

Extracts from Shri Mataji's first talk at Plaw Hatch Seminar, England, 15th November 1980.

Developing a New Age

“Now, you must have realised that you are the people who are the men of God and women of God and that you have to be prepared to take this banner of ‘New Age’ - of transforming Sahaja Yoga into Maha Yoga, into a vast area of spirituality. You are the channels and you are going to generate this energy through you. If you were just channels, then your responsibility would have been much less. But Sahaja Yoga, it's a very different type of a living process. Perhaps you might have noticed it, that once you receive your realisation it starts transforming you, firstly. Then it starts transforming other people. By your presence, you start transforming other people. By your existence, you start transforming other people. You start transforming the atmosphere, the subtler problems of negativity. They all work out, like a tree. When it is blossoming, the fragrance of the blossom creates a different type of aura around itself, that it attracts all the bees around to gather the honey. In the same way, when a person is realised, is enlightened, the aura spreads and you start getting people attracted towards you.

We have to remember a few points about Sahaja Yoga, that you receive the light, first. The second step is that you generate the light. It is never done in any other process, that you generate the light, on your own, with your will, with your understanding, with your freedom... Now ‘will’ does not mean ‘desire’. Will means desire put into action...”

Receive Enlightenment from the Spirit

“The first basic of Sahaja Yoga is that you have to become your spirit, so that your body emits the power of spirit alone... Without knowing the spirit, you cannot know God. But the spirit itself is a sensitive thing. It is there, no doubt. It stays there, no doubt. But that it should shine in our attention, you have to know that your attention has to be congenial to the spirit. If the attention is not congenial, then the spirit doesn't shine. Spirit will shine on an attention which is steady. Steady it. By balancing, you bring a steady state. Balance your thoughts, balance your eyes, balance your desires. Try to balance it. Ego and super-ego, you balance it. Attention is balanced very much like that. Now how do you do it? With your will. First of all you desire and then you act. ‘Where am I going? What am I doing? I am a seeker. Is this the thing I have to do as a seeker?’ Immediately balance is established. So this balancing has to come. Foremost thing is to balance yourself. Any extreme behavior must be balanced. Any extreme attitude toward life must be brought down...”

Shri Mataji explained in detail the need for discretion, to see and correct one's own faults, but to avoid trying to force others to change. Enlightened rationality is useful at times when you cannot feel vibrations. Other needs included taking up responsibilities and becoming stronger, in order to cope with all sorts of difficult people who might come to Sahaja Yoga. Individual progress requires a proper attitude and behaviour towards other Sahaja Yogis.

Collectivity

“The quality of spirit is that it is a collective being, is a part of the collective, which is absolutely one with the collective. It is so collective that you cannot imagine on human level how much it is collective. For example, yesterday I was criticising Gita and the Vishuddhi was opening. Krishna was sitting here and talking through me...”

”When collectivity is disturbed, what is the centre you catch? Can you tell me?... Vishuddhi and Sahastrara... Left Vishuddhi creates all kinds of social problems. Right Vishuddhi creates all kinds of political problems... They may create problems with their right Vishuddhi by talking too much,

or by keeping quiet - both ways. The left Vishuddhi people say something sarcastic, something horrible, something nasty, sly. Non-aggressive, but screwing type. They might create holes into people, you see...”

“Then comes the Sahastrara... I am such a camouflage, just a bubble, and such a receding personality. How are you going to judge me?... And then how are you going to understand my position?... It's all right for those who are not realised, excused. But you have felt the vibrations and your realisation through me. I must be something. Put your attention like that to understand. Must be a tremendous thing inside this body... Today the power of raising the kundalini of thousands and thousands and millions and millions of people is required... Just realise and recognise, that there has to be something tremendous. It was necessary to have someone like that to do this tremendous task. And it was necessary for you to be born, to be with me to help. I know those who are with me...”

A New Race

“You should have faith in yourself that you are the chosen ones. You are really the people, specially made for this great work. It's a tremendous thing that you are out for. Once you realise and recognise it, you won't bother about small, small things of life. It's the quality in you that has to be nurtured and looked after, through collectivity. But collectivity of the Sahaja Yogis.

I know those who have proper reactions to things. Some Sahaja Yogi is coming. They feel very happy: ‘Oh, he is coming!’ We say: ‘There are five people who got realisation.’ They feel very happy. They will not shun. They'll be happy to go all out to see a Sahaja Yogi, to meet a Sahaja Yogi, to do anything for a Sahaja Yogi. This is the sign of a Sahaja Yogi... You are Sahaja Yogis. It's a different race. All over the world, this race has to come.

So we have to build up ourselves. In one group, in one understanding. Absolute unison. There should be no secrets. There should be no domination. Everything should articulate. Everyone should talk to each other. Everyone should know what's happening with what. You have to be absolutely frank, open with each other. Absolutely. Tell them your problems. ‘I catch on this, what to do? I catch on that, what to do? How to clear it out?’ Not to feel shy. We have to enjoy ourselves. Also enjoy our weaknesses, so that we clear them out. Laugh it out. Somebody has some habits, laugh it out. That's the best way to do it...”

“This I think we should decide today that, we all are going to live with one heart, one desire, with one head and with one liver. All of us. Let's see, how it works out... Where is the time to argue? It's joy, pouring in. Let's enjoy.

May God bless you! ”

Shri Mataji then explained a little more about realised people having to work or move in a common direction. That is in keeping with the collective nature of the spirit but as a human development it is unprecedented. One obstacle is the ego. Sometimes the collective needs to follow the guidance of a person whose discrimination is reliable. The seminar continued after a break.

[These extracts are almost verbatim. Hearing the original talk is recommended because you will understand more deeply, receive more vibrations and better appreciate Shri Mataji's personality.]