a radio or to make a fruit out of a flower, means the whole thing changes. Nobody has reached this state.

So, in summary, first of all we should protect our Ganesh principle. Nowadays there are different types of advertisements, and the advertisements and all businesses relate to the so-called advancement or development in Western countries. They have gone to the pits, have been completely destroyed. They are in such despair and are planning day and night as to which method to use to commit suicide. This is their state. Hence you should think before you pursue that path, that why we are doing all this. There has to be a meaning behind it. We are in human state. That should also have some meaning. There is no point in doing the same things again and again. Similarly, some people have deserted the God Almighty and some are stuck only to the name of God: Right in the morning, light a lamp in front of the deity, ring a bell and that's it. This way or the way I mentioned about some people's religious extremism of washing hands sixty-three times, people who are such religious extremists should understand that they will not connect to the God Almighty by doing such futile things. God is within us; we should awaken Him. We should keep Him awakened and we should awaken Him in others. This is the message of Sahaja Yoga.

So, Kundalini is the mother and Shri Ganesh is Her creation, Shri Ganesh is Her child. Kundalini within us moves on Shri Ganesh's hand. You must have seen what is in Shri Ganesh's hand. Similarly, there is a snake tied around His belly or sometimes in His hand, means Ganesh has only four hands but actually He has infinite hands. Of these, they sometimes show a snake in one hand. That is the Kundalini. Similarly, our Sahaja Yogis who get their Self-Realisation, it is surprising that Kundalini rises on their hands. When they raise their hand, the Kundalini rises up. A small child, we had seen, can also raise his Kundalini. Kids of two years, kids of five, six months can also tell the position of your Kundalini.

My granddaughter was of six months when Shri Modi had come to My place. And his Agnya Chakra had a catch. While speaking, she could not understand; she was crawling. She crawled and brought the kumkum container and applied kumkum to his forehead and released his Agnya Chakra's catch. She keeps on doing such things. I have seen the same thing in My Sahaja Yogis' small kids, that they are born as realised souls. Right from their birth. Means what a great thing the God Almighty has started now: Souls who are realised from birth itself are coming in this world. For that, no need to take sanyas. People who feel the necessity of taking sanyas, they have not been able to get their Self-Realisation. After being self-realised, you get detached

from within. Once you get detached from within, you need not take the sanyas outwardly. Means take sanyas, advertise it to the world that one has taken sanyas, but if nothing has happened from within, then what the need to advertise? If you are a male, then seeing the face itself, people can say if he is a male or female. Do you advertise it that you are a male or a female? It is something like that.

If you become a sanyasi by heart, then you are an ascetic from within. Whatever it may be at the outside, but you are a sanyasi on the inside. And you can easily reach this state in Sahaja Yoga. There is no need to take sanyas or anything. No need to relinquish the world for that. The state of Shankar or the state that Shankar has attained, that He too needed the creation of Ganesha, similarly you too will have to create Shri Ganesh. They say that India has a large population, it is well accepted that India has a large population; but where else to increase the population? England has a negative growth, Germany too has a minus growth, America has a minus growth because any wise person will not take birth there. All of them will come at our place only. Because there are statistics indicating that every week in England, parents kill two children. If that are statistics, then which wise person will take birth there? That is why all of them take birth here. We are tolerating the stupidity of these people, and we are being blamed. These children will not take birth elsewhere, as the condition of children is so deplorable at other places. Children are appreciated only in our country.

Today a small child approached Me. He knows Marathi language, and he asked, "What do they call a small kid's playful running around in English?" "How will they have one?" I said. Do they even see small kids running around? We have some playful terms [dududu] for a small child's running around, which denotes affection for kids. We should read the description Shri Krishna or read description of Shri Rama of their childhood; you would simply appreciate it. You will not find the childhood description of Jesus Christ anywhere. Only our Rev Tilak has coined some poems depicting how He used to put His small fingers in His mouth and utter some sweet things — describing Jesus Christ as a small child. This is because he has the Indian ethos in his heart and, hence, he described how Christ's childhood would have been. But you will not have an English word describing the word dudududu.

I was also in a dilemma as to how to explain that small kid, because the body expressions or the body gestures of a small child or the term used to describe the growth in the chubbiness of a child, there is no equivalent in English language. On the contrary, they say that kids should not be chubby, they should be thin, because they idolise the actors





and actresses. This way, by creating new concepts, they have taken away the innocence within them. And that, we should not do. There is nothing that we can learn from them. You will be surprised to know that soon after the child is born – I also felt the same as what you felt – whenever a small child is born, we take so much care, but these people put him in a different room after putting on nappies etc. And they keep dogs and cats in their bedroom. I could not understand why this is so. They informed that because it disturbs them at the night. I asked them, “Why have you taken birth in this world?”

When My daughters and their children were to visit us, My husband's secretary, who was an elderly lady who did not have any children, she said to Me, “You must be upset.” I said, “Why should I be upset? I am very happy that the kids are coming.” She said, “That Your house would get untidy.” I said, “This is it.” We will not even have such thoughts coming to us. This is a complete ego-orientation. Means if you have not paid attention to the Ganesh principle, then you become ego-oriented. One develops a terrible ego. An egotist person will always have a conflict with the Ganesh principle. We have seen that all the great leaders, if you see, they have zero character. The reason for it, once a person develops ego, it grows on the right side, and due to growth on the right side, the ego keeps on increasing. And due to this ego, whether it is Shri Ganesh or the Ganesh principle, or the purity, nothing counts: “I am the only one that matters” is the way he thinks and he loses the Ganesh principle in him.

But another example of this is the people who take sanyas, who stay unmarried, stay away from the house and do not stay in touch with others are a similar type of people. If the Ganesh principle is awakened in us, then we can get connected to God Almighty even by living a family life. And even if you want divinity, you have to be in this world. If you stick to intense and difficult renunciation, you may get the title of brahmarshi [great sage]. But I feel that there are some accomplished brahmarshis; I know a lot of them, but they are not prepared to do anything now. They do not have the earnest desire and they are not ready to take so much effort. I sometimes feel sad, their opinion is that whosoever are their devotees, they are not yet ready. If we are ready to take effort, then we can prepare them and get them ahead. Quite a few times I feel that it will be good if all these people come forward and help Me. And they revere Me a lot.

There is a gentleman near Calcutta. His name is also Brahmachari and he is very accomplished. And he told an American about Me: “Now that Mataji has arrived, we are observing Her work. We also want to contribute to this work. We also want to do this work and destroying the demons etc., etc. That, we are accomplishing by our mental

prowess.” But when I asked the American, “Why don't you take him to America?” He went to America and came back in five days flat and said to Me, “I do not wish to meet such people. They are very dirty people. They are absolutely dirty.” This is because he does not have immunity to people yet. One could say he cannot tolerate too many people around him, as he has been staying away from people. Now what happens due to this is that if you come across a saint or a hermit, you would fall at his feet, you would bestow your faith in him; due to this, you will no doubt improve your state, but how will you attain Self-Realisation? Because to achieve that, you need to put your hands in the filth. If you wish to improve your child, need to bring up your child, then the mother has to deal with filth. If she hates the filth, then who will clean the child? And hence it is the work of a mother only. And I am doing the work of a mother in Sahaja Yoga. You all can immerse in it, bathe in it, take the joy out of it—this is the desire of a mother.

The only wish a mother has, is that whatever power she has ... one may be divine or whatever, you can be so in your own home. What is your use to us? You may be so-called Bhagwan etc.; what is his use to us? Until the common folks benefit from it, until the common folks can get something out of him, until their children get their powers, what is the use of such a mother? It is better not to be such a mother than to be one. So, the person whom you consider to be a guru or your mother, consider elder to yourself, if he has not understood himself then what ideal can you derive from him? In Sahaja Yoga, you can derive the meaning of swa. Meaning of swa, means you can relate to the relevance of your Spirit. This I will explain to you in My coming lectures. At the moment I have explained about the Ganesh principle. To tell you, I have written about fifty pages on this, on the Mooladhara Chakra—how the position of Ganesha is on the Mooladhara Chakra, how the Kundalini makes sounds in that and how the Kundalini moves, how there are different facets to the petals and how they exist within the petals and how they suck in etc. — lot of such things in that. And you must get all that knowledge, and you will get it, and I will not hide anything about it. I am ready to explain everything to you, do everything, but you will have to put all the efforts after realisation. If you don't work hard, you won't get any benefit.

Now today's program is about awakening the Kundalini. I think you should work hard for this. Now people have a query as to what should be done in the puja: “Shri Mataji, what should be done on the occasion of Shri Ganesha Puja?” I have the knowledge beyond the obvious that you cannot see, what Nanak has called as alakh. I see with those eyes. So first of all, I want to tell you to examine if you are chaste





enough. To take bath etc. is all okay. Even if you don't do that it is all right. But one Muslim, too, performs the Ganesh puja quite well, you will be surprised to know. In Algeria, approximately five hundred Muslim young girls and boys have got their Self-Realisation. But the main person there is known as Jamel. And he performs the Ganesh puja so well that it is worth seeing. He establishes the Ganesha and he himself performs the puja. Means, in Sahaja Yoga, Hindus, Muslims, Christians, all are included. And moreover, it has been shown how their deities are included in Sahaja Yoga.

This Ganesh principle, when it comes on the Agnya Chakra, when it comes up, it took the form of Christ when it came in this world. You would have read in Devi Mahatmya, the Bhagwat written by Shri Markandeya. You could say Markandeya is My most excellent son. Nowadays nobody reads Markandeya, but if you can get it, read the description of Shri Mahavishnu. He has mentioned that Radha had created Her own son by Herself. Means just as Parvati created Her son, She too had created. But Ganesh principle is the base for it. And based on Ganesh principle, the son She had created, He came in this world as Christ. Now Christ, since Radha had created Him, He is called Christ in the name of Krishna and since Yashoda is there, hence the name Yeshu. In this way He has positioned the Ganesh principle in the form of Christ. That is why these people who call themselves as Christians, they don't even know that first of all this is the Ganesh principle. It is the proliferation of the Ganesh principle, and how He is going to arrive as eleven rudras I will explain to you all later. In summary, after reaching the Agnya Chakra, the axe which Shri Ganesha used to hit everyone has turned into a means to forgive. Forgiveness is the most powerful means of human beings. They don't need a sword in hand, they do not need anything; if they just forgive others then they will not have to suffer. That is why today in Sahaja Yoga when we get a catch on Agnya Chakra, we tell people to forgive others and people know how beneficial it is.

People following Sahaja Yoga have accepted this and they have seen it, because in Sahaja Yoga everything is visible. If you do not forgive, your catch on Agnya Chakra will not get released. Your headache will not go, your suffering will not end, your tumour will not decrease. Hence to forgive is a must. Because till the time you compel people, force people, they are not prepared to follow. I think that is the main reason for all the diseases, because even if you keep on convincing human beings, they use their own reasoning that this may be due to something else, that may have a different cause. This means you have not reached at your inference. Your connection has not yet been established. So, get it established. First of all, get your Self-

Realisation. That is what I want to tell. Do not find a way out of that. It cannot happen due to thinking, due to debating or by reading books; it should happen from within. It must happen. This event must take place. Sometimes there are such super-idiots – especially in the cities, not in the villages – they say, "It did not happen to us. See, we are not affected." Means you are very cool. What else to say? If you did not get to experience that, it means you are having some problem with you. It could be physical, mental or intellectual. Remove it. It is not good. It must happen. Only after that you would get happiness. If you think like that, everything will become all right.

So out of this, the ego portion that you need to offer at the feet of Shri Ganesha. If you do all this today, then half of My task will be accomplished. Need to request Ganesha about your ego: "Somehow please take away our ego." If you say this and offer your ego to Him, then it will make Me very happy. Because I say that everyone should have a son like Shri Ganesha. And by merely uttering His name, My entire body gets divine vibrations. After paying My respects to such beautiful Ganesha, I conclude My speech.

Do you have any questions? You should have them [laughs]. I am not a political leader. And I have not come to you for an election, that please offer Me votes etc. Need to see if you vote yourself. To tell you in English, nothing is selling here, so don't come with an attitude of a purchaser, but it is something to be gifted. Yes, ask Me a question. Ask questions.

Now we know that our Sahaja Yogis have vibrations flowing through their hands, so it will also flow through your hands. And I am definitely going to talk about what Shri Shankaracharya has written regarding the divine vibrations etc., but when these vibrations flow and then how to bandhan [unclear].

Please sit down. I will explain a little. Are you in a hurry? Yes, yes. I am going to explain tomorrow. But don't come only to listen. Please come to take away something. I am not giving a religious discourse. Come to take something. And bring your home folks also. Please don't just wait. Tomorrow get all of them and get your Self-Realisation. Please sit and be patient. It cannot happen in a hurry.

A couple of days back one doctor had come; he said he came here as it was on the way of his visit. I told him it will be good if he proceeds on his visit. Please sit. We don't have time for God Almighty. He has given everything to us for that time only. He has created the universe and filled it with so much science. Science is given by God Almighty only for contemplation. But this is not understood by the humans.





# Navaratri Puja

*Kundalini and Shri Shiva Shakti*

India, Mumbai

24 September 1979

Third day of Navaratri Celebrations





Now the power of the Spirit is the form of witness. It is divine. It is eternal. It can never be corrupted. You cannot kill it. The Spirit is untarnished. It does not cover anything. It is separate. It sees everything. I sometimes give an example: A small light is burning in a gas light or there is a small flame; similarly, the flame that is in our heart is a Spirit. That lit flame, that enlightened flame that is awake is the Spirit. The rest are in a dormant state. That means they have not yet become awake. Awakening does not mean moving hands and feet. Awakening means reaching our universal nature or attaining collective consciousness, which is called alakh, which is called paroksha [beyond]. That awakening in our mind, that is, awakening, means just as there is flicker in gas, that is, a small flame is burning. And when a large stream of gas goes into it and hits that flame, the entire gas becomes a big gas light. This happens in the way of yoga. But this gas that is flowing through the pipe today, let us call it dormant because it has not yet been ignited, therefore it is dormant. Only that small spark is ignited, it is awake in our heart as Spirit. The rest is dormant.



f we understand the meaning of Shiva Shakti and Shiva, it will be of great benefit to us. Because Shiva's Shakti has not yet merged with Shiva. Only when this union occurs, then yoga takes place. Shiva's field is in a separate body as the Kshetrajna. Here, He is called the Kshetrajna, meaning the knower of the field. There is someone within us who is

aware of everything we are doing. We know this. Even if we try to deceive ourselves, even if we deceive ourselves, someone in our heart is aware of everything. Everyone knows this. And the Shiva who knows this is in form of the Spirit sitting in our heart. Until the union of Shiv Shakti and this Spirit takes place, these two powers should be understood as separate.

Now the power of the Spirit is the form of witness. It is divine. It is eternal. It can never be corrupted. You cannot kill it. The Spirit is untarnished. It does not cover anything. It is separate. It sees everything. I sometimes give an example: A small light is burning in a gas light or there is a small flame; similarly, the flame that is in our heart is a Spirit. That lit flame, that enlightened flame that is awake is the Spirit. The rest are in a dormant state. That means they have not yet become awake. Awakening does not mean moving hands and feet. Awakening means reaching our universal nature or attaining collective consciousness, which is called alakh, which is called paroksha [beyond]. That awakening in our mind, that is, awakening, means just as there is flicker in gas, that is, a small flame is burning. And when a large stream of gas goes into it and hits that flame, the entire gas becomes a big gas light. This happens in the way of yoga. But this gas that is flowing through the pipe today, let us call it dormant because it has not yet been ignited, therefore it is dormant. Only that small spark is ignited, it is awake in our heart as Spirit. The rest is dormant.

But when the Kundalini that is sitting within us — She is Shiva Shakti, I have said that yesterday, the pure power of Mahakali is sitting within our Kundalini, the one which we have not yet used, the one which is in its pure form, it is sitting within the Kundalini — when it is awakened by some chance or intention, or due to many other things, it arises on its own. When it awakens, it goes and touches the place of Sadashiva. Then the Spirit sitting in the heart gets that spark, and due to that spark, this power is enlightened. Then the Shiva Shakti that is there is not the power of the Spirit, but in a sense it is the power of the Spirit itself.

Because if we look at the beginning, both God Almighty and the Divine Power are one. The sun and the rays of the sun or the moon and the rays of the moon are not two. Similarly, God Almighty and His Power are not two things. But the human intellect does not understand this cohesion that the two things are one, but they are separated from each other because creation has to take place between them. If Shakti merges with God Almighty, then no creation takes place and the complete Brahma is established. When this Power separates, then all process of creation takes place.

From that Power, one, Kundalini is formed first from this Shiva Shakti. After that, the power of action emanates from Shiva Shakti. With the union of Kriya Shakti and Shiva Shakti, then Vishnu Shakti emerges within us. Vishnu Shakti is the power of knowledge. That is, what has come to our awareness should be called as knowledge. Book knowledge is not called knowledge; means we are humans. Now what is the main difference between us and animals? Not only that we have raised our necks and animal necks are bent downwards, but animals do not have ego. Animals do not have the institution of ego. At the most, the institution of superego may be there. Means, if you train a dog to come when a bell is rung, then he will come. But the institution of ego does not get built within him. It gets built within man. Because when man raised his head, then the Vishuddhi Chakra, which is here, from that Vishuddhi Chakra these two branches which have emerged, of our desire power and of Shiv Shakti, they properly cross each other. And from that crossing, a type of granthi [knot] is formed. And because of that knot, the two institutions of we can call ego and superego are formed within us.

There is such a big distance between us and animals that you do not understand. Take a simple thing: If you take an animal through filth, it will not feel anything. You understand filth. Even if you take an ordinary thing: We have an idea of insurance. Animals have no idea of insurance. We have stories about God and His things. We know what is God Almighty. Not only that, but we know if they are swayambhu deities or not. Means a human has earned so much, a human has earned a lot. And this knowledge is all bound, built in within him. Like in this [microphone] there is the power that when I say something, everyone will hear it. Similarly, in human beings, whatever powers have been established, they have earned them. Instead of that, it should be said that God has bestowed it as His grace. These powers that are formed are because of man's action. Whenever he does some action, he learns. And that learning starts getting established in him in the form of a power.





Now where is the Vishnu Shakti in the amoeba state? The Vishnu Shakti is in its stomach. Or we can say, in its hunger. At first, the Vishnu Shakti in animals is in hunger. Eat when hungry and then excrete it out; whatever is there beyond this, animals do not understand anything. And all their organisation is done by the Divine Power. Beyond this, what is the Divine Power – they have no questions, no thought, nor do they lose their heads about it. In human beings also, the Vishnu Shakti is there in the stomach. The place of Vishnu is in the stomach. And this power is one, hunger within us, because we have also come from animals. Still, many people are mad about hunger only. Further, this power of hunger has grown and evolved to the point today, humans have reached the state where they can attain Sahaja Yoga. Or become superhuman. Within him the craze about power, whatever it was, has gone. The craze for money which was there has gone. Any other obsessions which were there have gone. Finally he has one thought: "I have taken birth for what purpose? This God Almighty, who is He?"

When a person goes in search of God – not in search of food or drink – when he goes to seek God, then it should be said that his Vishnu tattva is fully awakened. If this Vishnu tattva is not fully awakened in him, then Sahaja Yoga becomes of a lesser degree. Now this Vishnu Shakti is in the stomach of all of us, and the experience of dharma is through Vishnu Shakti. We have so many distorted ideas of dharma inside us. But they are not like that but are very eternal and unchanging. They are not ideas, but reality. That is, if carbon has four valencies, then all carbon will have four valencies. If the colour of gold is yellow and it does not spoil, is untarnishable, then this religion is like that gold. Each and every one has got their own dharma. Scorpion has its dharma, snake has its dharma. Everyone has got their own dharma in the form of Vishnu Shakti.

This religion has come to the human condition today, shining brightly. Ten religions have been mentioned for humans. Those ten religions must be present when a human being is human, and if they are not, then that human being is deprived of religion. That is, he does not remain human. Either he becomes a demon or he becomes an animal. Those ten religions are given to him in the stomach to remain human. This is absolutely true.

Now, God has made another arrangement to protect the ten religions, which humans do not understand, that we must remain in this religion. Till the creation of humans, the Vishnu Shakti Himself has taken incarnation in this world. We know that God has taken incarnations. First when we were fish, He took the form of a fish. Then we

know He took the form of a kurma – what is it called in Marathi? – a tortoise. After the tortoise, He took the form of a boar. That is, we clearly see everywhere that as an animal progresses, God Himself has taken birth in this world and has guided you. Because who will guide you without Him? And the Vishnu Shakti alone incarnates. No other powers incarnate. The reason is that an incarnation is needed for ascent, for evolution. And if it is for evolution, then the work of evolution is done by Vishnu Shakti. And so Vishnu Shakti always takes incarnation.

Among them, the one we call Mahakali Shakti or the one we call Shiv Shakti, She also incarnates. You know that whenever Her devotees have been troubled, the Goddess has often come into this world and taken those devotees under Her protection. Then She also takes incarnation. But the main incarnation that helps in evolution is that of Vishnu Shakti. Now the incarnation that has fully manifested, completely manifested Vishnu Shakti is that of Krishna. That is why it is called "sampoorana avatara" [complete incarnation]. Not only that, it is Virata. Suppose if this image is that of Virata, then you are all small cell in it, one tissue. Our relationship can be similar to that between a microcosm and macrocosm. Means, in this vast body of Virata, you are all small cells. Now these cells, they should be awakened, and they should realise that they are a part and parcel of the whole. That they are a part of the whole, a part of that Virata, this enlightenment should take place. And that is why we are doing Sahaja Yoga here today.

Now the state of man which is there. So human beings came to the Vishuddhi Chakra. Vishuddhi Chakra belongs to Shri Krishna. And the most important thing is that it has sixteen petals and sixteen sub-plexuses. When man reached that state, the Shri Krishna state, he raised his head. From raising the head, man became a special kind of being. And its special feature is that he got the sense of "I," "I-ness." Animals do not have I-ness. Man has it: "I am so and so." This is the separation of each of its elements. Each element that God has separated, it happens due to a special process, that both ego and superego have grown in us. And when there is this place near this Brahmarandhra, fontanelle bone, the place near it, here, when they come together and get on each other, then there is calcification. Calcium accumulates there. When it accumulates, you know that it fills the talu [fontanelle bone area]. When the talu is filled, you all become separate. Mister X is created, mister Y is created – in this manner. In this way, now all these people who are A, B, C, D consider themselves different. We are different, you are different, they are different, but really you are not different. You all have one power and unless





you get that power, how can it come into your head? That is why God has separated you first.

Because animals are one with that power, but they do not know about it. However, He has given freedom to humans. You have been separated, so now you should learn a little yourself. Only after learning for yourself will you be able to know that you are a part or an element of that whole. And only when this element awakens and becomes one with it will it attain its completion. God Almighty has done this specially for man, and for this, for this work to be done, the Kundalini power, which is the Shiva Shakti power; He has kept it nice and safe down there. And when She rises on Her own, then you get Self-Realisation. And when this Kundalini rises and comes up and pierces through the Brahmarandhra, at that time this realisation occurs. There is no other way. If someone tells you that, "How is there only one way?" There is only one way. There is only one way for a tree to sprout. Similarly, there is only one way that a human being's Kundalini should awaken.

Now there is a lot of speculation as to whether this has been told about in other religions or not. Among them, if you look at Christianity, they have described Kundalini in various ways. It is said there that "I will appear before you like tongues of flame." It is described in multiple ways. But the word Kundalini has not been used because of Hebrew language; there is difference of language. And they have used other names. Later, if you ask whether Kundalini is mentioned in the Muslim religion, I will say that everything is the Kundalini principle. Namaz is not something else, but how to raise Kundalini is shown in it. Earlier, when Mohammed Sahib was there, He said that you should say namaz with both your hands spread out and with the help of your knees. Then people used to laugh, that: "Why should we do this? Why do that?" Even today we cannot talk about Kundalini with them.

Then the story was even more different then. They were not as wise as us Hindustanis. We know the Arab brain. They do not understand anything. So these things were something that could be told to them. And He had to fight them all His life. Mohammed Sahib Himself was an incarnation of Dattatreya. But what was the condition of Dattatreya here and what it was there is worth seeing. So, those people did not understand Him. Nevertheless, He told them that if you are Muslim, then you should say namaz. Now, the many types of namaz which are there give motion to the chakras and awaken the Kundalini. So this Divine Power, which resides within us in the form of Vishnu Power, for that, these gurus, who are the form of

Dattatreya, whom we respect a lot in our Maharashtra, all of them are seated in the stomach. His principles should be formed.

Yesterday we saw that many people are devotees of Dattatreya. But everyone has bad stomachs. The surprising thing is that you are disciples of Dattatreya. That is, your stomach should be very good, but your stomach will be bad. All devotees of Dattatreya have upset stomachs. What is the reason for it? The reason is unauthorised access. You sat down to invoke Dattatreya. Dattatreya is not a servant of your house. Dattatreya is very great. What is Dattatreya? I know that, so I can't even describe it. So you appeal to such a big principle; are you ready for it? Again, do you have the authority to do it? Because of this unauthorised mockery, even the gurus accepted are cheats. Most gurus are just cheats. They have absolutely no right to even take the name of Dattatreya. Again, they go to ruin, all such unauthorised gurus go to ruin, but you too are also brought to ruin by them. And in this way, the principle of Dattatreya that you have decided to awaken in yourself has many flaws. And these flaws cause stomach problems and other problems. Now after Sahaja Yoga, you will realise what the flaws are, how to achieve its non-dualism and how to awaken Dattatreya within you. Once Dattatreya awakens within you, then religion automatically sets in. It becomes very difficult to commit unrighteousness.

Now, the main thing is for us to understand what these gurus have said. The first and main thing is that a human being should not have any intoxicants. Someone started to tell Me that Sainath used to smoke chillum. He used to do that to remove your intoxication. His case is different. He is an incarnation. But you should not consume intoxicants. We should not drink any intoxicant, be it tobacco or alcohol. Everyone should oppose it. Now why not consume alcohol? The harm that it causes to our dharma or to the Guru principle. That, I will explain scientifically when I talk about the Guru principle. But one thing I will say, that these [ten] gurus are the ones who nourish Vishnu tattva. Again, fanaticism, religious fanaticism, all these things are harmful to our Nabhi Chakra.

Now, if there are fanatics among us, they will definitely have stomach problems. They will have terrible stomach problems due to fanaticism. Because fanaticism is very harmful to Vishnu tattva. Not only this, Guru tattva is also damaged in them. So a person who has fanaticism – people who call themselves fanatics, Hindus or Brahmins, Christians or Muslims – such people cannot attain Sahaja Yoga. What do you know? If you were born here today, if you had become a Muslim tomorrow, or if you had been





born in China the day after that? You would have gone about with [their] eyes. On what basis do you decide that you are this?

At least in India you cannot say that. Being an Indian and being a Hindu cannot be said, because it is said that you are reborn. If you are reborn, who were you in your previous birth? Maybe you were an Englishman in your previous birth, and the great saints here are now born as Englishmen, and you came here from there at some point. When I see our rulers, leaders of today, I start to doubt whether they [English] have taken birth here or what. And because of this, we should realise that when we talk about religion, we should pay attention to the inner religion rather than the outer religion. And there are many examples of that to show us. Especially our incarnations have shown it.

Now take Rama's example. She, a Bhillin, a tribal woman with broken teeth, an old woman – probably may have never bathed, who had not brushed her teeth, a very old and frail woman – she broke the berries and put them in her mouth, giving them half-eaten. Would you eat even one? Would you ever be able to eat them? Especially for our Maharashtrian people, who are very particular about half-eaten food, can anyone eat even one berry? Can anyone eat? But He ate them with so much love. Not only that, He told Sita, "I will not give you any. I will eat all of them." Sita said, "What, you alone will eat all of them? I have never eaten such berries, I have never tasted them." "So why should I give them to you?" Then the Bhillin said, "No, no, I have them for you, but I have broken them with my teeth." Then she gave them to Her. Then Lakshmana was getting angry: "What is all this?" He did not understand. "What kind of business is this? Who is this woman? Where did she come from to give Him such berries?" Sita said, "It is true, I have never eaten such berries in my life. If there is a little, give it to Me. Give it to my brother-in-law too." Then Lakshmana just ran and took those berries. This is how it is beautifully described.

Shri Krishna went to Vidura's house and ate there. He Himself was born as a gawli [cowherd]; then if you believe "we are some very noble people," it shows that you have not understood Hindu religion at all. It is obvious. There is only one Spirit in all humans. And all humans revolve around one Spirit. Even though it has been said many times that the One God dwells in everyone, we have made castes and creeds. Caste and creed are due to the swabhav [nature] of man, and when everyone has a different nature, this is a very deep matter. Swa-bhav: The Swa [Self] has not yet been felt, and how have you created castes from birth? In the same way, the Vishnu principle within us gets

damaged. That is, we should have already imagined that this is not right, this is not right. How did you know? How will you come to know? You do not know if this person is all right or not. They are a brahmin or not, how will you recognise this?

For that, first the Vishnu principle should be awakened in you. It is in your Nabhi Chakra. If the Vishnu principle in the Nabhi Chakra is awakened, then what I have told you about the Swadhishtana Chakra is that this power of action is running on the Swadhishtana Chakra. Then those who have the habit of doing too much work suffer a lot from the Swadhishtana Chakra. Because all the power is drawn from the Vishnu principle into the Swadhishtana Chakra. Means, a person who is an overactive person does not have time to think that "I should evolve," that "I should do something," that "I should have some meaning, I want to make some sense." He has no thought about it. All the time he is pulling the power that God has given him. And that is why we have seen that such people get diseases such as diabetes.

Now this power is Vishnu Shakti and is Shiva Shakti, and from this Vishnu power itself these six chakras have come out. And from these six chakras, means the Swadhishtana Chakra has also emerged from Vishnu power. When this Kundalini pierces all these and goes up, it should be called complete pure knowledge. Or the pure principle by the will of God, it awakens all the deities within while piercing through it. That is, whatever sleeping gods are sitting within us, which are not yet enlightened, they awaken. As soon as they awaken, we get their benevolence from this.

As soon as the Lakshmi principle is awakened, we know what role Lakshmi has. Lakshmi does not mean an extremely rich person, not someone who has wealth. Lakshmi means there should be generosity from one hand, there should be shelter from one hand. There should be a lotus in both hands. A miserly and stingy person has not at all attained the Lakshmi principle. A person who is as loving as a lotus and whose house anyone can go to – that is, so much so that even if a bumblebee who is so thorny comes in and the lotus will take care of him – that person is considered a true Lakshmipati in our country. But how many such Lakshmipatis do we have? It is enough to say that there are none.

Those you know as Lakshmipati are, in truth, merely wealthy people. Just like loading money on a donkey, that is how these people are. And such people will never get any religion. Christ has said that a person who has too much money can never enter the Kingdom of God. Perhaps if you





put a camel through the eye of a needle at some time, it can pass, but such a person cannot. The reason for this is that such a person sees only money. He does not see anything else. He does not see his parents, his brothers and sisters, his wife. He does not see anything. "I am so big, I have so much money." And once that money is lost, then he realises where it has gone. We also know that too much money, if there is too much money then all bad habits suggest themselves to a person, that where should he spend it now.

Even if the money is barely enough, if the Vishnu Shakti that gives us satisfaction is awakened in us, then only then can a person progress further. That is, when his attention moves from money to satisfaction, then he starts on the next path. But if satisfaction does not come from money, and we know the principle of economics that no want is satiable in general—in particular, maybe. Means, now suppose that we think we should build a house, we will build a house. After building a house, we will think we should buy a motor; then we will buy a motor. After buying a motor, we will think we should buy a helicopter. Something will continue to run like this. That means we will never get satisfaction in general. But this is matter. It is things. A human being will never be satisfied with a thing. It is an inert thing. With inertia, we can only get inertia. With inertia, we cannot get satisfaction.

Now those people, suppose, who get used to a chair, then they cannot sit on the floor. That is, the chair sticks to them. That means all inertia is what makes a person accustomed. The habit of anything involves inertia. Then, a person gradually dissolves in that habit and whatever essence he has is destroyed. So no material object can give satisfaction to a person. Only the Divine principle can give satisfaction. Until your Spirit does not awaken within you, till the time your Spirit does not blossom within, does not become established, you will never get satisfaction. You can earn as much money as you want and see, you can get as much power as you want and see, try anything and see, but your face will always remain morose.

But there is such a kingly person who is happy even when he has nothing. He is happy wherever he sleeps. When you see such a person, you will realise that this power is satisfied within you. Now you have to see something further. Now there has to be something else. This has been satisfied. Enough is enough. Now you don't want more, now what is the next step? So then a person awakens to righteousness. Now no more. Enough of this worldly life. Then a person awakens to spirituality. Even there, his human brain starts working. Means, you call a Brahmin: "I will give you two paise, you do the puja" — apply this

idea. Or give a donation of four, five hundred rupees to a temple: Wow, we gave a donation. Or else, just build a temple. What is going to happen to this temple? What is the condition of your temple? Are the gods here or not? Have you awakened the gods here or not? "Kahe re man khojan jaaye. Sada nivasi, sada alepa tohe sang samaye. Pushpa madhya jo baas basat hain, mukhrumahi jab chaayi. Taisehi Hari base niranter. Ghathi khojo bhai." [Saying by Guru Nanak broadly translates to: "Why, o mind, do you go out to search? That is forever within you. God is eternally within. Just look for the container within."] There is a Spirit sitting within you. God Almighty is within you. Then why don't you awaken it? The reason is that for a person to see himself is a big problem. He cannot see himself. And for him, there is the system of Kundalini.

This Kundalini suddenly rises up, and a second, all the deities are awakened. Now many people think that Kundalini awakening is a very difficult task. But it is not like that. We have seen it now, how easy it is. How many people did you cross yesterday? How many people got cool breeze, the waves of beauty in their hands yesterday? This is a very easy task. But only those who are able to do this can do it. Those who are not able to do this should not fall into it. They should not make unauthorised attempts at it. For those who have the authority of this, this entire leela is for them just a play. Such a person can do it very easily, and whatever is important, it should be that easy.

So now this Shiva Shakti that is in you on the left side, this Shiva Shakti is also seated here within us in the form of Sadashiva. Because in Him, the Spirit and the Shiva Shakti are both one. In that state, when this Kundalini goes there and pierces the Brahmarandhra, that light falls everywhere and you come into a new, new dimension. Your awareness gets a new form. That is, there is enlightenment [Shri Mataji says "prajwalit" in Marathi] in your awareness. The word "pra" is to be used correctly in this: "Pra" means illuminated. There is a lamp inside. If it is not lit, it has no meaning. As soon as it is lit, it is enlightened. Like that, your attention is enlightened. It is enlightened, and because of that, there is illumination. It is because of the light that you can see everything. Now you cannot see anything, it is invisible, it is beyond, etc., people say, and so you do not understand. What is the remedy for this? There is avidya. What is the remedy for it? The remedy is the light within you.

You must get Self-Realisation. Without Self-Realisation, your ignorance will not go away. And it must happen. That is the work of God Almighty. He has to do it. If He has created this beautiful vision of the world and if His creation does not bear fruit, then God Almighty will have





no meaning. So He will have to do this work, and He knows how to do it. He has created you and placed these three Shaktis within you in such a beautiful manner. And these Powers which manifest in us outside, they are, on the left side the Ida Nadi, the left sympathetic nervous system. And on the right side is the right sympathetic nervous system, means the Pingala Nadi. And in the centre is the parasympathetic nervous system, of which we have no knowledge as yet, whose awareness we have not reached.

Now many people: "Mother, we are devotees of Shiva," and they have heart attacks. It is very common that devotees of Shiva definitely have heart attack. They say, "We worship constantly." If Shiva Shakti gets angry because of unauthorised mockery, then — Shiva Shakti which is there, is the reason for your existence — your existence will be destroyed. That is why there is an effect on your heart. So what to do? Ask for forgiveness. We should ask for forgiveness from Shiva. It is a simple matter. We have to tell Shiva that, "We have made a mistake. You are the ocean of compassion, the ocean of mercy. Please forgive us. Now we will mend our ways."

In many Sahaja Yogis, the Shiv Shakti is badly damaged. That which is called the power of Mahakali gets damaged. The left side is badly caught up. And the main reason for that is the exploits of these gurus. Now, there is a guru Mr. Bhoganand [literally translates to "joy of enjoyer"], one is Dhonganand [literally translates to "joy of fraud"], this, that; someone is Bhairanand [literally translates to "joy of deafness"] — they have many such names [false gurus adopt meaningless names]. They are there by the bushel. In every village there are at least ten. Now from these bushels of gurus, who is real and who is false? The one who is a real guru will never venture into society. It is very difficult. Living among humans is not easy. Christ lasted barely four years, then He was crucified. Where is the intelligence in men to recognise the guru? They will beat up the one who is a true guru. And these evil [gurus], forget hanging them; you cannot even move them from here to elsewhere. They are sitting on your heads committing all kinds of sins. Just move them, at least one of them.

Someone was just telling Me, just today morning, that one guru exploited one and half lakh rupees from one woman. Told just this morning. "So what did she do?" "Nothing. She is sitting very quietly. She is scared." Why? But if there is a true guru, any true guru has been only tortured. They have processions for that Gnyaneshwara in a palanquin; taking out his processions. That man who walked barefoot, whose feet developed blisters, whose feet were covered in blood, him. That Sopandev [brother of Gyaneshwara], I am

unable to understand. I do not even know what to say about him. They have started out with their processions; more than fifty people are feeding themselves on their name. This intelligence of man is so destructive and corrupted that no guru can last in front of you. As soon as he comes, you break his legs. You shatter him completely.

Not only that, I see in the eyes of our Sahaja Yogis also, there is very destructive sight. One gentleman came and started abusing Me. These are My children, they got angry: "You cannot talk to Mataji like that." He said, "You are Sahaja Yogis. You have to bear it." I said, "Beware!" Now onwards, if anyone troubles any devotee then he will be nicely taken to task. And they will be nicely punished. Whatever has happened in Kali Yuga is finished. Satya Yuga has come, and no one can dare to do it. Try and see. The days of torturing saints and sadhus are now gone and are finished. This should be kept in mind, and it is My challenge to all such gurus and evil people. And you are ready to fall at their feet a hundred times. It is My daily experience. After coming to Me, they will debate with Me, argue with Me. And what about your first guru? "They are not to be seen now. They are sitting on the seventh floor." "And what is over there?" Say, "There is a donation box kept there." "Is that so?" "And we placed a thousand rupees there." Then, what next? "There is a service done with mud." "How?" "Load the mud on the head and go build houses." And the guru sells them. All these you have consumed and come to Me, and what kind of debate are you having with Me? Means the one who makes a fool out of you is the real guru — that is situation which has come about.

So, now [unclear], enough is enough. Now there should be wisdom. Live with wisdom. The man who is true will not take a single pie, a single coin from you. Can you purchase someone? Can you purchase God Almighty? Afterwards he mesmerises you and: "Give me this, give me that." Your ego gets so inflated you just fall prey to him. From here and there are so many gurus in Maharashtra, out of which at most two or four have become true gurus. Two or four at the most. All the rest are absolute frauds. And their pictures are kept in the house.

And I warn you. Now Kali Yuga is over and Satya Yuga has started. Because of those gurus, you are going to get leukaemia disease and cancer disease, and without Sahaja Yoga, this will not be cured and so keep it in mind now. If you serve such gurus and dirty people, you will have to suffer the consequences. This is being said with the love of a Mother and with utmost compassion from within. I said to those people [true gurus], "Maharaj, you must come down and serve people. What are you sitting high





up there?" They said, "Baba re baba. Mataji, You please do this work for twelve years. They are all donkeys. Donkeys should be kept as donkeys." They curse. No one is ready to come. So keep in mind, with Sahaja Yoga, light will definitely come in you. And with that light you will know how much falsehood is going on and how strong this falsehood has become. This religious fanaticism, going to temples, going here and there, you have just ruined your life.

Give it a path, give it some light. You don't know with how much effort God Almighty has made this human body. He has taken you out of so many births and brought you to this state, and you are getting into the clutches of these foolish people. First, keep shouting that there is no God or else, go and fall at the feet of such fools; what is this a sign of? This is the sign of your delusion. Because God Almighty has given you freedom. You can accept Him if you want, or if not, seek the shelter of these fools. So we have to use this freedom. Who are we? From what state did God bring us here? With how much love and care has He brought us to this beautiful state today? To what state has He brought us, and to what state have we taken this beautiful human body, our human mind and this entire human personality? We should think about what is wrong. We should accept ourselves. There should be self-respect in a person to understand who we are, where are we going, what do we want. All of them will fear and flee from you. A man who does not have self-respect, he cannot achieve anything.

But yesterday a gentleman had come: "I have never accepted any falsehood," this and that. He started shouting and his body started trembling. I tell you that you do not go and argue with these people. No need to argue. Leave him alone. Because if you go to fight, if the bhoots inside him stick to you, then you will suffer. So no arguments with them, no debates with them. Let them go down. You just come and do your own good. Don't bother yourself by going after those gurus. This is the advice of a mother. You come here and free yourself from the guru. People are in torment, in great sadness, agreed. Free yourself from it and attain your Self. And after attaining the Self, learn how to get rid of this guru. But don't go to debate with them, don't go to argue. It is beyond you. You don't want to get it. This is absolutely true. And no matter how strong you are there, these people are very evil, and they have such dirty knowledge and are so sinful that even drinking from the dust of your feet will fix them. Such are these people.

So I have to tell you again and again that even if you have followed such people, you can easily leave them. If you leave them easily, then it will be of great benefit. Sometimes looking at the exploits of these people, I feel so sad, so

angry that sometimes I think, if the destructive power is used, they will be easily destroyed. But what is the use of the destructive power? Because in Kali Yuga, there is such a situation that "yada yada hi dharmasya glanir bhavati Bharat" [whenever there is a decline of righteousness and an increase of unrighteousness, O descendant of Bharata, I manifest Myself]. This has happened. But who are such saints in this world? "Paritranaaya sadhunam vinasaayacha dushkritam" [To protect the virtuous and to destroy the wicked]. Evil acts have infiltrated into the heads of saints. These evil acts that have infiltrated into the head should be removed first. Only then can they get realisation. It is a very delicate situation. I see that they have infiltrated into your brains also. Then they should be minutely removed. It should be cleaned. It should be taken out properly and given to back you in your place, and the wealth that you have should be delivered to you.

So today I have told you about Kundalini and Shiva Shakti. My lecture is at Hinduja College again. I will give that in Hindi and you should all come. In that, I will talk about the Guru principle. One has to say that in the lecture, things are covered at a high level because there is very little time. And everyone is in a hurry to get realisation. Except that a person gets an idea of what the subject is, what it is about. Instead of that, as I am speaking, the vibrations are flowing and many people get realisation with that. So as lecture, I have received many different experiences, and a lecture has many benefits also. Still I have to say that if you want to go deeper into it or analyse with the intellect, then get your realisation first. Getting into unnecessary debates and unnecessary intellectual analysis is of no use. You first get realisation. Fix up the light within you and then we can talk about it. After that, whatever reading you want to do — there is big five-hundred pages book written about it — read it and see.

In London I have, there are at nearly eighty-four lectures I have given to Sahaja Yogis. Those tapes have come here; you can take those tapes also and use them. But this not in the domain of intellect. Whatever has to happen is occurring, should be seen. And all this knowledge is attained through Vishnu Shakti. You have attained it. It will come down within you. It is subjective within you. Means, it is built within you, it will be built within you and will go on building up. It's not that you must read. As it is just flowing through the hands, you will straightaway understand that if it is flowing through this chakra, what does it mean; if there is a pain in this chakra, what does it mean; if this finger feels like something is biting, if this one feels heavy, what it means. Each one is a chakra of ours — one, two, three, four, five, six and seven. If anything happens to these seven chakras, left side and right side, even a small child will be able to tell it what finger is heavy, what





finger is burning. And the person will also diagnose it. He himself will give the medicine and he himself is the doctor. When you reach this state or attain it, means it should happen. This event should take place, there should be actualisation. Doing speeches upon speeches is too much now.

Similarly, what is the advantage in touching the Feet? So many people get angry that Mataji does not let us touch the Feet. Day before yesterday, they were very angry with Me, the people from the village. I said, "There are many idols made for touching the Feet. If you are not realised then touching My Feet like stones: you will get nothing." So first get realisation. Open your pitchers. Without opening your pitchers, how will you know whether Ganga is flowing through these Feet or not? Otherwise your feet or Mine, what is the difference? Means, the way you are, I am also. I have made Myself completely like you. I have done this work without anybody's knowledge such that you will never come to know. Only when you get realisation, when this Shiv Shakti will flow through you, when it starts flowing through your hands, when in your heart the Spirit in the form of vibrations starts flowing in waves of joy, then you will know what is the meaning of these Feet, what is flowing through these Feet and whose Feet they are. All these things will happen. And they should happen to everyone.

I was overjoyed today. Despite working for so many years in Dadar, I did not get any special Sahaja Yogis in Dadar. That is why I had told the Dadarkars that I would not take a single program here. Because in other place, people come in their thousands, so what is the point of coming here? And they organised this program very nicely. And you people have come and attained it. Now it must be established. Even if a seed is sprouted, if it falls on rocky ground or it is neglected and thrown away or it is not nurtured properly, then such seeds get completely wasted. That is why in Sahaja Yoga, even you have felt the cool breeze, it is still just the sprouting of the seed. This has to grow into a big tree. And from one large tree, thousands of seeds sprout. I have seen this with My eyes. Similarly, this has to happen to all of you and you all should attain it.

This truth is so great and so different. And with it, the whole world, all humanity is going to come to such a different state that all these corrupt, delusionary practices are going to be destroyed and man will reach a very high state. So everyone should participate in this work of God Almighty. Keep deep respect and faith in it. And work hard. Be heroic. And life after this will change completely and rule in a new kingdom of joy. I want to say this.





## Aarti of Shri Mataji as Durga Mata

**Durge Durghat Bhari Tuj Vin Samsari  
Anath Nathe Ambe, Karuna Vistari.  
Vari Vari Janma, Marna Tewari  
Haari Padlo Ata Sankat Niwari**

O Goddess Durga, without complete oneness with You, the world is like a very treacherous path for me. O Goddess Ambe! You are the one who is the final refuge for all the seekers. So please extend your unfathomable compassion towards me. I have been undergoing cycles of life and death for ages, looking for You and worshipping You. O Great Goddess, I completely surrender to You. Please save me from this chain of life and death which is like a big problem for me today.

**Jay Devi, Jay Devi, Mahishasur Mardini  
Survar Ishwar Warde Tarak Sanjivani**

Hail! The Great Goddess, who is the killer of the terrible rakshasa called as Mahishasur. Our highest respect to the Devi who manifests and sustains life by giving blessings to all living beings from the common man to the Gods.

**Tribhuvan Bhuvani Pahata Tuj Aisi Nahi  
Chari Shramale Parantu, Na Bolwe Kahi  
Sahi Vivad Padata Padlo Pravahi  
Te Tu Bhakta Lagi Pavasi Lavalahi ...Jay Devi**

O Great Goddess. No one can match Your greatness, love, compassion and power in all the three worlds

(ie, Heaven, Earth and Hell). After looking for You in all four dharmas in all four directions, my spiritual ascent is totally insignificant. Yet, you are all-pervading and get easily pleased with Your devotees who fight with their own six great enemies which are in the form of sex, anger, ego, maya (illusion), hatred, greed while ascending.

**Prasanna Vadne Prasanna Hosi Nijdasa  
Klesha Pasuni Sodawi, Todi Bhavapasha  
Ambe Tujh Vachun Kona Purvil Asha  
Narhari Tallina Jhala Padpankanj Lesha  
...Jay Devi**

O Devi, with totally peaceful, satisfied and radiant face, please bless Your devotees by being happy with them. Please O Mother, give us the absolute knowledge, dharmic actions and Ananya bhakti to please you. Please take away all our sorrows and problems and save us from these misguided wanderings into the ocean of illusion and Your incomprehensible maya. Ambe, You are the most competent and the highest Lord for me. Who else can I turn to? Even the great Vishnu is always engrossed in deep meditation at Your Lotus Feet.

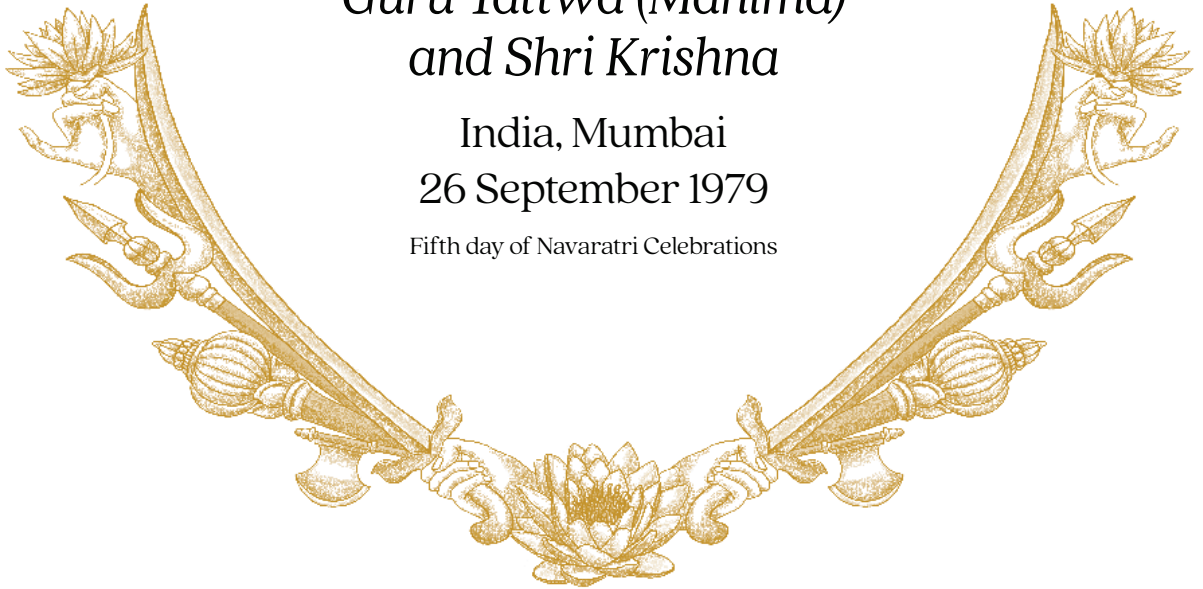




# Navaratri Puja

## *Guru Tattwa (Mahima)* *and Shri Krishna*

India, Mumbai  
26 September 1979  
Fifth day of Navaratri Celebrations





“But today we are talking about the Guru principle. Now, this Guru principle is the harmony of these three powers: Mahakali, Mahalakshmi, and Mahasaraswati. This is a completely new form in which the Supreme Being has manifested within us. You already know how Lord Dattatreya was born; I don’t need to tell you about it again. But it is absolutely correct that just as the three powers of Brahma, Vishnu, and Mahesh stood before the chastity, then the chastity bestowed them with newness, gave them innocence. These three powers filled with innocence, which are within one Dattatreyaji, are settled in our abdomen, which we should say submerged in what we call Bhavasagar. This power is contained in the Bhavasagar in the Virata. And it takes birth many times.”



ll those who have come to the previous three lectures of Sahaja Yoga, they will be able to understand much easier because the place of the Guru is very high within us. The place of the Guru is situated within us; there is nothing new to do about it. The instruments that the God Almighty has created, this instrument has been made with great beauty. Each of its chakras, which are invisible to us but are within us, through which we realise that this visual world has been beautifully created. But man lives in excess, by always going to extremes. He has spoiled his own instrument. Similarly, the place of the Guru has also been spoiled in a bad way by man.

Now, the place of the Guru within us. In this entire place or province, in this entire country, there is Guru's place – inside the abdomen, all around, connected to the Nabhi Chakra. A day ago, I spoke to you about the Nabhi Chakra and I had described the powers of Vishnu, and it is due to the power of Vishnu that you have evolved from amoeba to human. And it is through that same power that you are going to become superhumans from humans. Now, the power of the Guru that is already placed within us by the God Almighty, for this purpose many Gurus have incarnated within us.

Now, first let's see how this Guru principle is formed. For this, we should understand that the Guru principle is eternal and how it was created. Within us, three powers operate invisibly. The first power is what we call the power of Shri Mahakali, let's say the power of your existence, by which you have your existence. The existence of this creation, the existence in this world, that power is of Mahakali, which flows within our Ida Nadi. The location of this Ida Nadi is on our left, which should be said to be on the left side, and the left-side Ida Nadi keeps the left-side sympathetic nervous system functioning. Therefore, our left-side Ida Nadi gives us desires. It is through desire that a person acts. And so the Pingala Nadi, which is on the right side, gives us the power of action. We call this the power of Shri Mahasaraswati.

So, we have one power of Mahakali and the other power we have is of Mahasaraswati. Because we cannot say their names in English, many people think that this is a highly unscientific matter. But there can be no science greater than this. Because what you haven't seen, what is beyond

you, what is invisible, you don't know about it. You may have seen what is external, but you haven't known the power behind it, so just by even talking about it you cannot believe in it. But in Sahaja Yoga, when the Kundalini is awakened and when the Kundalini starts rising upwards, then you can see how due to the imbalance of these two nadis and various other faults, Kundalini stops, and how it must be balanced again. These two powers are supported by a third power, which is important, which is our earning.

Today, the level at which our human consciousness has reached is indicative of the third power: it is the power of Mahalakshmi. It is with this power that we have evolved from amoeba to human today. What was the problem if humans had remained as amoebas only? And what calamity had occurred that humans had to evolve through so many species, today, God has created this beautiful form of humans? Have you ever thought why God made us human? What specialty is within us that we have no inclination of as yet? We don't even know, we don't even have an idea why we came into this world, why this instrument made in a special way, called human, was created. This human must first understand that today we have reached a state where human consciousness has reached, through this power of Mahalakshmi within us.

A day ago, in Dadar, I had told you about these three powers in detail. So I am not going to speak much about these three powers. But these three powers are within us, and when there is harmony among these three powers, when these three powers come together and when the child form of these three powers is born – this is something that cannot be corrupted by anything, in which there can be no imperfection, no ego can arise, which always remains new – this element is the Guru principle.

A child does not have ego. A child does not have attachment to anything; he remains completely detached. You see, young children play, make a lot of drama, create various things, then they kick it and leave. Or they play for a little while, engage in pretend play and then it's all over. Everything is a drama for them. And they talk like a third person. Tell them: "Kids, now go home," they talk like someone else, saying, "This Munna will not go. This Munna here won't go." For them, this little one is someone else. They always talk like a third person. And as this person grows up, slowly two knots or two particular types of institutions are formed inside him, which we call ego and superego in English. These are developed within us by the use of powers of desire and action. If a person is filled with excessive power of desire and keeps desiring all the time, then the power named superego is formed within him.





It should be said that this institution manifests and that institution makes its way into our heads, around here, and settles here as shown here. The second institution arises within us from the power of action, which we call ahamkar and in English we call it ego. This is born within every human being who performs any kind of action. The meaning of this institution is that a person thinks: "I did this work, I built this house, I build this home." When a sense of being a doer emerges in his mind toward that thing, it is from that sense of being a doer that this institution of ego is formed. When these two institutions go and settle one on top of the other in the fontanel area in the middle of the head, then the calcification sets in there. And our fontanel bone area gets filled up completely by the age of three, four years in our childhood. But it gets completely full actually when we start speaking the language well and gain mastery over language. Then it sets in properly. There are many reasons for this too.

But today we are talking about the Guru principle. Now, this Guru principle is the harmony of these three powers: Mahakali, Mahalakshmi, and Mahasaraswati. This is a completely new form in which the Supreme Being has manifested within us. You already know how Lord Dattatreya was born; I don't need to tell you about it again. But it is absolutely correct that just as the three powers of Brahma, Vishnu, and Mahesh stood before the chastity, then the chastity bestowed them with newness, gave them innocence. These three powers filled with innocence, which are within one Dattatreya, are settled in our abdomen, which we should say submerged in what we call Bhavasagar. This power is contained in the Bhavasagar in the Virata. And it takes birth many times.

Since ancient times, Adinath was also incarnation of this power. It is the same power that takes birth many times, the Adinathaji, who is still worshipped by Jains and they respect Him. But they do not know the meaning of this power. Firstly, the thing about this power is that there is no religious fanaticism in it. There is no caste of a sanyasi; they have no caste. The meaning of a sanyasi is that he accepts all castes, all religions. And if any guru considers himself an actor of any particular religion, then it should be understood that he is not a guru. The first power of Guru principle is that he must be full of all the essence, novelty, innocence and crux of all religions. If any human puts himself forward in the name of a religious guru, then it should be understood that this is a false person and the religion behind him is also a great falsehood.

I can give you an example of this in Sahaja Yoga and you can easily understand. There is a gentleman who came

to meet Me when we were in London. He started saying, "Mother, I have cancer in my stomach, please cure it." He is a Muslim, residing from Iran, and a doctor. I asked him what he believes in, and he said he believes in Mohammed Sahib. I asked, "Only in Mohammed Sahib?" He said, "Yes." "Not in anyone else?" He replied, "No, not in anyone else." So I said, "I cannot cure your stomach cancer. Forgive Me. Because it is caused by such religious fanaticism that one Mohammed Sahib is the only one."

Mohammed Sahib is, He is also an incarnation of Dattatreya, completely and nothing else. I mean, He is Himself an incarnation of Dattatreya, there is no doubt about it, but He is not the only incarnation. That's why Mohammed Sahib, settled in stomach, got annoyed with him. Understand, if you are the president of this country and when you come to Maharashtra, people show respect to you because you are the president, and if you go to Bengal and people don't respect you, won't the president sahib get angry with you? Similarly, this same power comes multiple times in different births. And when it takes multiple births, although its names are different, its place are different. This power takes birth in this world as per the need. But it should never be assumed that this power came only once and then no power will come afterwards. Like this, we always do this: that one guru has been accepted, then no other guru is possible.

Now, this gentleman who was in a lot of abdominal problem, after two or three days came again, saying, "Mother, this has to be cured." I said, "If you want this to be cured, then you have to accept Dattatreya, you have to accept Nanakji." He said, "All right, whatever You say, I'll accept." Then I said, "All right, you pray to Nanakji for forgiveness, pray to Mohammed Sahib too for forgiveness." And after that his cancer was cured.

You will be surprised to know that nowadays so many institutions, even political ones, are formed where they preach that these religious gurus are bad, those religious gurus are bad. The reality is that all their followers and disciples they have of those religions, Muslims are as bad as Hindus, Hindus are as bad as Christians, and Christians are as bad as the followers of other religions. All their disciples did not recognise their Guru and did not follow their teachings at all. I can give you an example of this. Suppose Christians, if Jesus Christ said something especially, like, do not go behind any dead things, absolutely do not go behind any evil spirits, demons and such things, in any way possible you must stay away from evil spirits, demons and such things which are dead. In My opinion, only Nanak Sahib has spoken as openly as Jesus Christ about such





matters. Even after speaking of such things openly, if you look into anyone who knows Christian religion, follows the religion, if you go and observe in any country, you will be surprised to know that in London, where I live, there are dead bodies buried under every church. Now if you place your feet there, your feet will stumble. Inside every church, inside every temple, they have placed buried bodies. They do the exact thing that was forbidden.

Now, look at the intellect of the Hindus. The intellect of Hindus is even greater. It was told to Hindus that all religions are one. Not only that; it was also told that within you, within everyone resides the same soul, the same reflection of God, which is the soul. Within everyone resides the same soul. Now no one surpasses the Hindus, who quarrel over caste and creed. When there is the same soul within everyone and it is also told that you have rebirths, then today you are a Hindu, tomorrow you may be a Muslim. Or if you are a Muslim, you may be a Christian tomorrow. Otherwise, tomorrow you may even be a cobbler, or you may belong to even lower class. People who claim themselves as great, considering themselves to be great Hindus, behave in a way that is worse than cobblers, much more inferior to the lowest castes possible. You see those people sitting in temples taking money for performing rituals; if you observe them you cannot believe if there is any connection between them and God or are they God's enemies sitting here.

I went to Vrindavan, and in Vrindavan I was amazed to see that all the priests sitting there are demons, demons. Not just demons but followers of Kansa. How they sit in front of Krishna and defame Krishna. Not only this; all those who come there are filled with evil spirits, and they are destroying everyone. Krishna Himself has left those temples, those beautiful places. He doesn't want to stay there, such filthy places. And you can see with your own eyes that they are looting you day and night, they are being unjust to you, telling you lies. They sell marijuana, and other things they sell there. They sell women, steal jewellery. They haven't forsaken anything, yet we still consider them great gurus and fall at their feet. You have done all these deeds, but your children will not do these deeds. The dire consequence of this is only one, and that dire consequence will be that your children will say that there is no God, it's all a lie and it's all a scam. This consequence has happened in many countries.

For example, I have a disciple who lives in Algeria. He is a Muslim. When he came to London to meet Me, he started saying that, "Mother, I do not have any faith in God at all." All the young people we have who are educated – who are doctors, architects, lawyers – none of them have faith in

God. They say it's all fanaticism, all lies; these are businesses to earn money, and all these organisations are completely wrong. Then, with the great blessing of Sahaja Yoga, they got realisation at once. After getting realisation, they settled into Sahaja Yoga. They gave realisation to five hundred boys and their faith in God became absolutely firm.

Because when you go from one extreme to another, from one extreme to another extreme, then right in between this Guru tattwa grabs you. The meaning of a guru is someone who pulls you, attracts you, lures you in. But nowadays, the gurus who attract you use all kinds of awful things that it makes us wonder why you believe such gurus. At the very least, it should be understood that a guru must have some unique characteristic, basically. The meaning of a guru is a man who is greater than you, a man who has reached a higher state than you. How can those who are at a lower state than you be your guru? The man who feeds off you, lives off your money, who is a parasite; will you go to someone's place and stay for free, eat for free? How can a man who has been doing this all his life be your guru? He can be your dependent, your servant. How can he be your guru who has never done any work or business in his life except for taking money from you and living off it? You nurture such parasites from morning till evening, and you revere these gurus highly and you send things from all over the world for them and fulfil all their wishes. And it has reached the point where some gurus weigh themselves in gold, sometimes in diamonds, sometimes in some other thing, and they keep all those things with them. They say that "whatever you give to me, you will get it back from God."

Despite being so educated in our society, we still fall for such false claims. I am not surprised by you people; I am more surprised by those foreign people who consider themselves highly educated, highly developed. I have seen them being such donkeys that if I tell you their stories, you will be surprised. You people do not go to such extremes in the matter of gurus. If the guru commands, they are ready to even eat their excrement – their condition is so bad. That's why we wonder why such educated people do like this. What went wrong in Guru tattwa that they accept it in this way? And the straightforward, simple, very simple answer to this is that these people are not gurus, but they hypnotise. They have hypnosis power with which they hypnotise people. Hypnotising destroys a person's intellect totally, and he drifts away in it completely. Many such gurus have taken birth in this Kali Yuga. Some of them are of the highest degree of demons. They have been killed by the Goddess many times, but they have come back again. And these demonic people teach you every demonic behaviour, every immorality to you, all kinds of awful things, and you





people keep looking outside, thinking: "What a great sage for me, teaching me profound knowledge."

Among the qualities of a guru, the first quality is that he doesn't care for your money and your wealth. He doesn't care about anything you have. You cannot put him in bondage. He moves in his own rhythm. If he feels like it, he will talk to you; if not, then not. He is not someone who runs after you. Because I am your Mother, I am trying to make you understand and I am telling you that, "Son, know the guru within yourself, recognise your guru within." But those whom I met, of a high calibre, they say that, "These fools," they swear; they tell Me, "Mother, why do You give them realisation? Let them suffer for a few days. Let them be. Their nature is different." They sit with big sticks in their hands, or with tongs, or they sit with stones. If someone comes near them, they beat them with stones, saying, "Run away! There's nothing for you here."

But a mother's perspective is different, the perspective of a guru is different. And when a mother has to become a guru, it is very distressing. This heart is filled with so much compassion, and this heart remains so concerned that the mother yearns to give the unconditional love that is flowing. But on the other hand, being a guru, a little discipline has to be enforced as well. You also need to be rebuked at times, saying, "Son, this is wrong." It is painful to even say it, but it has to be done. This Guru principle is within you. Many times you have insulted it. It resides within you. Now, you will be surprised that how does this Guru principle manifest even in an ordinary person. For example, if you go to someone's house to eat, provided you are a good person, then if your host has a wicked or bad nature, you cannot digest the food. You will vomit it out. When you come home you will say, "Oh my God, what was that? I started feeling nauseous there." Sometimes it happens that you start feeling dizzy, wondering who this person is.

Similarly, we went somewhere to eat, and the people seemed very decent. His wife was there, three children were there; they appeared very well-behaved. But as soon as we went there, I started feeling uneasy. I told My husband, "Let's go home, I can't bear it anymore." "How can it be? We are chief guest here." I said, "Whatever it may be, I am feeling unwell. Let's go home. I cannot bear it. There is a big terror going on here." Then I returned home. After eight days, a little girl who used to study with our daughter came. I asked her – her name was the same as the name of this gentleman – I asked her, "Do you know them?" She said, "Yes, my father." Then I asked her, "If he is your father, why are you in such a situation?" She started saying that, "He left my mother and took away all my mother's property. And now he has kept

this woman in the house, and there are three children who are theirs have come to their house." Tears were flowing from her eyes. She started saying that, "My mother was very simple in nature. She wept, so much screamed, but he left her and kept this woman instead." Now see that the sorrow that was there in the house, the pain of that woman that was there in the house made the whole environment polluted. And whatever celebration was happening in it, I couldn't be a part of it at all. My heart was so sad, and tears were coming from My eyes constantly. I couldn't understand what kind of pain there is in the environment, what kind of sad soul is pulling My soul from inside. And you must understand that this Guru tattwa is within you as well. When you go to someone's house and see that you don't like their food, all this Guru tattwa is within you. But you don't keep it awakened.

Now, I will tell you how the Guru tattwa gets destroyed. How does a person continuously destroy their Guru tattwa? No one should feel bad, because I have said that I am a mother and whatever is the right thing I will tell you and I must tell you. There is nothing to feel bad about it. Everyone should understand that we continuously spoil our Guru tattwa and see how we spoil our Guru tattwa.

First, there is the chetana [consciousness/awareness] within us in the Guru tattwa, which we call awareness, and our liver is the one that controls it, which we call the liver. As long as our liver is fine, our awareness, chetana remains fine, and as soon as our liver becomes bad, our consciousness starts to fluctuate. You must have seen that someone who has bile, whenever he takes a fried item, he starts vomiting again. This liver, which nourishes your awareness inside the abdomen, that is it is very important to keep it fine. Now what does the liver do? The liver, whatever poison we consume, or whatever accidentally enters inside, it separates it, analyses it, and returns all the poison in the blood through the bloodstream. This process is called sorting out of the poisons, and the liver does all this work. Now, its deterioration can be detected very late; this work keeps happening slowly. But there are some things due to which this liver – our liver is in the right side of our abdomen – deteriorates very quickly. The biggest thing that goes against the liver is alcohol. All the Gurus who have come into the world so far, whether he is Abraham, whether he is Moses, whether he is Lao Tse, or whether he is Socrates, all these are Guru tattwa. All the Guru tattwa have incarnated in the world, all these people are Gurus, and all Gurus have said that drinking alcohol goes against human dharma. Because there are ten commandants in our abdomen, and those ten commandants are attacked when the attack is on our awareness. If a person's





awareness decreases, when it goes against awareness, then it is wrong for us.

But a few days ago, we had a disciple who worked extensively on this in Sahaja Yoga, he has recently received a doctorate in London. He lives in Mauritius, his name is Reggis. He has proved how alcohol goes against us, what is the reason. It's a subtle thing, understand this. Water is made up of a molecule of hydrogen and oxygen. In this molecule, there is one oxygen atom in the molecule and there are two hydrogen atoms. In this way, it is a molecule made up of three atoms. And when it stays in a neutral state, then oxygen stays in the middle and hydrogen stays on both sides. When this water in the blood, of the blood, when it goes near our liver, then the water, the poison that is accumulated inside it, the liver absorbs it. If it stays in a neutral state, then it is very easy. But understand that if this is the liver, and if it comes into a neutral state in the liver, then it can take it. But if it happens in this way, then it cannot absorb anything. When you drink alcohol, due to the pressure of alcohol fermentation, oxygen comes down and hydrogen comes like this, and nothing can be received. It cannot accept anything, cannot absorb anything. Because of this, the poison inside it remains as it is. But you must have noticed that if a person drinks alcohol, their temperature does not rise [do not get fever]. If a person's temperature does not rise from drinking alcohol, then the heat inside him only accumulates in the liver or some other organ. But the water, which is a very essential component in our blood, when this water changes like this, it cannot absorb it. And as many organs as there are in our body, first the liver gets damaged, and then gradually heat starts to build up in other organs too. And such a person begins to suffer from heat. It's not just the liver; it happens in all organs to some extent. And this situation worsens and, in a very severe case, eventually leads to a serious condition like cancer.

Even in cancer, oxygen and hydrogen both change in this way, very much like this, so there is no reception, and that's why you must have seen that cancer patients don't develop a fever until their condition becomes very bad. Sores will appear on the mouth, black sores will form on the body, various things will happen. There will be a lot of heat in the body, feel very hot, but there won't be a fever. And when he discovered this, think about it, England University awarded him a doctorate. Now, this topic is undisputed. Whether you feel bad or feel good, drinking alcohol not only diminishes your awareness but also poison keeps accumulating inside you. And another thing is that you cannot remove the poison of arteries, and because of the kind of hydrogen curvature that occurs, which causes a hardening in arteries. And due to the hardening that occurs, the arteries of an alcoholic don't remain flexible,

so his blood doesn't flow smoothly and he suffers from various diseases, such as heart-related issues; other than heart, such as gangrene and so on, where blood gets clots in one place and then this rots and that rots. What's the need to inflict such misery?

In reality, alcohol is fermented alcohol which is what we call, one is wine – which is a very good thing without fermentation, only juice of grapes, that's wine – but what we understand as wine is alcoholic wine, which is actually alcohol. That alcohol was created by the Almighty for polishing something. If you have to polish anything, like you want to polish a diamond, you use gin, and if you have to polish something else, you use spirit. That's the polish. When this polish goes into our arteries and accumulates, then hardening of arteries is inevitable. God didn't create alcohol for drinking, but the human mind is like a monkey – he doesn't understand what should be done and where. And he will certainly go and drink alcohol. He was never told to drink alcohol. I don't know where he got it from, but he started drinking it and he got into the habit of drinking. This led to hardening of the arteries. He finds pleasure in drinking because the person's awareness completely disappears. Man finds it pleasing because his awareness gets lost, then he can't see himself. Man likes alcohol because he cannot understand himself. He escapes reality. He prefers to live in falsehood. They feel the truth is terrifying, horrible. That is not the case. The truth is extremely beautiful, extremely beautiful, extremely enchanting and very peace-giving. And is the support of all joys.

But now you are in a state where neither have you found the truth nor are you in falsehood; you have entered into human existence in between. That's why the question arises. That's why these Gurus were born, to make you understand that you are born in this state of in-between. There's no need to panic about this. Stay in balance, don't go into extremes, don't go out of balance. Make your life good. Stay humble in your married life, maintain balance at home, in your behaviour, in your society by giving consideration to all. Not this that one person becomes very rich or one becomes very strong, or another one achieves lot of popularity. Because in nature, that which is nature, nothing is excessive. You will never hear that a person's height has become sixty feet. Nowhere will you hear that a tree has grown to be two hundred feet tall. The height of a mango tree will be what is normal. Whatever is the flight of every aspect of human life, his own flight, that too must be to a limit. The man who drives himself crazy by putting himself in competition ends up in the same state as what has happened to Western countries today. They have gone completely mad, mad. When I see them, it astonishes Me





that half of them are fit for the lunatic asylum. So when I read the statistics, half of them are actually schizophrenic. Half of them, fifty percent of the people there are schizophrenic. What can you learn from them? Do you all now have to go to the lunatic asylum? This competitive life will always make man perpetually dissatisfied, and with this dissatisfaction, he is progressing towards complete destruction. With contentment and with temperance, humans should awaken within themselves.

This place of the Guru is a place of dharma. Dharma means that which we perceive and by which we can know ourselves as human being. I mentioned yesterday that carbon has its own dharma, gold has its own dharma, a lion has its own dharma, a scorpion has its own dharma. Similarly, humans also have ten dharmas. When a person deviates from these ten religions, when he falls, when he come into imbalance, then it's uncertain what will happen next for him. Because after being human, he will either become superhuman or demon. There doesn't seem the likelihood of becoming animal – although some may be animals – but majority go towards demonic nature.

These ten principles should be followed. If someone says to abide by the Ten Commandments that are written in our Bible, what's written in those Ten Commandments – that, do not do this or do not do that – so psychologists have found a solution for this: that it's all conditioning. When you forcefully prohibit something, it is considered conditioning and there is no progress. But if you don't impose culture, good culture on people, don't make them cultured, then your right side will start functioning. You may control the left side – what we call the superego of the left side, you will manage it, you will save from conditioning – but the right side, which is the ego, you will become ego-oriented. You might even become like Hitler, still you won't know that you have become Hitler. You'll think: "Wow, wow, wow. What an amazing work I am doing. Everyone is garlanding me, doing my aarti, I have become such a big person." Although you might be total donkey, not just donkey but a big demon, but you will imagine for yourself: "Wow, wow, wow, everyone else step aside, I am being praised. How people are understanding me." Because the ego-oriented person is actually a great donkey.

The description of such a person, if you read Valmiki's Ramayana, or even Tulsidasji has beautifully portrayed it, that once Narada Muni became proud, then how he became a donkey. But today, an ego-oriented person behaves so arrogantly, talks big, and then people listen to him in such a way that: "What a successful man." But if you observe just a bit, you will notice his foolishness, how shallow he is, how

much superficiality is there inside him. It's so surprising. And that's why an ego-oriented person impresses you more, he influences you more. If a person stands up and behaves dictatorially, saying, "I am so-and-so," then everyone says, "Wow, what a nice man we found." If you remove conditioning, the person becomes shameless – not only shameless, but he becomes completely reckless, what you call abandoned. Dharma is in between: neither total detachment is right, nor is religious fanaticism right. Neither is this too much blind following, nor is that we are everything and we run blindly towards it. God's abode is in the middle. Dharma is established right in the middle. And to uphold dharma is the protection of Guru tattwa.

What should we do to protect this Guru tattwa? Many people ask, "Mother, how can we protect our Guru tattwa?" The first thing is to understand who our guru is. Now there is a gentleman who is our guru. What does he do? Nothing much; he just gave us a name. Just gave a name, that's enough? Why do we need a guru to give us a name? Even a donkey can do that. Why did he give you a name? Is there something wrong with your chakra? Is there something wrong with your region that he gave you the name of the king there? No, he gave us the name of Ram. He is chanting the name of Ram. Is Ram your servant, that you take the name of Ram whenever you feel like? If your guru is an authority, he will never give you a name like this, the first thing. If any guru gives you a name, understand that it is the most wrong thing.

Now, let Me give you an example. Let's say that you have any illness, then I would tell you, "All right, you have this illness, go and take this medicine." Suppose you have a stomach problem, and we say, "All right, take this medicine Entero-Vioform," you understand. But if whoever I meet, I tell them, "Take Entero-Vioform," then tell Me, what will say? When you are not a doctor, when you don't even know the diagnosis, when you don't even know the problem, what medicine are you giving? And will you keep taking the same medicine forever? Where is the problem? What is the problem? And when you are not a doctor, how are you giving prescriptions? A person who is not self-realised can't be a guru, first and foremost.

We met a guru. He is a very interesting person, of a high calibre, very interesting. We sent one gentleman to him: "Sir, please take care of his health." One month later, he came completely exhausted, thin and frail. I asked, "What happened? What did the guru do?" He said, "Nothing. Every morning, he started telling me that I had to clean Lord Shiva's temple. I had to climb one mile. Every day I would take a bucket of water from a mile away and wash





the temple. Every day I would go back and forth, taking three or four buckets of water and washing it. Then he would say that it's still not clean, wash it again. He made me clean the entire temple of Lord Shiva for the entire month." I asked the guru, "Why did you make him do this?" He said, "Let the donkey do the donkey's work, and this man is a donkey. You give him realisation. I won't give him realisation; You can if You want to."

The nature of these gurus becomes so harsh because they have experience of human beings. They know that the common man is utterly shallow, and they lack the compassion that a mother possesses. And since they have earned everything through hard work themselves, so they want everyone else to do the hard work. They should be corrected too. Just as clothes are beaten and cleaned by the washerman, they want to correct them too. Mothers are different. They say, "Come on, whatever they are, they are children. Give it to them." This is a big difference.

But let Me tell you about one of the guru maharaj. One guru, there is a place near Mumbai where My disciple lived, he went there and asked her, "When is your Mataji coming? I have been sitting for Her for twelve years." She asked him, "Why are you sitting here for Her for twelve years?" He said, "My guruji said that She would come, and She only would correct your Agnya Chakra." She couldn't understand: "Mataji fixes Agnya Chakra in one minute, so why he sent you here to suffer for twelve years?" He said, "What to tell you? I am suffering with headache and now when Mataji will come, She will cure it." When I came, they took Me to the hut where he lived. They made Me sit there. They said, "My guruji has also come to meet You. Amarnath." I said, "Okay." And that guruji was sitting with his face turned away. When I went, poor thing touched My feet and then sat down. I asked, "Why didn't you correct his Agnya Chakra? It's a one-minute job, and you are such an accomplished person." He started saying, "Let him die," and then he gave him fifty curses, and in front of Me, he slapped him twice. I asked, "What are you doing? Why are you hitting him so hard?" He said, "He was smoking a cigarette before You came." I said, "How did you know?" He said, "I saw him. Smoke was coming out of his mouth. He is such a wicked man, only You can correct his Agnya Chakra." I said, "Look, whatever it is, he will quit smoking. Now, correct his Agnya Chakra." He refused: "I am not going to do it." After that, I corrected his Agnya Chakra. Then he started whispering in My ear, "Mother, don't say anything in front of him. He has kept me hanging in the well for three days. Three days, he would drown me and pull me out, asking if Agnya Chakra has been corrected or not." So, I said, "Why are you sticking with such a person?"

Your guru is so evil." He said, "Mother, what to do? I have become accustomed to wickedness. If anyone teaches me with love, I won't be able to. He beat me so much and corrected me." This view becomes the perspective of many gurus. The reason for this is that they think that until they don't treat a person with severity, the person doesn't understand properly.

But My belief is very strong, My hopes are very high. I think that man is already in a very troubled state. And until they haven't seen it, it is invisible, it is beyond. And until they haven't seen it, one should interact with them respectfully, inform them and guide them on that path. Many gurus who came into the world, those who adopted our path, like My path – like Gyaneshwarji was, like we had Tukaramji, like we had Namdev; in the same way there was Nanakji, there was Kabir Dasji – these people served the people of the world while living in this world and taught them dharma, and lot of injustice was done to all of them. They were so much troubled, beaten, not given food, kept hungry. When I listen about Gyaneshwarji, I feel: How people were capable of this? How did people manage to do so much injustice to him? They showed him so much cunningness. And today they are taking his palanquin around. Now Gyaneshwarji's palanquin is being carried away. I said, "Has he ever sat in a palanquin? Has he ever even seen the face of a palanquin?" Fifty men carry his palanquin, and everyone is serving them food. It should be said what kind of deceitfulness, what kind of falsehood and what kind of insult it is of Guru tattwa that you, who have never cared about whether he had eaten or not, are roaming around in a palanquin made for him and eating food in his name. Human beings are so perverted, so perverted, and he manages so much perversion because God has given him complete freedom. Whether you are perverted or whether you are a donkey, whether you do whatever you want, if you want, you can achieve God. I am a mother, and a mother will always make this effort. A mother will always say, "Son, you must only find God."

I accept that this is My being a guru. Many people bother and harass Me, no matter what happens. But perhaps with Me it is also true that I have a lot of patience. People say, "Mother, this is Your unconditional love." Whatever they say, but the reality is that I don't feel even a little troubled by their troubles, nor do I suffer. My only concern is always how quickly more and more people can be uplifted, how many people can receive the unseen. Today, Sahaja Yoga has come to that point where it can be called Maha Yoga. Until the train enters inside the station, we don't consider that we have arrived by train, or as we can say, just like we don't call a river a confluence until it merges into the ocean.





Similarly, until there is no union of your soul with Shiva, until Kundalini rises up and pierces through the Brahmarandhra, it should not be called yoga; then, yoga is merely preparation. Like there are other yogas, there are many types of yoga, and all of them are preparations for this. And when the Kundalini rises from below to above, all these yogas take place within as the Kundalini reaches the Sahasrara and pierces through it. This is the greatest Maha Yoga. So the Sahaja Yoga that has been going on since eternity – sahaja, that is born with you, the one that has been with you for many years, which is now reaching its fulfillment – that Sahaja Yoga should be called Maha Yoga today. But initially, I had this thought that it is human nature: if I started with Maha Yoga right away, then they will begin Mahakaal [war and destruction], and everyone would follow suit and get after Me. They would say, “How can You do Maha Yoga? Who are You to perform Maha Yoga?” Everyone would stand up with sticks in hand. That’s why I didn’t name it Maha Yoga. But the state of Sahaja Yoga has now reached the level of Maha Yoga, and you have reached the state of Maha Yoga.

The time has come when all the fruits of the Guru tattwa that have been created until today are about to ripen. And as a result, you should now receive the thing that the Gurus had promised to give you for many years, that you will get it, the time will come, it is imminent. It used to happen, previously, gurus used to have one or two disciples. How many disciples did Gyaneshwarji have? One. Then how many disciples did his disciple have? One or two. Such a group neither made anyone their disciple or child, nor did anyone talk about giving Self-Realisation. But until something is not collective and the ordinary don’t get it, its meaning gets lost. And the time has come for the collective to get it, and that is why it is your complete right to receive this. This is because all these things are contained within you, all these things are settled within you and you should receive them.

Now, I said that I need seven days for each subject, but you gave Me one day to cover three subjects. [Unclear] How can we make such a big subject smaller? But I would like to say only this much: By simply offering namaskar to Guru tattwa, I reveal to you the Krishna Shakti. Krishna Shakti within us is the beginning of human beings. When humans lifted their neck upward, then the state of this chakra was formed within them, which we call the Vishuddhi Chakra. Inside it are sixteen petals, because in this area behind the neck, if you look behind the neck, then it is there. When humans lifted their neck and straightened it up, the Krishna Shakti was awakened. Now, one must understand that the power of Krishna is the perfection

of evolution. Initially, we were amoeba, then from there, fish, tortoises, and other things; we reached Ram and beyond Ram to Krishna. Krishna is this complete power – Virat. When your Krishna Shakti is awakened, your connection is with the Virat, which is called in English as the macrocosm and microcosm, what is called as samashti [the whole] and vyakti [the individual]. In that samashti you merge. Your vyakti [individuality] connects with it. This happens through the power of Krishna. Therefore, during My program I ask you if you can sit in front of Me with your hands in this way. By sitting with your hands in this manner will awaken your Krishna Shakti here, and your connection will be with the Virat. The power of the Virat – its name is Viratangana – this power is fully contained within us, and when you attain this power, when you attain the power of Krishna, then witness state occurs within you, meaning you see everything as drama.

In reality, it is a drama. It is a divine play. Krishna also considered it as divine play. When Rama performed His drama, it was portrayed in such a way that He was completely immersed in it. But Krishna’s is only a divine play, that is why He is called a complete avatar. When a person reaches completeness, he sees towards the whole world as though a drama is unfolding. People are jumping around like madmen, but he doesn’t get confused in that. He is not sad, he is not happy, but he is contained with joy, which is just one emotion. This is the power of Shri Krishna. With the power of Shri Krishna, we divide into two parts, one left and one right, and one centre. The power of the centre takes us to Virat.

Out of the power of left and right, the power of left is such that if a person feels a lot of guilt and thinks, “I have made a big mistake, I have done something terribly wrong. I should not have done such a big wrong thing, I should not have done this.” Nowadays, this is a big fashion over there. When you reach a point of development, a lot of development happens, and then this thing settles within you. First you go to this extreme: “This is who I am, this is what I am and I must progress more,” where our country is heading. And then you start descending – this has begun in Western countries – whoever you see cries, keeps crying from morning till evening. I said, “What happened?” They said, “I have committed many sins, Mother. I have done that.” I said, “Forget all that, get your realisation.” But they continuously keep crying over the same thing. It gets troublesome to hear their crying day and night. They cry so much that it’s surprising.

Many people think that our ancestors invaded a yoga land like Hindustan. Nowadays, the youth there are very





different. The English we saw before were different, and these are different. And when they start heading to the left side, there is a peculiarity in which a person starts consuming intoxicating substances. Because he feels that "I made this mistake, I made that mistake. I committed this sin, I have lied, I shouldn't have said this." And so he starts consuming intoxicants. In this, there is one thing that is very popular here, which is cigarettes, bidi [a type of cheap cigarette], then after that, tobacco. Tobacco consumption, tobacco consumption also greatly opposes this power. You will be surprised that the man who consumes tobacco has to quit it after coming into Sahaj Yoga. It drops off. It drops off on its own.

There was a gentleman who didn't quit, as he couldn't apply his willpower, couldn't quit. Sometimes he secretly kept consuming, hiding here and there. One day he came to Me and said, "Mother, when I sit for meditation, my mouth keeps twisting and turning in strange ways. I don't understand what to do." I said, "I know what's going on. Quit tobacco today. Give Me your promise that you will quit tobacco." Since that day his left side opened up and since then his Kundalini started rising properly.

Now, in the same way, you have seen that in the Western countries people were very ego-oriented. Previously, they indulged in a lot of egotistical behaviour, waged wars, killed people around the world and expanded their empires. They did everything. Now, when they reached a limit and then swung back from there like a pendulum, they reached another extreme, and there they realised: "Oh my God, what should we do now? How should we do it? We are so bad, we are so evil." When they saw this, then they resolved that: "Let's drink alcohol. If not alcohol, then let's chew tobacco" – somehow flee from this. Now tobacco is not something that God made for drinking or eating. Human intellect so limited, what can I tell you. This thing is not made for drinking and eating. God made this tobacco – it's an insecticide, made to kill insects. You people, don't know from where, started lighting it and started saying, "Let's have tobacco." But tobacco is very harmful, and with tobacco our Guru tattwa also deteriorates. It goes into the abdomen and damages the liver and other organs there. And Guru tattwa, which is filled in our ocean – this ocean is our Guru – whenever we go against Guru tattwa, the ocean completely deteriorates and starts disintegrating.

When I went there to Guntur, there were people from Andhra. I told them, "You are sowing tobacco here. Please don't grow tobacco here." So they started saying, "We don't give it to our countrymen. We send it all outside." I said, "Your countrymen, here, the poor people of Andhra

consume it a lot and practise black magic, and you people think by exporting it you're doing a great religious act." So they started saying, "No, no, Mother. Without this, we will die." So, I said, "No one will die. You plant cotton here and everything will be fine with cotton." Some of them were wise and said, "Okay, Mother. We'll plant cotton. We'll start with cotton," and then their business flourished. But I said it two or three times. It's also recorded. But one day when they started discussing too much with Me, I said, "Beware. Don't discuss too much now. If you do such things, this ocean will deteriorate for you." You know what happened afterward, how severe a storm hit Andhra and how many people were devastated, and they didn't even know where they went. You've always seen on that side that huge storms come into the ocean and people perish in it. But if you tell someone to stop growing tobacco, it's a very inauspicious thing, then no one is ready to listen. Now all that land has become saline; they can't grow tobacco there anymore. Somehow tobacco cannot thrive anymore. So now they are crying over their fate. The entire area where tobacco is grown, and you always know cyclones hit there. They die there. The day people understand that by sowing tobacco and practising black magic the sea gets angry with us, that day they will understand how much blessings of God we have, how beautiful land we have, its use we should put in something else.

But humans don't find satisfaction in small things. They want to take all the wealth of the world for themselves. But they don't see that the one who has wealth, is he really sitting happily? Who is sitting in such great joy? So, this power of the left side, which we call the power of Vishnumaya, this is the power of the sister. The sister of Shri Krishna, Vishnumaya, you know, who was killed and who went to the sky and made the announcement that your killer is still alive. This is the power of Vishnumaya. And this is about the relationship of sisters. If your sister is sick, then this chakra will catch. If your sister is in trouble, then this chakra will catch. If your relationship with your sister is not right, meaning you consider someone as a sister, but your intentions are not pure. Nowadays, people's this chakra is very bad because there is no chastity in them. Except for their wives, they should consider all other women as their sisters or mothers.

People laugh at what is written in the scriptures, saying, "How can this be, Mother? This cannot happen." Because everyone has become dogs, right? Dogs don't understand that there can be purity in this way too. Try it out yourself. Just consider any other woman as your sister or mother besides your wife. See how much satisfaction you will feel inside, how many problems will be solved, how much





society will develop. Look at the earlier society, how many people used to come and stay at home. There used to be no problems at all. Especially in the foreign countries. The situation in the foreign countries have become such that one of My disciples, who was only twenty-six years old, and his mother was, let's say, around forty-two or forty-three, his friend came to stay with them in their house. So, his mother ran away with him. He was twenty-four years old, two years younger than her son. His mother ran away with him. I mean, there was no sense of proportion in anything. Just imagine, the son's friend came home and ran away with mother.

Just before coming here, we read an article that you will be amazed. A seventeen-year-old boy has married his mother and now they are fighting in court, both the mother and son claiming that their marriage should be accepted. This is all extreme impurity of the left side. Even our filmmakers lack intelligence. They are committing so much sin that they will have to suffer its consequences. This is Satya Yuga. Everyone will have to suffer the consequences of their own sins. We have defiled our condition to such an extent, look at how are our faces. There is no glow on it, there is no innocence and nor there is any simplicity. In a way, it's like always having roving eyes. Now, this disease of having roving eyes is also punished by the power of Shri Krishna. You see, people keep having roving eyes all the time. When you have roving eyes, evil spirits enter you. You don't even realise that if evil spirits enter from the left side, your eyes start wandering. You don't do anything except moving your eyes. Roving eyes like this doesn't get you any joy. It's a myth. You are wandering in this myth, eyes are moving from side to side. You're watching this, you're watching that, you're watching that, and your Vishuddhi Chakra in the left side is being caught. By this catch in the left side, guilt develops within you all the time. You can never be happy.

That's why in our era, when we were young, our parents used to say that we should always walk with our eyes on the ground. You may have heard that Lakshmanji only looked at the ornaments on the feet of Sitaji. He didn't even look above them. Was he an evil person or bad person? There was only one reason that you should walk with your eyes down. The emperors always walked with their eyes down, and those looking like beggars, like ghosts, their eyes are always wandering around. A person who is in his own dignity, in his own prestige, what does it matter to him to look here and there? And you should know that as soon as you look at others, their stench, their negativity, their flaws, their conditioning come into you. And this disease has increased so much among people that they are so filled with it that they don't understand how to protect their eyes

from it. It turns their eyes red, person's eyes get weak, eyes start causing a lot of trouble. That's why it is said that you should walk on the grass, walk on Mother Earth, who is your mother.

Only by knowing your Mother will you understand your sister too. Until you know your Mother, you cannot understand your sister. But the reality is that you should keep your eyes downcast and not look with an evil eye when walking on the path or looking at someone. This is a sin. And even the Gurus have said, "Thou shall not commit adultery." Christ came and said even further: "Thou shall not have adulterous eyes." He clearly stated that adulterous eyes are equally evil as adulterous life. He took you to such purity and had hopes. But today, where the world has reached, if we say this today, they feel bad. But you try and see. See the simplicity and beauty that will come into your life and everyone else's life. Roving eyes and degrading yourself in this manner, going to disco, prostitution and so on. Nowadays the songs that are there, the way women sit and sing and so on, all of it is so dishonourable. And the ways in which they make themselves so cheap, it's incomprehensible. Especially, why do middle-class people need this? Your rich people are not going to be saved. They are definitely going to hell. They have all the means now. Someone who has excessive money thinks about what to do or not to do: "In which hole to put this money, and with it, jump in it myself too." As soon as he gets money in hand, he first thinks, "Should I go to races, or do this, do that?"

Today I'm discussing sin and virtuous deeds because we are talking about the Guru. The concept of sin and virtuous deeds comes to you on this Vishuddhi Chakra, what is sin and virtue. If you haven't thought about sin and virtuous deeds at Vishuddhi Chakra, you are lost. Your Kundalini won't awaken. Sin and virtuous deeds both exist in the world. But they think, "Mother, this person is so sinful yet look at how much progress he has made." I said, "Go and see him in his home, look at his life. What progress he has made who has no joy on his face?" When people take his name, they say, "Oh my, whose name did you mention?" For a man whom no one ever speaks well of behind his back, such a person, such a characterless, such a fallen person, if you consider them as ideals, then you will be belonging there too.

When you get realisation in our Sahaja Yoga, then power will come from within you spontaneously. You will recognise your own dignity on your own because you are, you are very honourable. You don't know how much effort God has put into creating chakras within you. Each





thing is made with so much beauty, how it's been crafted and how this Kundalini has been kept well-organised. You are insulting yourself. You are demeaning yourself. You should not feel it's your mistake. Understand your maturity, understand your circumstances. You are the flowers of the whole world, and you have to turn into fruit. If you understand this, that you are worthy of God's grace, God acknowledges you and is bowing down to you, telling you to attain what is rightfully yours, which is your credit. Recognising merits also comes from human wisdom. As long as there is foolishness inside, one cannot achieve it.

This wisdom also comes from the awakening of the Vishuddhi Chakra. When a person awakens in their Vishuddhi Chakra, wisdom arises within him spontaneously. Balance comes within them. There is foolishness, there is bad sense, and there is wisdom. Intelligence does not make any difference, because intelligence can be both foolish and wise. Based on intelligence, with rationality, a person steals. He says, "Why shouldn't I steal? I don't have this thing, he has it, so I stole. Why shouldn't I steal it?" So, rationality comes into play. Rationality can rationalise everything. But wisdom will say, "No, others' things belong to them, and my things belong to me. The pleasure I am getting in my thing is not in that." And also, nothing belongs to anyone. What belongs to whom? Have to leave everything behind. It's just a mental thought to say this is mine and that is yours. It's written in the registrar's office, everything has to be left behind while leaving. When leaving, a person leaves just like this, leaving everything behind. This is a common thing. Why make such a fuss about it?

Now, the chakra on our right side, which belongs to the right-side Vishuddhi Chakra, is made from the power of Shri Krishna and Radha. The power of Shri Krishna and Radha, when a person stands against their power, when he stands against Shri Krishna, then he becomes like Kansa, thinking, "I am the greatest king, I am the greatest leader, and I am everything." When arrogance like Kansa grows within him—one who kills his own sister, kills his own brother-in-law, kills his sister's children, "Somehow, I must rule over everyone"—he doesn't see anything in the world. He is caught by the grip of the right-side Vishuddhi Chakra. But the grip of the right-side Vishuddhi Chakra first starts when you catch cold. Now everyone says that tulsi [holy basil] is very good for a cold. The reason is that tulsi's power is here in the left side; it balances our right side. In other words, having a cold is not such a serious matter, but in our Sahaja Yoga there is also a very good arrangement for a cold, and for that, if you understand, people will

tell you how your common cold, sinus problem and so on can be corrected. This can be corrected by people.

But the power in between, which is called the power of the Virata, this is the most important. Today, wherever people are searching for something, where humanity is engrossed in the search for the God Almighty and the search for truth, they are searching for their wholeness, searching for their Virata. They are searching that: "If I am a part of that, then I should search for that of which I am a part." This means that the thing we call collective consciousness has not yet awakened. We say, "You are brothers, you are sisters." We give big lectures; UN has been established on this basis. Meaning, whatever is in the future, humans do the drama for that before, like a rehearsal. I find UN a type of rehearsal like that. You are also a brother, you are also a sister, all of you are siblings, everyone is collectively one. In reality, all this is still a lie for you, not for Me.

When you enter into Sahaja Yoga, your collective consciousness awakens. As soon as collective consciousness awakens, you begin to feel that "the other is within me, and I am within them." You start seeing yourself, because when the absolute point is reached, you can see the relative. Where are you in this absolute point and where are they? Now, to put it simply, what happens is that the chakras of your fingers become awakened. These one, two, three, four, five, six, seven — these seven chakras of the left sympathetic and seven chakras of the right sympathetic become awakened. When awakened, what do you start feeling? What is felt in this is, for example, if you are standing in front of someone, if you are standing with open hands in front them, in front of them, we can tell what illness they have. How do we understand this?

Imagine that if there is a shine or some warmth in this finger of My right hand, then I will know that there is a problem in their liver. Because this is the Nabhi Chakra of the right side and the Nabhi Chakra is the place of the liver on the right side. After that, even small frequencies are caught by the person — so much so that in Sahaja Yoga as the person grows, he starts having the same feeling as in the other. Meaning, when it feels like there is heaviness in the liver and if you ask him if his liver is affected, then he says, "Yes, the liver is affected." You rub your hands like this. Your liver will also be fine, and his liver will also get better. If a man has a headache, when you go to him, your head will also feel slightly heavy. You will say, "Are you having a headache?" And he will say, "Yes." After that, you will press your head like this and make it better. After that, you will see that his headache will also be relieved. Meaning, the collective consciousness that comes





within you, the collective awareness that comes, this is subjectively coming. Meaning, it actually comes, meaning this is actualisation. It's not just talk. Your consciousness comes at this level that a new dimension comes within it in which you become collectively aware. You don't have to say it. Even a small child who is a realised soul will say that, "Naani, look at him, there's a catch in his heart." If there's a catch in this finger, then there is a catch in the heart. There is pressure in the heart. This is physical, but emotional too you can tell.

Many people appear intelligent from the outside but are crazy from the inside. If you go near them, they slap you twice. But if you are realised soul, you will know that they are crazy. You will understand, that is, where the Agnya Chakra is. That is, if someone catches some chakra on the left side, then some mental distortion has occurred in it. Some or the other emotional disturbance is there when it comes on the left-sided ones. If they come on the right side, they are physical and emotional. This is connected to your Vishuddhi Chakra. Many people get realised but they cannot feel the vibrations inside them. The reason is the problem in the Vishuddhi Chakra. Because I have told that your cigarette smoking is harmful to the Vishuddhi Chakra. Even if you don't smoke, in the city environment, just in case your father is one of the smokers, then this Vishuddhi Chakra gets damaged here. If the Vishuddhi Chakra gets damaged, then the two nerves that come out of the Vishuddhi Chakra which we have, when this consciousness comes in our central nervous system, even when we are awake we cannot feel it because our sensitivity ends. Our sensitivity can increase from this chakra if this chakra is fully awakened. So there are also mantras for this chakra. One should understand this, by saying the mantra prescribed and explained for the awakening of this chakra, this chakra becomes awakened.

But the most miraculous mantra for Vishuddhi Chakra is if these two fingers of the Vishuddhi Chakra are put into the ear and the head is pushed back, and if you say "Allahu Akbar" three times, then your chakra will be cleansed. Because Akbar is the one who is Virat. Mohammed Sahib talked about Virat, talked about Krishna, but who listens? Whatever He told you, such as do your hands like this and then read the namaz, all of it is the awakening of Kundalini. But if you go and tell this to Muslims, then they will chase to kill Me. Mohammed Sahib was also an incarnation of Dattatreya, directly from Dattatreya, and I'd say that in the awakening of Kundalini, He and others did so much work as no one else has done. How should Satan be expelled? So many methods He explained, each one is more innovative than the other. And majority of

them we still use in Sahaja Yoga also — majority of them. Although we have people like Adi Shankaracharya who have written great things, and whatever their subtleties are, if you follow all those subtleties, you become completely established in Sahaja Yoga.

We are very grateful for this country, these saints, sages, and these great incarnations. Such great incarnations have descended in this land of yoga, especially in this land of virtuous deeds which we call Maharashtra. Many saints, sages have irrigated this land with their blood. They have worked so hard on you that you get realisation just on a small signal. Especially when I go to villages, I see that thousands and thousands of people flock in. Now look, you can also see how many people have come to our lecture. It starts from here.

People do not recognise the truth. There is no attraction for truth. People are going there. If someone says, "I will strip you naked and make you dance," you will all leave for there. Paying money and dancing there, you will come back and say, "Wow. What fun it was." Sahaja Yoga is not for such foolish people; those who are serious, who have calibre. As they say in Marathi, "Yerya gabalyache kaam navhe" [this work is not for fools or the lazy]. Until you don't have complete faith, complete reverence towards yourself, this doesn't work out. A person who has no faith in himself and has inferiority complex, who sells himself for trivial things, for whom compromise with falsehood is very easy, Sahaja Yoga does not work for such individuals. Sahaja Yoga is for ordinary people. It is not necessary to be a great scholar or knowledgeable. It will work even if they are illiterate, but must have a strong heart, be like a king. Sahaja Yoga works on such a person effortlessly.

Now, if I start explaining Krishna Shakti, what seven days — to open all sixteen aspects and to explain, a lot is needed. Till today you don't know what Kundalini is, you haven't seen it, you don't understand it. You can see it with your eyes. Its pulsation you can see, its ascent you can see, breaking of Brahmastrand you can see. Now, these things are beyond; you haven't known yet. These are strange things you haven't known yet, but they are. Like there are many pictures here right now. You cannot see them. Put on the television, you can see. There are many songs playing here you cannot hear. But if you turn on the radio, you can hear. Similarly, this different, this invisible power of the God Almighty is manifested everywhere. In atoms and particles, in everything, the power of the God Almighty is filled. Humans couldn't understand this. If his Kundalini awakens, if his cord connects with the main





source, then his conversation with the God Almighty will begin. Then on these very hands, which you think are ordinary, on these very hands you can know.

All of you put your hands like this and ask: "Is there God in the world?" You will see cool waves starting to flow within you. On this topic, I'll say that a lot has been written in John's Revelation of Bible, such as what are the identifying characteristics of Adi Shakti. Because this work was possible only after Christ. After Christ, he has written a lot about it. It's written how cool breeze should emanate from Her – this is how to recognise Her. You should also get to know this gradually. The other work that is done on this after Christ is that of Shankaracharya. Shankaracharya too – I am saying Adi Shankaracharya – he has also described it in the name of Saundarya Lahari [waves of beauty]. You look at this too and understand what it is.

There should be emotion of love for oneself, there should be respect, there should be extreme love. Because the God

Almighty did not create you so that your life becomes meaningless—not in any way. If your life becomes meaningless, then even God's existence will have no meaning, nor this creation will have any meaning. While maintaining respect for oneself and having a loving attitude for oneself, get fully engaged in this work with complete hope. All of you all will definitely get this, for sure.

Tomorrow there is one more lecture in Hinduja College. I did this purposely because I couldn't give lecture in this area before. I am hopeful that you could understand. If you have any questions, you can ask Me. But ask good questions, not useless questions such as this person has said this and that person has said that. Whatever others have said, must have said, but it hasn't benefited anyone yet, neither anyone's Kundalini has been awakened, nor anyone has benefited. So do not tell Me that "he said that and he said this." If you have any sensible questions, then please do ask. But if you ask useless questions, we will waste time unnecessarily.

