



# **Words of Wisdom from Shri Mataji Nirmala Devi**

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# Talk on Kundalini (Shri Mataji, London 1977)

“The Kundalini is like a rope with many threads. She rises by unfolding her coils piercing every chakra. The width of the Kundalini or the number of threads start diminishing as She ascends if the higher chakras are not open or if the piercing points in the chakras are constricted. If the lower chakras are open the Kundalini rises as a whole, but if the higher chakras are not open then the constriction does allow few threads to pass. So it is very necessary to have at least the lower charkas cleansed. In the western mind the higher chakras are better but as their Mooladhara chakra is in jeopardy, the force is very weak and their own sensitivity very poor.

Now the head gets clearer but some feel a mild pressure or throbbing at Sahasrara.

The Agnya crossing creates the thoughtless awareness. You feel the silence of Sahasrara. At Sahasrara the Kundalini accumulates. A kind of release starts as the Brahmarandra (fontanel bone) opens. It works slowly with some, but with most of them it is with a gush. At that moment, the sadhaka (disciple) feels the cool breeze of the vibrations. This is “realisation”. There are many who have got jagruti (awakening) and have got the curing power but they cannot remain in thoughtless awareness. They touch it for a minute or so. But the process of Kundalini oozing out works out with time and ultimately they reach a stage of doubtless awareness.

When the kundalini rises without any hurdles, it reaches the Agnya and spreads on the lower brain plate like a cloud, so a heaviness or sleepy feeling crawls. I say that first the mother puts you to sleep. The second feeling is when the vital force of Kundalini melts down over the Ida and Pingala. As if the cloud of the vital force starts pouring bliss. Gradually the head feels as if the lead is being taken off. One feels relaxed. Now again these two channels carry it down up to Nabhi and now a new force from Kundalini joins it. ... Then the triple force rises which opens the Agnya. At this time eyes get closed. The pupils start dilating.

With some like X it was a quick permanent ascent, he felt as if two bath of ice fell on his hands and started melting. The cooling crawled into his Being. If the Vishuddhi is doubtful or stretched and constricted, then, one does not feel the vibrations despite realisation, meaning the piercing of the Brahmarandra. The collective consciousness is felt even before the Kundalini pierces the Brahmarandra fully. You start feeling the burning on the fingers and also the discriminating styles of collective consciousness are manifested.”

# What is the purpose of our life?

(Shri Mataji, London 1979)

“Now what is the Self we are talking about? What is Self-Realisation? As I said, you can take it as a theory for you. You can accept it as a theory for the time being. But then if it is a hypothesis, it has to be proved. Give yourself a chance. Do not jump into conclusions suddenly. Pay some attention to yourself. You have been running a rat-race. Stop it for a while. This is for you, only for you people. I don't need it; you have to get it. It's a gift. But that should not make your ego just stand up like that. After all, a mother can give you a gift, isn't it? What is there to be so angry about it?

Now, the thing that we are talking about is the Self within us, in our heart. He resides within us. We should say “it” resides, it's better, because it does not have any bias, it is detached. It is the reflection of God Almighty which is called as the light, the light that enlightens, that light that flickers within us. That is the Self. That is the Spirit. That's not spirit the way people understand the spiritualist. This is your own expression of the reflection of God within you. God is reflecting in your heart, of which you are aware, but you cannot see through it. You need to follow my point, this one. There is light. Light enlightens, there is the flame, the light, and this light enlightens everything. There are three things. The one that is to be enlightened has to know the One that enlightens it. You've got your life, you are leading a human life, you are a human being. God has made you a human being. Or evolution has made you a human being. If you feel challenged even if I take the name of God, all right, let us keep it that you are a human being because of evolution, all right.

Now this human being has to know that One, the One who has brought forth this evolution. Do we know how we have become human beings? Do we know why we have become human beings? Is there is any purpose to our life? Or we are just born here to enjoy life and die, or cry and weep and die? There is something to be known, but we have not known it. So all these three things are in one personality, that is, the Self.

Now, these personalities are expressed within us in three ways. First is our attention. Through our evolution we have developed a personality by which we have a human attention. Attention is spread out like that. But directed attention is called as laksha in Sanskrit language. So we have two types of attention. One is the attention as it is, and once you put your attention to something, that is another attention, we can say, or the directed attention. This attention we have developed

through our evolution; is within us, but is not yet, though directed towards Self, has not reached that.

So this Self, this Spirit, this Atma has got to enlighten that attention that is ours, because our attention is not enlightened. We have no discrimination. We are so confused. We don't know which to believe, which not to believe. We don't know why... is correct, or... is correct. We are so confused. Our attention is confused. Why? Because we haven't found out the Absolute. Why? Because in the darkness we are seeing our things. If our attention is enlightened, then we can see everything clearly, but is only possible if you touch that Spirit within you, that light within you. So you are attention, you are Chit, but unenlightened one. So human attention has reached a certain stage of development, but is not yet enlightened. I say so; you believe it or not, but it has to be enlightened. I say so, and it has to be done, which you also ask for.

So the Spirit can be only known through the enlightened attention which you have, and it can be only enlightened by the light. This is the problem. Once you understand that there is a flicker within us which we cannot reach, there is Somebody who knows about us everything, Kshetragna, knows about the field, what we do. But we cannot attain that. Though we are aware of it, His being there, there is some sort of a curtain in between. What is that curtain? – is of ignorance. This ignorance also can go, only if there is light: again the same problem. There is a curtain of ignorance, and we cannot see that light which has to enlighten, because the curtains are drawn. We are in complete ignorance. So the ignorance has to go, by discovering the truth about it.

So we come to the second point, that is the truth. Now, what is the truth, people will ask, what is the truth? Without the light, how can we explain? Supposing you find a rope lying on the road or somewhere, and you're frightened. How are you to be convinced that it is not a snake but it's just a rope lying, unless and until you put some light on that, and show for definite that this is just a rope and a myth? So your attention has to be enlightened, first thing, and to get rid of your ignorance you have to find out the truth. And then you know that the Self, the Spirit emits joy, joy which is beyond the duality of sorrow and happiness. You have to go beyond that, beyond the duality, to be that. That's your destination.

So how to reach to that, is the problem. There is a way inside us, already created within us. The One who has created you, the One who has made you a human being, is going to arrange for you the same thing within you. Every seed has got a primule, a germinating power within it, and it grows spontaneously by itself, and it can create a tree. Then, is it not possible that God Himself has to worry about His

own creation, which has flowered into human beings, that He should Himself do something about it? It's absolutely rational.

How much truth have you found out so far? Whatever is subjective in you, is the truth. The rest is only your endeavour, on your effort. Say, for example, if you know this is hot or cold, of course that is truth, that is subjective. If you can feel the numbness, yes, that is subjective. If you feel pins and needles, that is subjective. All the rest of it, whatever you do, is your effort, is to read something or to write something, or to inform something. God knows how much part of it is the truth and how much is not.

So the idea of truth itself is so confused, because the means of knowing the truth is so limited within our... You have to become with your Self as absolutely identified, then you can see through it what is the truth and what is not the truth. But so far, as a human being, what have we discovered so far? That there is a moon hanging in the air or in the atmosphere, and that you go and find the same sort of thing that is here. That's not the truth, by any chance.

Who has made the moon and the earth? Who has made even us, this brain, which takes you to the moon? No questions have been answered by science so far. If you ask one simple question, why there is gravity in the Mother Earth? Why? One question, why? You ask the scientists, they cannot answer. It's just whatever is there. You see this hall is made, all right. Then you have seen this is how it is made. Yes, it is before you. You see it. What is so special? What is to discover in it? How it is supported, why it is supported. But still why? Why is so much weight there supports so much of weight? Why? So, no questions can be answered.

Why are we human beings? Because the truth that we have found out is through our rationality, which is a limited thing, which can only tell you whatever is in the matter around us, or whatever you see in the human psyche that's happening, which you can see clearly. But why it happens, nobody can say.

So with that, we should not develop an inferiority complex. No, that is the amount of achievement you have got now. You have to go further with it, that's all. Not to feel inferior or in any way confused about it, or in any way guilty about anything, but just to be in the centre to see that we have reached a certain point, and we have to go further, finished. This is what you are seeking today: your wholesomeness. You are seeking in that, because you are just moving alone, and you are not related to the moon. You do not know how you are related to England. You do not know how you are related to your own wife, or your children, everything. That evolution, the last bit of it where the instrument is completely created, and that evolution where you have to jump into that higher evolution,

into that personality which can perceive, which can perceive, I said. Again I'm talking about actualization, which can perceive, can feel as a subjective experience, not as an objective experience, like for a poet, I would say, stand here and give you a big romantic scene out of this snow. And you may get into that imagination and enjoy it, but again you come down straight on the grass, on the ground. I am saying "the subjective experience," means that is to be built in your awareness. It's not just to be believed into or imagined into, but it has to be built in you, like a flower becoming a fruit. It is no imagination.

So then only you can get enlightened. Your attention will be enlightened. When the attention is enlightened within you, naturally you start seeing things from the real angle. The thing that looked like a snake to you becomes a rope. A person who looked like a bad person, starts looking something different, because you couldn't see the person. The whole entire personality changes gradually, but this movement can be very slow in some people, absolute snail's pace, and in some people it is very fast. It trips very fast, depending on what sort of loads you have on your head, on your attention. If your attention is too involved and too much into ... and too much into all kinds of absurd things, you see, then it takes time. But if you're like a child, it works very fast and the impact is very great. Then also not to feel bad about it, that if you do not get it very fast, it's all right. I have patience, and you should have patience with yourself.

So this is the spiritual contract we have to have within ourselves, is that, that you have to have your experience because it is promised to you. You have to get it, and that you have to love yourself as I love you."



# Radio Interview with Shri Mataji, USA 1983

**Interviewer** (Barbara Schuler from KAZU Radio in California):

So, for the listeners I would like to say that we are at the Kennolyn Campgrounds in Santa Cruz and this is an interview with Her Holiness Mataji.

Mother, today there are many, many things said about Sahaja Yoga, about your philosophy, and very little is said about who you are as a person. [Shri Mataji laughs] And, I thought it would be good to start out with some, some questions about who You are; who were You as a child; what people influenced You; what brought You to the place You are today as a Luminous Being sitting before me and before us.

**Shri Mataji:** I am a very ancient being – that problem is like this. [laughter] I had to... what can I tell you about myself? I just don't know what part will interest you, but only thing I can say that I was born with this understanding and awareness that I have to find out a method by which I could give en masse Realisation to people. I was a Realized Soul, of course. I knew all about it from my very childhood. But the problem was that how to make many people get it, because if one person gets it or one person has it; if one person is an incarnation, people don't understand it. Not only that but they may even try to destroy such a person. That's what happened to all the saints who came on this earth. Christ was crucified; Mohammed Sahib was given poison - because they were ignorant. They did not know what it was, what was He saying.

So, it was important first of all to find out a method how to give them en masse Realisation, and from that angle I just thought that "this is why I am on this earth and I have to do this job" for which I wanted to study about human beings. I took my birth in a Christian family and that too a family which was Protestant family, because I felt that Protestants are fanatics but very sophisticated. And, they rationalize everything to such an extent that nobody can see beyond it. So, I better take My birth in them and My father and mother had already taken birth whom I had chosen as My parents. They were great people, realized souls and specially my father was a person who knew why I was on this earth. Even My mother knew about it.

So, a special rapport was between them and me and they could understand why I was busy meditating or finding out about how to give Realisation to others. Then, I would say my father was a very learned man, who knew about fourteen languages, who translated Quran-e-Sharif into Hindi, who was a member of the Constituent Assembly. He made our Constitution. Also, he was the only Christian to be elected

in those days. And, then my mother was an honours in Mathematics. All very well-educated and nice people!

They dedicated their life to the cause of freedom of India. And, I also felt that that was very important, because if we are not free we cannot do anything on religious basis. There's one thing is to be free from this level. And, that's how I also helped them a lot and our whole family suffered a lot. And, I went through terrible times, terrible times since very young age.

I was with Mahatma Gandhi also because he liked me very much as a child. So, I stayed on with him then I used to come back to study again, go back to him. He used to call me "Nepali" because my face is a Nepali face. And, he used to talk to me as if he is talking to his grandmother sometimes. [laughter] It was very sweet and he was a very sweet man – extremely sweet person to children. Very strict with himself and strict with others - elderly people - but with children he was very, very sweet and kind and would try to learn from children lot of things. It was surprising how he understood that there's lot of wisdom with the children sometimes than with the older people who are mixed up.

Now, we got our independence and we had a very bad setback because of the partition we had in our country. And, I was studying in Lahore Medical College there because I wanted to know about medicine – what these people call such and such thing. Because I knew all this but ... I knew about the body, I knew about everything, what you call the complete nervous system, but I did not know what was the vocabulary attached to it, so I studied there for two years. Now after that, this war broke out. So, I had to discontinue with my studies and my parents wanted me to get married. And, then I found that my marriage was important, I agreed to marry and I married this gentleman, Mr. C.P. Srivastava.

Then during all that time, my only pastime or the full-time work was to find out about human beings – what's the problem they have. How they avoid reality? How they shun it? How they run away from it? What are their problems? How are they seeking? What do they have to offer? What will they accept? How to handle them? It was quite an intricate question. Every person provided a new sample of problems and I had to fight it out. In a way that it was a system which I knew how to do it, because to enter into somebody subtly, to understand the problems of the Kundalini – you can go into the journey and find out about a person.

And, then I found out the permutations and combinations of their problems. So, like it is like, you can say that like periodic tables. You had to divide them into three, then into seven, then into their permutations and combinations. So, you can imagine – three into seven, raised to power eternity – it was like that. But doesn't

matter! It worked out and in the year 1970 on the fifth of May. I was little bit hesitant at that time. I thought I should wait but certain circumstances made me to open the last centre.

And, when I opened the last centre, it started working with others on en masse scale. But still I gave Realisation only to one lady who came to my house. I tried if it works out with her and she ... I gave her Realisation by touching her centres one by one - six centres and then bringing out the Kundalini on top of the head.

**Interviewer:** What does it mean to open the last centre?

**Shri Mataji:** The Sahasrara. Last centre is the centre which is the limbic area where is the seat of all the seven centres. It's all integration there. So far, everybody who has come – like, Christ has come on this centre what you call the Agnya Chakra. Or, Krishna has come on this centre which is the Vishuddhi Chakra. Like that, they have been appearing on every centre of ours – giving us a new dimension to our awareness. And, that's how our awareness has improved to this extent and now the time is for you to get your Absolute; to get your Spirit – that your Spirit must shine into your attention, that you should have your Self-Realisation, that you should have your second birth. That's the time! And, that is only possible if baptism, the real baptism works out - real. Not artificial - somebody coming and putting the hand on your head and saying, "Now, you are baptized." That's not the way. But it is a real thing that happens that you start feeling the Cool Breeze of the Holy Ghost coming out.

So, then I started giving first of all Realisation without confronting any kind of a position or anything. I started with one lady. Then I went ahead with it. Then the first twelve people got Realisation. Then I was very happy because en masse Realisation has started. Then gradually it started working out. I went to Indian villages. I thought they are better simple people. First work on the simpler people and they got Realisation. Now, we have thousands of people in the villages who have got Realisation. They have dropped out all their bad habits. They have become very creative. They are doing very well. They are very happy. And, they are experts. So many of them are experts, I can say, in India now whom we call as Sahaja Yogi, maybe in thousands. Some are working in the villages; some are working in some cities. So, we have lots of people now in India who can do this job.

**Interviewer:** This all happened since 1970?

**Shri Mataji:** I started it.

**Interviewer:** I have a question that's important to me and to many people who are searching for something or seeking perhaps, what you call, Self Realisation or

Sahaja Yoga or something. Some of us don't know exactly what it is. But we find that there are many teachers. How do we recognize those teachers that you might call fraudulent from the real ones? It's so difficult because they all seem to be able to inspire us in certain ways and give us experiences. How do we know who is teaching something that's true or who is being deceptive?

**Shri Mataji:** First and foremost thing is, anybody who lives on your earnings is not a guru. A guru will never live on the earnings of his disciples. But here there are people who have built palaces, bought aircrafts and cars and this. I mean, this is something one should understand. It's so, so open to you to understand. I mean, I cannot understand more obvious thing that this one is that it's a parasitic living. And, you cannot have a parasites as your gurus. They can be parasites but not your gurus. That's one of the things. And if you... [laughter]

I mean, you can retain some people, you know. If you want because you are rich people, you can retain some. That's a different point but you cannot have them as gurus. Guru has to be a higher personality, you see. Now, you have seen Christ was such a great incarnation. He didn't take any money from anyone. He was a carpenter's son and He used to do carpentry Himself and He lived like a modest man. He never lived with big cars and big houses. It's not necessary because such a person is Himself is a very big king, you see, like a big emperor. He doesn't need anything. An emperor doesn't need anything because nothing can give him comfort except that he himself is in complete comfort. So, such a person doesn't want anything. So, you must see that such a person has no needs of comfort at all. He can sleep on the grounds, he can sleep anywhere.

Now, in this life, I should say I come from a quite a wealthy family or married to another wealthy man, you can say that way according to your own relative ideas. But to Me, I can sleep anywhere. I have no problem. I have no problem of food, no problem of sleeping anywhere, no comfort. And, I find it is beyond my self-respect to live on the earnings of others. It's not proper. But you are my children. Supposing now you bring a flower to me or something, it's all right but I can't have a palace out of your money and all those things. It's absurd. Absolutely absurd! So, this is one thing one should know that it pampers our ego that we can purchase our guru. We can purchase our Self-Realisation. You see, this is a very subtle pampering. And, that's how people accept, you see. They don't want to accept a person who says, "You cannot offer anything." It's too much for them.

Or maybe that, secondly, could be that people think that if you pay something then you get attached to it, you go through it whatever it is. Say, you have paid for a ticket and you find that the whole play is horrid, you can't bear it but you have to go through it because you have paid for it. That's the human nature, you see.

**Interviewer:** Yeah

**Shri Mataji:** That's the human nature. I have seen that. They do it. And that's what it works out. But this is very gross level, I'm telling you. But another should be that in these modern times, it is promised that you will become prophets. You have to become prophets. So, you must see have you become prophets out of these? Easiest is to see the disciples of this man.

Any XYZ who says he is a guru – now what is happening to the disciple? Is he a free person? Has he got any knowledge? Has he got any mastery? What has he achieved by being with that person?

Now, you have seen here there are Sahaja Yogis. One better than the other! You talk to them, they are knowledge. Some of them have met me only for a say, eight day or so. They have become knowledge. So, what have they achieved you should see. What is their style of life, their pattern of life, how they behave? And, there cannot be any privacy about it, you see, like mafia – you don't tell that and you don't say that and you shouldn't do that. Of course, in Sahaja Yoga, the truth is exposed gradually, but it is not like this that if you give some money, nobody knows. Everybody knows everything in Sahaja Yoga, you see. Now, supposing we have to build an ashram, say for example. All right, you build your ashram; you collect your money, do what you like and know about it. I have nothing to do with it. Also, among yourself you should know how you got the money, how you spent it, what is the expense and all that. Because ashram you can pay for but not for your Realisation. This is one thing is very important that what you get out of it is important that you should become a prophet.

Have you become a prophet?

Then, thirdly, you must know that if you are going from one to another, what we call guru shopping business – that means you have not found it. Otherwise, you would just settle down. But some people are so weak that they do settle down with one and are finished with them. You must always see the people who go to these gurus, what have they got. Have they got their transformation? Because this is the age of transformation.

**Interviewer:** Good! [laughter] I'm glad it's over. Mataji, you are called "Mother." And, it seems in the Hindu tradition there's a special context or meaning of the word "Mother." What is this meaning?

**Shri Mataji:** You see, in the Indian philosophy, even in the Christian philosophy it is so, but it has been little bit changed. If you read the books of Essene, you will find they have described the "Mother." You see, the Holy Ghost is the Mother. When

they say about the Holy Ghost, She is the Mother. But how can you have... You must reason it out. How can you have a father and a son without a mother? [laughter] It's a, you see, simple thing like that. You see, so it's the Mother only. Holy Ghost is very important. So, Holy Ghost is the Mother, you see. It's absurd thing, I mean, to have such a thing. Even homosexuals cannot have children. It's funny thing, isn't it. Absolutely absurd! But Christians accepted this. I don't know why. Why didn't they go into find out what is this Holy Ghost business is? They said, "It's a mystery." How can you say it's a mystery? When you cannot explain then better not say anything about it. So, Holy Ghost is something hanging in the air. No one knows; it's a mystery, and the rest of it is the father and the son. It's absurd!

Now, the principle of Mother is in every, every scripture - has to be there. Now, the Mother's character is that she is the One Who is the Womb, She is the One Who is the Mother Earth and She is the One Who nourishes you. She nourishes us, you know that. And, this feminine thing in every human being resides as this Kundalini, as you have seen. And, when She rises, She gives you this new awareness which becomes compassion, which is flowing, which becomes soothing, nourishing energy of love. And, that's what today people are saying feminist this thing and all that. That's again a pendulum – a man becoming a woman, woman becoming man – all this problem there are because of this. But when you move spirally upward, then where do you move? You become a personality full of compassion, of love, of universal understanding through collective consciousness. And, then you rise up to a position where you become universally conscious. So, that is what should happen to you, and if that happens then we should say that your motherly qualities within you have risen and that's what we have so far neglected. You do not become a woman but you become motherly. First the father, then the son, and now the mother! All right?

**Interviewer:** What is the role of woman in this world, the role of the feminine principle?

**Shri Mataji:** I would say ... I don't say that women as women who are born as women only have the role, even the men have, everyone has because everyone has Kundalini within them. But the women must know that if they are women, they have a greater responsibility. Not that they should sit at home and only look after children and brood and then nag the husbands when they come home. [laughter] That's not their role. The role is such that they have to be forbearing. Any person who is the mother has to be like the Mother Earth - how much She is forbearing, how much She suffers! We dig Her out, we torture Her life. Still, She is giving all the time; She is soothing, forgiving, bearing it out. We are doing so many

sinful things, I mean, She should explode real with anger, the way it is but She does not. She is very careful. She slowly, slowly informs that “Now get out of this place, it’s rumbling.” She is so kind, you see - that all should come to us.

So, it’s not that it is only the women who should settle down with these qualities, but the time has come that men have to have these qualities. Otherwise, there will be always an imbalance. So, now the men have to become extremely kind, affectionate, compassionate. Give up that competitive spirit, that fighting spirit like Napoleon had - all those ideas are outdated. Now, whom do you respect? People like Mahatma Gandhi or Abraham Lincoln. Everyone, an American should think of Abraham Lincoln.

**Interviewer:** Yes, indeed. Mother, what are we doing here? What is the purpose of life on earth? What are human beings walking around on this planet for?

**Shri Mataji:** You are specially made by God. You are specially chosen by God to be human beings and you are here with a very great purpose. The first purpose of God is that you should become the vehicle of God’s powers, completely. So that He flows through you, He flows into this atmosphere, into this universe, to make it a divine place. When you get Realisation, what happens? These - all your abnormalities drop out and you become very normal person and these vibrations of Cool Breeze start flowing. With this now you can give it to Mother Earth, you can give it to the plants, you can give it to the trees. The whole thing becomes a “Garden of Allah” where you reside in complete joy and happiness.

The second purpose is that God has prepared you now to settle into His Kingdom. That’s your throne. That’s your right to be there. It could have been short circuited at a time when Adam and Eve were called and told not to go into this so-called “book of knowledge” or the “fruit of knowledge.” But they didn’t listen, you see. If you give freedom to someone then, “What’s wrong?” So, they started doing things which were brought to them by a satanic force and they accepted it. So, that was the original sin we have committed. So, they had to take incarnations, do all those things and now brought it to this level where human beings have to be brought again back to the position where they were to go.

**Interviewer:** The listeners who will be tuning in to this program on the radio won’t have had the experience of being in your presence. Some of them may have who were in this room. What can you say to them about how to become a realized soul, how to achieve this Cool Breeze that comes from...

**Shri Mataji:** At the beginning of my lecture, if you tell them that they should put their hands towards the radio. Just on the radio. They might feel the Cool Breeze. If they don’t feel it, then tell them to put the right hand first till they feel the cool

breeze, and left hand up as if ventilating out. And, then the left hand towards the radio and the right hand up. It might work out because it has worked in Hong Kong. [laughter]

**Interviewer:** I'll tell you something interesting. I interviewed Danny and Doug before You came so that listeners would have a chance to come here. And, one of them called me and said that he went into meditation in the afternoon and felt the Cool Breeze just by hearing them talk.

May God bless you all.

**Interviewer:** Thank you, Mother.

(The above is an extract from the radio interview. A full transcript of the interview is available from [www.freemeditation.com.au/kit](http://www.freemeditation.com.au/kit))

## About Shri Mataji, founder

### Birth and Childhood

Shri Mataji Nirmala Devi was born on March 21, 1923 to a Christian family in Chindawara, India. Her parents played a key role in India's Liberation Movement from under British rule. Her father, a close associate of Mahatma Gandhi, was a member of the Constituent Assembly of India and helped write free India's first constitution. Her mother was the first woman in India to receive an Honours Degree in Mathematics.

Later on, she came to be known by the multitudes by the name of Shri Mataji Nirmala Devi - the revered Mother who was born with her complete Self Realisation and knew from a very young age that she had a unique gift which had to be made available to all mankind.

### Sahaja Yoga is born

As she was pondering on the many faceted problems confronting human beings, on the 5th of May, 1970, on a lonely beach of Nargol (about 150 km from Mumbai, India) a divine spiritual experience filled her whole being and suddenly she found an answer to her question. She discovered a historical process of en-masse Self Realisation through which thousands of people could get this connection to their Spirit and thereby their inner transformation. Sahaja Yoga was born.

# Importance of Thoughtless Awareness

(Shri Mataji, 1988)

“Now one thing is there, obstructing Sahasrara, is the movement of your Agnya into thoughts. That is the only thing that stops your entry into Sahaja Yoga. Thoughts are coming all the time because a human being is born who reacts to everything. Reacts to this and reacts to that and thoughts coming and thoughts going. There is a big crowd of thoughts. Because of that, your attention cannot cross over Agnya and cannot reside in Sahasrara.

So, first of all, one should see what sort of thoughts are coming. You have to condemn yourself sometimes. You have to say: 'What nonsense. What have I been doing? What is the matter with me? How could I do all that?' Once you start doing that, these thoughts will start disappearing.

These thoughts are coming from two angles: one from the ego and another from your conditionings. And these are so much built up within you that they don't allow your Agnya to be crossed. That is why we have two Bija Mantras of HAM and KSHAM. First one is when it is conditioning. You are endowed with this kind of fear: 'I should not do like this. I should not do like that. This is not allowed. That is not allowed.' That is the conditioning part of it. Conditioning can be of many types. But the ego part is that 'I must overpower everybody. I must get this. I must be able to rule everyone.'

These two things are there in the mind, which are all the time crossing. So it is important that we should go into thoughtless awareness and that thoughtless awareness is the real way that your Sahasrara can be nourished by the Kundalini. Because Kundalini cannot go through, cannot pass through and for that, as I said, there are two Bija Mantras. One is HAM. Another is KSHAM.

So if you are conditioned, you are frightened, you are afraid and you have ideas about yourself. These days the way people are describing: They say: 'I am an extrovert.' Somebody will say: 'I am an introvert.' Somebody will say: 'I am a hippy.. I am that.. I am that..' All kinds of things they can have attributed to themselves. But these ideas are all coming from outside, they are not from inside. To get to the inner side of yourself, the subtler side of your being, you must allow the Kundalini to go through the Agnya.

To cross the Agnya is a very important thing in modern times. And for that you have to meditate. If you can meditate with complete faith in yourself, this Agnya can be opened up. You have to surrender yourself to the Divine and when this

Agnya opens, you will be amazed. Your Sahasrara is just waiting to transfer, to give you all the help that you need through the all-pervading power.

Your connection of Sahasrara with the all-pervading power is established and by that you will be amazed how all these seven chakras work for you, how they help you, how they try to give you whatever is the real knowledge about everything. This real knowledge that you get is very joy giving. You can see this real knowledge in everything. You don't have to start reading any book about it. In every situation and in every person, in every flower, in every natural happening, you see clearly the hand of the Divine. Once you see the hand of the Divine, once you say: 'It is you. You do everything' - your ego starts disappearing."

## Quotes from Shri Mataji

### Meditation

*"Only in meditation you are in present and you grow in your spirituality."*

### Clean Heart

*"If your heart is clean, you can see the other person clearly through and through. Innocence is such a powerful thing."*

### Faith

*"You have to have complete faith in yourself and that your Self is nothing but innocence."*

### Balance

*"The one who has balance is the man who is dharmic, who is in the centre."*

### Love

*"You may be very great, you might be very intelligent, you may be earning lots of money, whatever it is. It's not so important. What is the most important thing is that you are loved."*

### Innocence

*"You have to have complete faith in yourself and that your Self is nothing but innocence."*

### Divine Joy

*"Sahaja Yoga is a very subtler happening within us. It's a very subtler happening and this subtler happening gives you sensitivity to Divine joy."*