



🙏🌸 Let's end the day together,
in the silence of our spirit
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Shri Mataji would often say. "I bow to all the seekers of the truth."

"I bow to all the seekers of the truth. At the very outset we have to know that truth is what it is. You cannot change it; you cannot transform it and you cannot pay for it. We are all seekers of truth. What are we seeking perhaps you do not know. Whatever I am going to tell you today you should not accept it blindfolded, but you must keep your mind open like scientist, and if it is proved then you better accept as honest people. Because it is for the benevolence of yourself, your family, your country and the whole world." Shri Mataji

A recent article listed five ways to deal with "aging hair." The fixes included coloring it, changing its texture, or taking medication. Not included on the list was "accept it."

Wanting other things to be different, especially natural processes such as the weather, our height, how trees grow — or how our hair changes as we age — can be distractions from the important things that we want to change, and reduce our enjoyment of life. Usually someone practices Sahaja Yoga, and sticks with it, because they want to change something meaningful — for example, nonstop negative thinking. These kinds of inner changes will have a big impact on how we live our lives, and our impact on other people.

“‘I think this road should have gone this way.’ Or, ‘I think it would have been nice if this house was facing the other way.’ But it’s not. It is not going to face. It is going to be the way it is. So what is the use of wasting your brain, your mind, your thought, in suggesting something which doesn’t work out? Never going to work out, either.

“So when we start like, ‘I think these trees should have been a little taller.’ But they are not. ‘I think that the crows should stop their noise.’ They will not.

“So just accept it. Acceptance is the way we are going to enjoy. But acceptance doesn’t mean tolerance, because tolerance means you have to work very hard to accept....

“So, acceptance, as it is, whatever you see, acceptance. And that is how people grow, I have seen, those who start accepting. That’s the sign. That’s the sign of their strength and their depth.... The witnessing and awareness develops.”

— Shri Mataji, Alibag, India, December 17, 1989

Learn to Love yourself 

As we embark on our spiritual Sahaja journey and delve deeper within ourselves, there are still moments when we struggle to let go of our reactions to various situations. We may find ourselves becoming irritated, occasionally losing our temper, or even feeling anger, later regretting our actions. It is completely okay as long as we possess the capacity for introspection. It is crucial that we observe ourselves and understand the reasons behind these reactions, with a sincere desire to improve and rectify our behavior using vibratory awareness.

Another question we can pose during this introspective process is whether we truly love ourselves. If we genuinely care for ourselves, it becomes inconceivable to harm our inner

being through such negative emotions and actions. Staying authentic to ourselves and maintaining inner purity are fundamental aspects of ascending in our spiritual journey.

Drawing from my personal experience, as I engaged in self-reflection and sought self-improvement, the profound self-love I developed for myself not only benefited my inner well-being immensely but also enabled me to extend that love to those around me.

How do we describe love? The meaning of love is that whenever, whatever work you do should be for your welfare and welfare of others. Welfare should support the Spirit. The Welfare of the Spirit is love and is joy.

-Shri mataji Nirmala Devi, Delhi, 1986

It's not easy to face your faults. The inflated ego makes you feel you need not correct yourself, you are superb as you are. It hurts when your inflated ego loses air so take smaller steps in facing your shortcomings. I often use humor and introspect by acknowledging how foolish I was to believe I could never be wrong. I also compare myself with this vast universe which makes me realize how small I am, not in a depressing sense but to deflate my ego.

"So I have to make you understand that today, please have full introspection, soul searching. Find out what's wrong with us. Do not pamper your ego, because ego makes you idiotic – that you must have seen."

Shri Mataji, September 23rd, 1990

One of the first things that happens to us when we establish the habit of meditation is that our worries and fears vanish. We become completely at ease with ourselves and our surroundings. Our meditation becomes the source of our protection.

All our anxieties and nervousness are calmed and we begin to feel completely in command of ourselves and our situations. Such is the power of our Kundalini energy. Once it awakens, it completely protects us and we gradually become aware of this protection.

"In thoughtless awareness nobody can touch you, that's your fortress" Shri Mataji Nirmala Devi, Italy, September 16, 1984.

“For a guru, he should not accumulate things.... If he has possessions, they should be just for giving away.... All kinds of collections that people have. Whatever things are useful, beautiful, which give happiness and joy to others, to their eyes — such things must be collected. Such things which give the symbol to his life.”

— Shri Mataji Nirmala Devi, Hampstead, England, July 27, 1980



[Sahaja yoga meditation](#)

“In these modern times this confusion is the worst because all the time your attention is outside. Such attention then is absolutely like a horse which is let loose. You cannot control such attention.”

Shri Mataji, July 16th, 1995

“There’s nobody great in Sahaja Yoga. Everybody is just the same. Just like all fingers are the same, every cell is the same, everybody is the same. So nobody’s higher and lower. There’s no hierarchy in Sahaja Yoga.

Everybody must understand that we are all one, part and parcel of one body, and we don't have to consider ourself higher or lower."

- Shri Mataji Nirmala Devi, March 20th, 1990, Australia

"So Sahaja Yoga is a system which is the system of the nature. Is not a system of human beings, which is artificial, or an organization, or a mass movement, nothing of the kind. Is the system of the nature itself, which has made you a human being, an individual, now, like an egg.

Now this individual has to become, not the mass, which is an animal instinct, but to become collectively conscious, has to become. Is a consciousness, means on the central nervous system you feel that consciousness, and that is what is the reality. We go about into anything understanding that this is right, that is right, is all mental. If you understand everything whatever is mentally available, you are still in the shell. But what you feel is the point. What you feel on your central nervous system is your real consciousness. The rest of it is your mental activities, imagination, or whatever is mental is manmade, it has no meaning. Like we have written books after books, I don't know how many energies have been wasted in doing all sorts of things. Books after books are written about this, that, all kinds of yarns and yarns of, I should say, imaginary wanderings about things.

But that's not the thing, you see, it's within yourself. That's within yourself, is your own spirit, that resides there in your heart, is your own power, which you should get. And if you can feel that power then you will be amazed that you don't have to have any United Nations Organization and all that. You really enter into the Kingdom of God in the sense that you get that power of love, which makes you extremely loving, sweet, I should say magnetic, extremely gentle, and also could be very powerful if it comes to use of power."

Shri Mataji Nirmala Devi

Apr 15, 1982

"When the Kundalini rises, she elongates the thoughts and this space increases and you become thoughtlessly aware, thoughtlessly aware. You become, again I say you become.

There are no thoughts, but you are absolutely aware which is also described by Jung that after realization you become thoughtlessly aware.”

- Shri Mataji, Oct 15th, 1993



“You become extremely peaceful and very joyous. You enjoy the comfort of the Spirit; you don’t bother about other comforts.” Shri Mataji Nirmala Devi, Leningrad, Russia, 08/18/1989.

“Now somebody asked Me today how many, how much we have to meditate. I mean you don’t have to meditate at all, to be very frank.

I mean, I never meditate. I am in meditation all the time. I don’t know how to get out of it.

(Laughter)

So you don’t meditate. You are in it!

But to be in it you have to practice a little bit, because you have been identified with so many other things of life. Like, you can be easily thinking. I mean it’s easy for you to think, and very difficult for you not to think, because you have been doing like that.

At the slightest pretext you’ll jump into that thinking, and once it starts the horse is galloping.

It doesn’t stop. So, you have to learn to be silent, to stop that thinking. This is what you have to do. But in Sahaja Yoga also we start thinking about it. What can you think about Sahaj

Yog? Nothing! You leave it to thoughtless awareness, in that state. So, try to be in thoughtless awareness as much as you can.” Shri Mataji

“The society, the family life, the addictions, the habits — so many things have crawled into us and have woven such a net that to get out of it is not possible. There’s only one way to get out of it.

“Once, as a child, I had read a story about some birds. A net was cast, and so many birds — doves — they were caught in the net. And they discovered that, “We are misled, misguided.” They saw some grains and they were misguided. So how to get out of the net? It was impossible for them. Is an impossibility. One person cannot get out. One person tries to get out, others get more entangled and he gets even worse. So what to do?

“They all said, “Why not we all fly out with the net itself? And then with our beaks we’ll cut out this net, and we’ll be free. But first get out from here. Put our energy together, all of us, and let’s fly out.” And that’s what they did. They spread their wings, all of them put together, and took off. And off they went and they were freed. Today’s Sahaja Yoga is that kind of a trick. One person cannot work it out.”

— Shri Mataji Nirmala Devi, Hampstead, England, April 22, 1982

“This I-ness has to go away. That is what meditation is - where you are no more 'I' but You.”
- Shri Mataji, March 1976

“As I told you yesterday, you have to be in the witness state. Don’t you think that there’s anything less or more with anybody. You are all there and are looked after. But have faith in yourself is the main point. If you don’t have faith in yourself, it doesn’t work. Just have faith in yourself. I’m not telling you just tall stories, I tell you. It is the fact, I Myself I’m amazed how things work out.” Shri Mataji

“The greatest thing of innocence is that it gives you discretion. Such a person is immensely discreet. He’s so wise. He may be a little child, he may be a grown-up person, he may be a

villager, he might be educated or he might be uneducated. But he's so wise that he sees what is right and what is righteous.

"This is the greatest quality of an innocent person, that he's very discreet about everything.... He doesn't have to think. He doesn't have to bother. Whatever he decides is absolutely discreet, and he doesn't have to have choices. He doesn't go on choosing people. He doesn't go on choosing things. He says, "This is the thing" — finished.

"Such a person becomes absolutely dynamic because he doesn't waste any energy. He doesn't waste his brains. He doesn't waste his arguments with anyone. If he thinks a person is worth arguing, he'll argue. Otherwise he'll say, "All right, you are clever. Go ahead." This is the understanding of a person who is completely discreet.

"Like there was a very big joke about it. There was a man who was going up the road, up the stairs, and another one was coming downstairs. The one who was going up the road was a wise man and the one who was coming down was not a wise man. So the one going down the road tried to be aggressive and he told him that, 'I will not move for you, because I don't move for fools.' So the other one moved on one side and he said, 'I do.'"

— Shri Mataji Nirmala Devi, Boston, Massachusetts, October 12, 1983

"You see beautiful chandeliers here, beautifully made, but unless and until there is light what is the meaning of these chandeliers? Nothing. In the same way, if you do not have the light of the spirit shining in your attention, you will not know your meaning. Like this instrument — unless and until it is connected to the mains, it is useless."

Shri Mataji, London '89

"We have to develop the witness state... In the witness state we don't express ourselves in a funny manner but we just look at ourselves. Only by detaching ourselves from ourselves can we see our problems and solve them. This is how you become like a seaworthy ship that can undertake beautiful voyages everywhere. So can you face all the turmoils and even the tempests of life.'" Shri Mataji Nirmala Devi, Italy, 1998.

“For our sake, not for others. This helps us. If we forgive, this will help us very much within ourselves. This is the message for today and permanently. Permanently. Always, if you are angry with anyone, just say, “I forgive”. If you find somebody hurting you or troubling you or torturing you, how will you work on it? Just forgive, just forgive. This is the only way.” Shri Mataji

“Why do you want to feel guilty for nothing at all, for something that has happened long time back? ... Don't feel guilty. You should be very pleasantly placed towards yourself. ...Don't doubt yourself at all. ...Please forgive yourselves completely.”

-- Shri Mataji Nirmala Devi, Los Angeles, September 25, 1996

“The amount of time you can be in thoughtless awareness, that's how much your tree will grow. In thoughtless awareness only the subtle tree grows and there is no other environment where it can grow.”

- Shri Mataji, March 29th, 1986.

Have you pondered about what it really means to be the Spirit? Is it being moral, being spiritual, being joyous, knowing your limitations, your strengths, or is to slowly understand that you are not just this mental construct ? You are more than what you have understood about yourself so far.

"I have told you that when you become the Spirit you become your own guide, your own master in the light of the Spirit."

-Shri Mataji, Sydney '95



"For that you know what is to be done, is to witness yourself. If you are so... still right sided or left sided, see for yourself and find out what's wrong. Just clear it out. Just do not accept it, do not accept it, because this dirt and filth is covering your diamond. This is what we have to understand in Sahaja Yoga. Then once you shine with that brilliance, nobody has to say with a vow that it is a diamond, you are. Nobody can doubt that brilliance. Nobody wants a person who is fake, who is impure, who is unrighteous, to talk about God. Everyone wants reality. Only thing is that they should see reality in you, or you should manifest your reality outside. The first one is not in our hand – to make them understand reality. But the second one, to manifest reality, is in our hand."

Shri Mataji Nirmnala Devi, 5/21/88, Barcelona, Spain

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“It will automatically happen because when you walk in the light of the spirit you can see what is darkness.” Shri Mataji