



# MARRIAGES IN SAHAJA YOGA

HH Shri Mataji Nirmala Devi





This book is dedicated with deepest love, respect and gratitude to Our Divine Mother, H.H. Shri Mataji Nirmla Devi.

It features a number of beautiful talks about Marriage given over many years around the world as guidance to living a delightful, balanced spiritual life together.

Her Holiness Shri Mataji has inspired us all with Her own example of an extraordinary life as a child, a daughter, a sister, a woman, a wife, a mother, a grandmother, and as a Divine Spiritual Mother to Her Sahaja Yoga children.

HH Shri Mataji, Her husband Sir C.P. Srivastava and family have been exceptional role models to the world in their community, in society, and in their joyous lives.

With love from Sahaja Yoga Australia.

Jai Shri Mataji!



# MARRIAGE IN SAHAJA YOGA

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## CHAPTER 1- MARRIAGE

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### THE VALUE OF MARRIAGE

*Dollis Hill, London, 8.5.1980*

Sahaja Yoga is first, to start your germination; then it grows; in that growth you have to become a wider personality and a wider personality. With a marriage you become even a better person, or you develop a better personality. Now, why marriage is necessary for Sahaja Yogi's? First and foremost thing, it is the most normal thing to do, is to marry.

God has given you this desire to be married for some purpose, but this same desire if you do not use it for the purpose it is given, it can become a perversion, it can become a nasty thing, it can be very detrimental to your growth; so one should understand this desire within us to have a marriage.

Marriage means, wife who is part and parcel of your being, a wife on whom you can depend; she is your mother, she is your sister, she is your child, she is everything; you share all your feelings with your wife; so it is important that the wife should be such that she should understand that this is the need of marriage.

Now in Sahaja Yoga, as you have seen, all of you have problems either of the left, or of the right. Now when these marriages will take place, mostly spontaneously it will happen, by nature's plan itself, that you will marry a person who is a complementary personality to you. Because supposing you are a left sided person, and if you have a person who has a left side, which is very strong, it will compensate, and that's how you will make a good marriage.

But for that, one thing is very important, that you must share. You must share life, every moment of it, every bit of it. If you do not know how to share life it's going to be very difficult. When it comes to love, how do we express our love? - By sharing all your joys, all our pains, all your problems...But in Sahaja Yoga it is a little more, I think quite a lot more, much more.

Here you have to share the community; the marriage is not for individuals in Sahaja Yoga, not at all. If anybody has a feeling a marriage in Sahaja Yoga is between to people is a wrong thing; it is two communities, it can be two nations, it can be completely two universes. So it is not to be enjoyed between yourself.

If you are a good husband wife to each other, it is not sufficient in Sahaja Yoga. That love should be enjoyed by every one else in the society, in the community. If you can't do that then you have not achieved Sahaja Yoga marriage, it just an ordinary marriage people have, it's just that. There is nothing special about it. Such marriages should be able to give chances for very great souls to come on this earth.

A person who is married in Sahaja Yoga, who are Sahaja Yogis, you are sharing their love equally with the Sahaja Yogis and the society that is Sahaja Yoga, then only great people will be born. So first test of a Sahaja Yogi marriage is how much you have been able to share by this marriage other people.

Now for example in a normal marriage man is the person who is the head of the family, as you say. Now he

has to be the head, man has to be the head; for certain reasons. There is nothing wrong in man becoming the head, it's all right, you become the heart. Heart is more important than the head is.

Perhaps we do not realize that, how the heart is important; you see even if the head fails the heart can go on. We can always go on up till the heart is going on, but if the hearts fails, the head fails too. So you are the heart as a woman and he is the head of the family. Let him have that feeling that he is the head; it is a feeling, just a feeling.

Like the head always feels he decides, but the brain also knows that it is the heart one has to cater, it is the heart, which is all pervading, is the real source of everything. So the woman's position, if she understands how important it is, she would never feel let down or dominated, if she knows she is the heart. I think this is the point people, women especially, in the west, have lost and have forgotten and have not realised. If they had realised this point there would have been much less problem.

Now see it is not the way people think they control others, or dominate others or sort of try to suppress them. It is not that way. It is heart, which really governs everything. Heart rules out everything else, it is the heart, which has got the power to envelop the brain, to soothe it. Brain is a headache, you know; it works, works, like mad. But heart is the one, which really covers the body with its love and can soothe, can give it joy and happiness.

It is the heart, which contains the Spirit. So heart is a very important thing, which is the power of the body, like ultimately you have to become the Spirit, which is in the heart. With brain you notice, and that's why man has to become the head, he has to go out, he has to work, he has to deal with people, he is an extrovert as you call it; and a women has to work sometimes, if there is difficulties and troubles are. But the women should not feel dominated if the man says "Alright you don't work." But if he says it in love!

Now, if the brain starts dominating the heart too much, what will happen? Then, there will be dryness. You see, like many men are very meticulous, very particular, they are headaches, absolute headaches to themselves, to others, and to the whole society.

Such people can become extremely dry and they can be all the time, you see, like they can never enjoy their children, they cannot enjoy anything whatsoever because you see they are so particular; like they say, "come at five-ten".

If you reach there at five- nine or five-eleven you had it; they are just watching time, just to find out the faults, you see as soon as the wife comes in they'll be shouting "what, you come so late!" How many

forty-five seconds lost! You see, the wife is coming, the expectancy the meeting of it, the joy of it, you are going to meet your own heart! It's lucky! You miss your luck!

Now this brain can go all off the rule, you see, it can go off, and it can be very, very taxing; it creates tremendous problems with it. So, heart must be respected, heart must be obeyed. That's the point. Heart must be obeyed. But that doesn't mean that the women should dominate men, it doesn't mean that. Obeyed means, you must understand what your love says. You see, do it in love. If you do it in love is very good.

For example I am lecturing you morning till evening, you are not tired; you are not tired of my lectures. Normally people should be tired of my lectures. Normally people should be...What's this sermon going on? This lady all the time talking on us?... But you do not mind it, for one reason. Why? Because you know I love you very much. In the same way the women must establish the role, that she loves.

The man may become a little funny, but he'll come round. He'll go a little astray but he'll come round. But do not judge him in outward dominations... Like you see if he says "this color is not good." "Alright, whatever you like I'll put it." Then he'll say, "Oh, I think the one you have put was good. You know I was really foolish". He would say like that. You just agree to them you know.

I mean I have experimented this in my own life. I have done it. For example my husband doesn't know much of roads. So, supposing we are going somewhere, and he says, "I think this is the way you have to go." I say "oh, alright, you can go ahead, and I'll walk with you", but I said "you know I think it's not the road, I'll have to walk back again I know for definite, but alright if you want I can walk with you.

All right I am walking, I'm just enjoying, I may have to go this way only, so". Then he starts wondering "is it true? Is it correct?" ...Then he starts thinking, you know, that ... is it really? Or may be, because she has instincts? You see. Because she has intuition, she has so many things, she gets that, what you call a hunch".

They get a hunch of it and that's what it is. And once they start understanding that the hunches of the wife are correct, then they follow her in a way. But what is so great about making your husband follow you? It's wrong, I think. There's no need for him to follow... "You go this way"; what need is there to do all that?

We are going the same way, but we must know that somebody is on the left, one is on the right. The left has to be on the left; supposing the left wheel starts going to the right, we'll have only one wheel left. What are we going to do about it? We are all going the same way. There are no two ways about it, there are two wheels

needed to give it a balance, but we are going on the same way. These people don't realize. They think one wheel has to go on the right, another has to turn to the left. So imagine what will be the condition of such a family. We are going on the same way.

Only understanding is needed, that one has to live with the powers of heart, and another has to live with the powers of rationality, of understanding. Now when it comes to rationality, ultimately it will turn to the heart. Because it reaches a point where it doesn't know, you see, then it comes to heart.

Once women realize this that they have this within themselves – but you must nurture your power of the heart. But you compete with them in everything; if he goes on the horse, why can't I? If he can do this, why can't I? If he can drive, I can drive: You see, wisdom lies in doing things - many things - by avoiding them. You see, for example, I don't drive, so everybody drives me around; I don't type - very good, everybody types for me.

But I do some things which nobody can do as well as I can do, like I can cook very well, so when it comes to cooking they have to come to Me. It's like that. But you don't do everything that the men want to do, or you don't do everything that the women want to do. For men will be cooking and women will be driving is a wrong thing.

Men should know all manly things and women should know all womanly things. They must learn. They must put their hearts into it. I mean women can be equally intelligent, men can be equally intelligent. Women can go on the right hand, men can go on the left hand. No doubt about it.

But, you put imbalance to the whole universe by that; that's the point. Is not that by doing that you are in any way less or more; this idea should go out of your minds absolutely, that men think "I am the man who wears the pants". Alright, you wear the pants, but we wear the beautiful skirts, alright. That's the way it should be looked after.

You see once this goes away Sahaja yoga will work out better. The domination is felt only when there is no love. You see, sometimes people like to dominate, isn't it? For example they say "now come along, have this food, you must have this"; and you like it, because somebody cares you, there's a concern, somebody loves you, wants you to have this and wants you to do that; you like such a person, you want somebody to do that.. You do not want to be left to dogs, that "Do whatever you please". That kind of thing is no good.

And once you develop that feeling "oh that person cares for me, you see, that person loves", then you start also caring for the feeling of that person. You also start to understand.. Now again the guilt is working,

now will you stop feeling guilty about anything? I do not say these things to make you feel guilty, but just to understand you have to be in a very light mood, in a very light mood.

This balance has been created long time back – a very long time back. Say, even when Radha-Krishna existed, Radha was the power and Krishna was the one who was expressing it. It's as you say, the potential and the kinetic. People only know about Krishna, but Radha was the power. When He had to kill Kansa He had to ask Radha to do it. It was She who did everything. She had to dance and he pressed her feet and He said now You must be tired.

Why did She dance? Because without Her dancing things could not work out. So it is so interdependent, it is so interdependent, as you can't have only a wick and you can't have only the light. You can't have these two things separately. If you can understand that then this balance is completely harmonious, it is between God and His Power; absolutely One – you can not imagine how it is One! – What God and His Power. His Power, His desire is the same as God, there's no difference at all.

But in human beings you are disintegrated people, your desire is different, your thinking is different, everything is so disintegrated. That's why marriages are absolutely disintegrated. The complete integration is the intermingling. If the wife has to work, one need not worry; if the man has to work it does not worry, as long as there is complete understanding of integration, of balance, within you.

Of course women are responsible – the grace of the family, she has to be gracious; it doesn't look nice for a women to behave like a man. Because man need not be that gracious as a women is, he is after all a man, so it is alright in his behavior – he need not be atrocious – but I mean sometimes if he swears sometimes, doesn't matter in a way for a man.

But for a woman it dose because she is a gracious thing. But there are some things a man can't do. You see like taking an interest in women, you see. Some men are so hot, you know, horrible, absolutely I can't understand the way they take interest in women, what dresses women wear, what perfumes, all this sort of things.

All this rat-like behaviour is horrible, and this can't be manly. That means they are such slaves of women, they may call themselves something, this and that. You know, I heard that this Mrs Kennedy's underclothes were for sale, and people from Australia were flying out to buy them. I mean, think of these men, what do you call them? I don't know what you call them in English language, but they are just worse than earthworms.



I don't know from where they come.

So, man has to be a man and man is a person like Rama. You have heard about His life, how He was, you see, how He loved His wife, respected His own chastity. A man who can't respect his chastity is not a man, he is absolutely an earthworm.

So this is what it is, a man has to have character, he has to have that chivalry in him, he has to have that courage in him, he has to have that protective thing. If thieves come in the house the man tells the wife "oh, you go and open the door, and I'm going to hide", and when the thieves go away he says, "I am going to dominate". That's not the way.

The man has to protect. The man has to look after. That's why doesn't matter if he is a little crude sometimes, doesn't matter, because he has to face, he's, you can say, he's like a thorn, and women are like flowers.

Now in the thorn and the flower you would like to be the flower, isn't it? But in a man and women you would like to be a thorn. So it's wrong. He has to protect, he has to look after the invasion on the family life, and other things.

On the contrary they are the ones who allow infiltrations by wrong people in the family, is the man. They bring in horrible women they bring horrible people through their domination. "Oh, she's my friend, how can you object?" but what sort of a friend is she? He has to say, "No, I do not like these people to come into the house, they are not the right type, they have to get out".

It is he who has to say. And the woman has to under-

stand. But if he says it just out of domination, it is nonsense.

So everything has two sides, you see clearly; if it is done in love it is perfect, but if it is done in domination it is nonsensical. Why dominate? I mean I don't understand the word domination. When there are two wheels do they dominate each other? Can they? If one dominates, say one becomes bigger than the other; it will go round and round. Won't it?

There's no question of domination in this, but is a question of integration and understanding and complete cooperation with themselves. Which must permeate into the society, into the family. The marriages which are not helpful to the society are of no use; they are just a waste, just a waste, you see. We have so many marriages like this; people get married, live well, happily among themselves and finish off.

These here are the marriages which are going to change the society, with their joy, happiness, make a home where everybody is expected, look after them, do for others.

You see there are many people who think nobody is doing anything for us. What have you done for others? What have you done? Have you done anything for them? This, once you start deciding and understanding, it will be very good. Normally a woman, if not brought up properly, can be very conceited, and can be very selfish and self centered.

Man can be also, but women can because, if they're not brought up properly, I am saying, they might not like to spend their money on others, they wouldn't like

others to come into the house and share this and that. But again we have to judge it, is it done in love or not? Like the husband, you see, brings his friends, and they may not like the friends coming in, because it means money you see; they would like to have more ornaments to themselves, than to have some friends for their friend.

Can be, can be like that. Some men could be like that also, but both the things are wrong. This should be shared to be understood, and the whole thing is that you must lavish your love on others. Need not spend money for that, need not, you can just be kind to them, nice to them, and little money too; you see there is no harm in spending little money for others... and expressing your love. You see, we are still very meticulous in our Sahaja Yoga, as far as money's concerned, as far as love is concerned, we are very, very cautious, we have so much of fear within us...

Now domination should never come in Sahaja Yoga at all. For example when I am telling you anything an outsider might think that I am dominating you, because really I am touching very core points within you, if you see it clearly. Now one can feel that this is domination if they do not see the love behind it, the beauty behind it, the compassion there. So never to feel that anybody dominates you is the best way. You see, how can you be dominated? You are the Spirit. Your ego can be hurt; you are the Spirit, it can't be dominated. But you are the Spirit?

Are you feeling your Spirit? If you are feeling your Spirit you can never be dominated, no one can dominate you. But if you feel that way all the time, that you are dominated, you will become a very very nervous person, you can be a horrible person, you can't face people. So it is time that you realize you are Spirit and your husband is also Spirit; or if you are the husband you must know the wife also is Spirit. And a mutual respect must grow in that level because both of you are Saints, you are Sahaja Yogis.

You must respect each other, because you are Sahaja Yogis. Everybody respects you because you are Sahaja Yogis, those who have not achieved self-realisation, "Ah, they are realised souls" .... Just think that when you were not realised somebody tells you that he is a realised soul, how you would have felt about that person, you are not conscious of that. But you should not become vain; but you must respect others those who are realised souls. They're children of your MOTHER.

When talking to each other you have to understand that; more so when you are husband and wife. The whole understanding that you had so far of husband and wife must be given up, it is I think a contract sort of marriage; in the marriage you see how much he dominates, what are his powers, what are my powers,

how much money I get, how much he gets where the money is kept, what's all that.

You see it will only happen when you do not trust each other. But go on trusting more and more; there should be a competition in loving, there should be competition in trusting, in being honest, in being kind, in being in service. Let there be a competition like that and you'll achieve results. The competition should be on the other side, instead of dominating, instead of being afraid, instead of sharing all nonsense.

That's another thing, which I must point, which happens to a married couple and which is very, very wrong also, that both of them take up the role of very miserable people, the "Les Miserables". They sit down crying, boo-hoo-hoo for nothing at all you see, the whole world is collapsing before them.

Now there are some great poets like Lord Byron may be or someone, horrible people who have written horrible poems like that, and then they will recite those poems, "oh the sweetest songs are those"; and all sorts of nonsense. Now for Sahaja Yogis – you are not to indulge in this kind of nonsense, of sitting down and indulging into this kind of enjoying the miseries of each other. For the present you have no miseries.

Whatever has been there is passed and finished. Now you are new people, with new awareness, with new things, you have no miseries. So forget all those things and try to enjoy each other's company. And if you start doing that sitting down and enjoying the miseries, you get out of it immediately and say, "Oh, we are getting into the same play of Lord Byron". I do not want to create Lord Byrons out of Sahaja Yogis any more.

So please remember that, don't sit down and discuss and analyse your miseries, you have no miseries of any kind... You are the spirit, you are the source of joy for yourself and for others and you have no business to sit down and cry and weep. And I don't know what's happening; I don't know why you don't know your Spirit.

Don't you know your Spirit? You know? Then why don't you know? You have your vibratory awareness, and why is it you are saying you do not know? You have to know everything, it has to be a very positive act to be happy, to be fragrant with joy and to give joy to others; that has to be with you otherwise everything has no meaning.

You see I try My level best to make every marriage a very pompous thing, but ultimately what I find, two crumpled up people sitting down there, you know, sulking ... then imagine the children who are going to be born. They will think what, these sulking parents, oh God save us from these crying babies ! So don't put all my hopes to a complete shattered state, by this kind of attitude.



## MARRIAGE IS MEANT TO GIVE JOY

*Hampstead 29.11.1981*

Today is an auspicious occasion, is the most auspicious in the life of human being. It is auspicious, that's why it is joy giving and the vibrations flow with that auspiciousness all over the world.

The joy of the Sahaja Yogis today in England, London, Switzerland all over the world. Marriage is meant to give joy. Is meant to give cheerfulness, happiness and all the blissful things that you can think of achieving through our combinations with two human beings you can say.

It's a very close and private relationship which has to be respected. It is not to be in any way dishonored or indiscreetly squandered away.

Those who can't respect their partners in life will never be respected by anyone. Those who think or in any way to spoil the image of their partners are harming them. Try to understand each other. Decorating, nor correcting, but decorating like an ornament when added to a personality decorates that person. In the same way try to decorate another person.

So... That must be maintained. Marriage is the bondage that keeps the society in own beautiful bondage of modesty. Give up all your old ideas, all your so-called modern methods by which you have ruined your married life.

If you can't enjoy your own wife or your own husband then there's nothing in this world that you can enjoy,

because the relationship is the most intimate and very sacred.

So you have to forget that you lived independently. Now you live as one person, one personality, supporting energies, complementing each other in complete concord. This creates that place which you are talking about. If the marriages are not successful of two persons how do we expect the whole nation to live happily, just think about it.

At this level the seeds of peace are sown, so you have to be sensible people, that's the main part of marriage is, how far you are sensible about it. It's easy to get into tantrums, get into tempers, get into some sort of an indecent, indiscreet huff, but the person who is sensible never crosses a certain limit of... Once you've crossed it is very easy to cross again.

That's what today, when we read about Rama, is, that He is a PURUSHOTTAMA MARYADA. It is a bondage in which one has to remain. A woman has to remain in her boundaries and a man has to remain in his boundaries.

Now to think that a woman is dominated by man or a man is dominated by woman comes from a kind of complex and this complex must be given up. You are complementary to each other. You decorate each other.

Never talk ill of your husband or never talk ill of your wife. This is the key of having an exclusive marriage. If you start talking of each other to others, that exclusiveness, that trust is finished.

So you have to trust each other. That trust in God, children imbibe when they start learning from their parents how they trust each other. So you are the nests where the tomorrow's great children are to be born, to be established, and to grow as great saints. And all of you should understand the value of Sahaja Yoga. You

have to create a model marriage for all the English, for all the Americans, Europeans and also Indians.

Because Indians learn from you all this. If you have model marriages they will go on for model marriages. So it is important for people who live in England to understand the depth of this occasion and the esteem of God will move through the whole universe and to the people.

Enjoyment is your own, is exclusive, but in Sahaja Yoga it so collective, it is so collective, you have so many brothers and sisters and we are all enjoying the joy of you couples who have joined together as husband and wife. So one has to understand that marriage should not make you narrow minded or selfish or in any way cut off from others, that all relationship are beautiful in their own form.

Like you have brothers and sisters, you have mothers and fathers. You have got Sahaja Yoga and you have got the children. All in their own forms should be given what they deserve, what they have to have, what is the right thing to be done.

Marriage gives you now a reason to be dharmic, to be moral. This teaches you how to respect the chastity of others and your own chastity. We have to teach ourselves. You know how much damage has already been done by having bad marriages. We have to teach ourselves. We have to bear a little bit. We have to educate, reeducate and improve ourselves and not to say that I'm such and such, what can I do?

You have to bring glory to the system of marriages because it is the system established by God Almighty, is not established by human beings, this is a wrong idea. It is established by God Almighty to have an auspicious occasion where such an auspicious thing is taken- the sacredness of this is to maintain and has to be done in such a way that it is a very decent relationship.

All the culture, all the beauty of gracious living flows in happy married life. Not vulgar, not showing, not cheap but a dignified, enjoyable, cheerful, welcoming, giving companionship.

I am sure you all realised the importance of it. And I am sure you all must have prepared yourself for this occasion and I would like to see among all of you, you really show the complete acceptance of your partners as part and parcel of your being and the graciousness with which you handle that. I bless you all, you are all saints and saints have married, all the angels and all celestial being must be singing.

Assume, assume your position, that position in your self-esteem. We all are with you the time to help you, to sustain your relationship. All of you must see that you sustain your relationship. Make them feel the sweetness of marriage. And the whole enjoyment of

their companionship should flow to us as the ripples flow towards the shore and again are repelled back into the ocean. In the same way it should be such a give and take.

For that the sea of married life is purity. Purity is the only way you can keep your married life absolutely alright. Whatever has happened in the past let's forget it. Now starts the new life. After this don't hide anything from your wife or from your husband. Everything must be told, should be straightforward life. Absolutely a straightforward life, extremely pure and this purity everywhere reflected.

Marriage always elevates a person. But purity is the key of married life. And I hope you remember these words. Try to keep your mind pure. Do not suspect your wife, nor deceive. Trust her.

Keep a straightforward relationship and learn how to be that way, your children will learn from you and there's no time taken now for the whole world to be transformed once you learn this trust. A complete trust, as you trust yourself you must trust the other who is not the other anymore.

So those who have been married before, those who are married, who are going to get married and those who are married today, for all of them, I bless you with a very deep enjoyment of this understanding. The joy of your purity, the beauty should flow all your lives, eternally. May God bless you.

...Now we have decided to have so many marriages in Bordi, which is a very nice thing and auspicious thing. I am very happy that we are going to have so many marriages. It is auspicious. Because marriages are supported, blessed by God. Yours is special because I'm sitting here before you for these marriages.

But don't make a fuss out of marriage. Don't create a problem by being superficial about marriage. These are the marriages of Brahma-ekatva where one feels the Oneness of the Spirit, of the all-pervading power. Try to know that these marriages are done amongst saints and not ordinary people. Try to respect the inner quality of a person. If somebody is a Sahaja Yogi of a high quality that must be respected and that must be loved. And not the outer qualities.

The outward qualities are nonsensical. You must respect each other when you marry because you are all saints. You are saints of very high quality, I've told you and the potential is so great, which is already described to you, that only your assumption can fetch you that greatness... The whole world is hoping this thing to happen - that they should get such people on this earth, those, which are described. The whole world is watching your progress; the whole world is expecting this to happen. The whole world has already pronounced it. ...Respect your marriages institutions.



## MOTHER EARTH

*Surbiton 21.8.1983*

Women have to be GRUHA LAXMIS. Firstly she has to be dedicated and completely fidel. Secondly she is to be worshipped like a GRUHA- LAXMI, it means the one who is worshipable and is also worshipped.

In Sahaja Yoga you have to forget the past as you have been bathed with Divine love, like a newly born baby. Purity of heart expresses as fidelity in marriage for both husband and wife is the most enjoyable virtue and is the most powerful. When you understand the purity of relationship, you enjoy them the most.

You don't confuse your sensitivity to joy. Your mother is a mother and wife is a wife. Here in the west, it is all becoming a confusion. Very young girl are marrying old men and vice versa. It is all the game of money. If you have too much then stupidity becomes the pattern of the society. They become so blind that they call it love.

May be some of the marriages are not alright but exceptions should not create a mass disturbance. They should suffer it for the masses. Once the citadel of virtue starts tumbling down, the whole building of Sahaja Yogis will topple down, and who can suffer, but this mind which does not touch you who is a witness.

Enjoy the tragedy of your life as a witness and think of what image you create for others to follow. Realize what is the role of a Sahaja Yogi in this disturbed self-destroying world? Thus arise into new role. There are other 'Dharmas' all very important, meditate on them. I find my love reflected in your shining dharmic eyes.

...Next the eyes; are the very important things, where you have to be very careful not to move your eyes very fast anywhere, try to keep your eyes steady, and mostly on the Mother Earth. You have heard about Lakshmana. He never saw the face of Sitaji. He only saw Her Feet. How can that be? He was always with them. So you can imagine what should be the position. For complete fourteen years, he has to lead a Brahmachari life. She was like his mother. He knew that she was Adishakti. But he just saw Her Feet. That should be our case. We should lead a sanctified married life.

Create a nest of family. A proper family house. Try to adopt, comprise, adjust. Make your wife realize, make your husband realise and bring peace in the family; because there are many great souls who want to take birth. Those who got married like this, they all got realised children. So you must try to get a family life, a proper family, a proper relationship, give service to your parents, don't find faults with your parents and try to be kind to them and try to be good in the family.

Don't spoil the children, also correct them. Make them loving. Make a nice society. Every one of you should be the carrier of love of your Mother. If you are a Sahaja Yogi and if you change and transform in your behavior, naturally Sahaja Yoga will have it's own reputation, and everybody will start taking to Sahaja Yoga....

But today when we are in this modern Sahaja Yoga, we are actually at the level of Mother Earth, because this is the age of Aquarius, and Aquarius is the same as the Kumbha – is the Mother Earth. So we are at the level of Mother Earth. You can also see in the consciousness of the human beings – I'm saying not only men, but women also and men.

The consciousness is moving more towards the feminine expression of the life. But as stupid as human beings are, the feminists have also been very stupid, that they are fighting on the level of rationality, of economics, of politics – all useless things. Equality on all these things, if they are to be sought, you become men, you become just like men. If you are argumentative, if you are rational, if you talk like a man, it's a masculine development. But the Mother's development, the feminine development, is not equality in the way the men have been stupid.

No use competing with men in their stupidity, the amount of stupidity has been created for us quite sufficiently. The whole world is today, is expressing that nonsense that they have, the competition, the aggression, the oppression. So the other side of the woman, which was called as the dominated one, the dark side, the oppressed, all that has to express itself in a different way.

The whole mode, the style, has to change. See now in Christianity one should understand, why Christianity, even Judaism, any religion, even Hinduism and all that but is more in Christianity, 'surprisingly' – they just had no place for Mary. And Muslims even crowned it by completely canceling Fatima.

And on top of that, you will see that among Christians, I think that ordination, or what you call that, is not given to the ladies, to women, while Christ was not born of a man. But that does not in any way mean that you compete with men in their foolish enterprises by which they have practically brought this world to such a ruinous state.

So today, we have to understand that it is the time for the 'Motherly' qualities to develop. Even a man, when he becomes motherly only, becomes a great man. Like Christ, when he had compassion, he was called as a saint. So the quality of a woman as a Mother – Goddess is always as a Mother – and She is the power most important to ignite Sahaja Yoga.

Now how She ignites, I'll tell you. I give an analogy, but analogy should not be carried to far – as wise

Sahaja Yogis you should not carry it too far. Say there is a zero, it has no meaning. In the same way God Almighty has no meaning till you put some sort of one or two before it. It's a zero. It has an existence but it has no capacity or a power to express itself. So it's a zero. Like that we should say the masculine growth is zero.

Another analogy I will give you to understand it. That if you see very high power wires, going over your heads, they are absolutely harmless, there's no trouble. In Delhi there was a suggestion that there is a very big plot of land available where there are high power wires are going and we can have it for free.

I asked 'what is the problem?' they said, "only when earth is connected with that, then you will have problem". So till this – this high power thing, whatever it is – is not connected with the earth, it has no meaning at all. But earth is very different from this dynamic power that is flowing through those wires which are zero, which mean nothing.

In the same way, in a woman, the womb of a woman is the Kundalini. Now what is a womb? If that is the Kundalini, that expresses the Kundalini in the gross, that means the Mother Earth is also like the womb. Now what does the womb do?

It receives the sperm. It just a frivolous act of man or you can say just aggression, and she then nourishes it and looks after it, corrects it and allows it to grow, not in an aggressive way but in a very compassionate and sensible way, till it is expelled out of the womb when it is grown up. So the idea of the womb is that the expression has to be in such a manner that it does not dominate. It doesn't dominate the embryo. If it dominates, how can it grow? So it nourishes it and makes it.

This what today's Sahaja Yoga is. That now the Mother Earth is the one, who is symbolized within you as the Mooladhar, symbolized as the Adi Shakti here, is sitting down before you to nourish you, to make you grow into new personalities – into mature personalities. This concept we must understand.

So the women of the west must understand that the nonsensical ideas they have taken from men must be completely discarded, they have to become women.

Those women who just are talking like men, can never help in Sahaja Yoga. They have to be like this Mother Earth who allows you to do what you like with Her. I mean human beings have been so stupid to exploit Her to the maximum, not only that but also She bears a lot of nonsense upon it. But then a time reaches where She becomes explosive, then She starts consuming people inside Herself.

And when She is consuming people then you see the

earthquake, droughts, this and that, all these things start coming in and people get engulfed into these problems which they blame Mother Earth for. The problems that human beings have created out of aggressive nature – even aggression towards Mother Earth, they have to pay dividend for that. And they are paying.

Now, to stop this kind of a movement of aggressiveness which brings all kinds of disturbances, one has to recede back and should develop a sense of totality, of compassion.

Unless and until you understand totality, the total, the complete, the whole – that's the womb that's your Mother. As long as you try to be individualistic you can't be a good Sahaja Yogi. You have to become One with the Whole. ...If you try to have your own privacy, then you are depriving others of their privacy.

It was alright when you were not Sahaja Yogis, to have your privacy, because you have to grow in your privacy at that time. But after Sahaja Yoga you have to become one with everyone else – that is very important. Before Sahaja Yoga you are different. The whole concept must change after Sahaja Yoga. That now you have become one with the Whole and to feel that you are One with the Whole; you should try to give up all your individualistic attitudes.

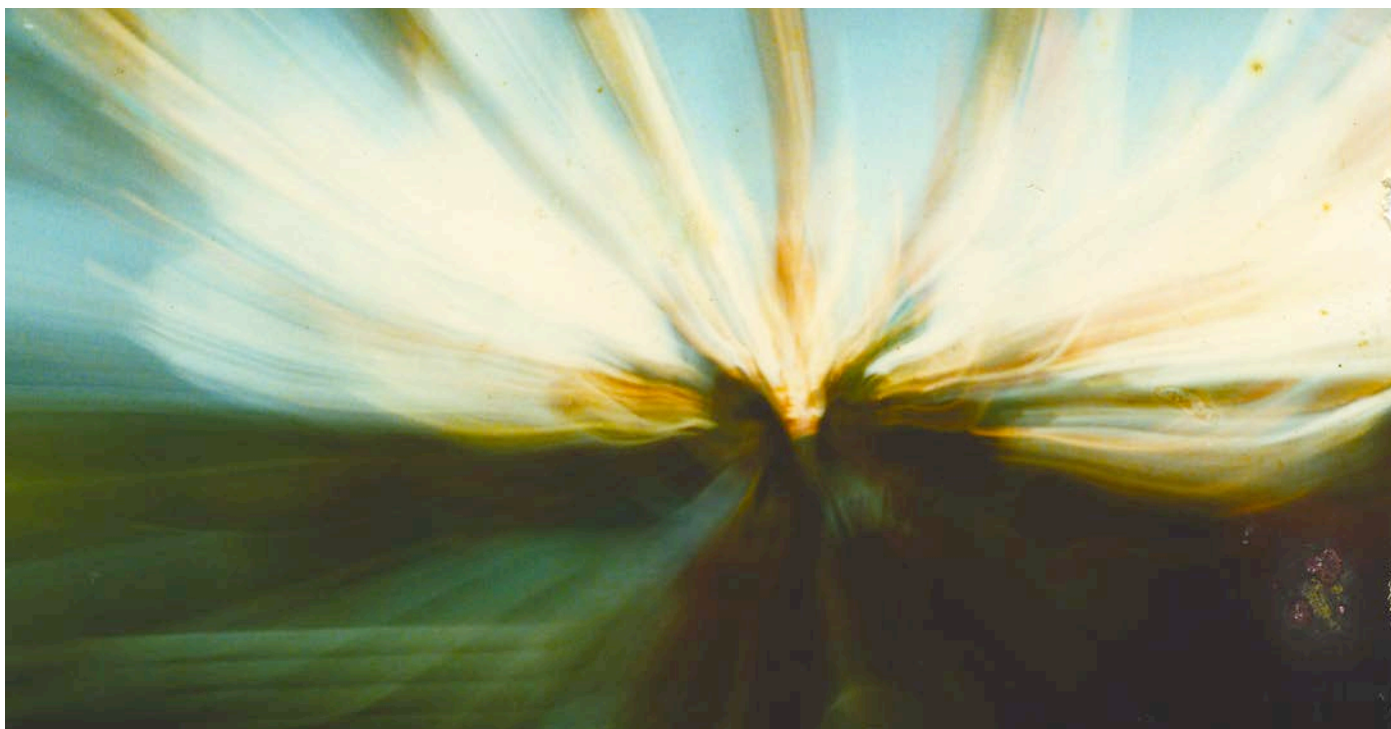
...Think of mother who has to bear the child, has to give birth to a child, has to look after the child, the needs of the child, protect the child, to train the child. ...Now in the same way Sahaja Yogi must know that the child within him is born – the Spirit. Spirit is the child which has been born within him, now he has to nourish it, through the Kundalini.

He has to water it, he has to look after it. It has to make it grow. Now where is the time for other nonsensical things? You have a child in hand. You are all mothers looking after the child – that's your Spirit. So where do you have time for all these things? The attention should be: "what can I do to make this child happy, to make this child grow to make this child completely manifest my self.

"The mother replaces herself as soon as a child becomes a mature child. So now in you, the motherhood must take over the fatherhood. Motherhood towards yourself. The attitude should be like a mother towards the child, how her attention is towards the child. ...But in Sahaja Yoga, as it is, the Motherhood is universal.

Because if you are the nose, say, then somebody is the eye; if you are the ears, somebody is the lips. So, it is essential for you to understand that anybody who is a Sahaja Yogi is in trouble, you are in trouble. A threat to your growth; it is a threat to your growth, because it is the Whole that is growing.

...So on both sides, of men and women, we have to



understand, that if you are a man, and if you are a dominating man, it's alright. But if you are a woman and if you are dominating, then it's a difficult thing for Sahaja Yoga to cure, because you have lost your quality of being a woman.

At least you have to be a woman to begin with. If you are not even a woman, then what can you do with these third persons who are neither man nor woman? Now the men, when they are dominating, they have to understand, that they have to be compassionate. They have to be kind, they have to be considerate, but never subservient, never subservient. This is, one should understand, that you should not be subservient.

Now the women, what do they have to be is to be great, large, receptive – receiving and nourishing all that. Now the way husbands are told sometimes in this west – I am shocked! Wife says this to Mr. X, “X! you haven't done this. X! You haven't done that. How have you put this? Do this, do that, do that!” It's not woman's wish to do it, it's absolutely wrong to tell him to do it, to tell him to do something. You are becoming a male. And then we lose completely that power of giving that nourishment of a woman's love, which is the power of a woman, which woman don't understand.

I tell you a simple example of my own grand daughter. She wants to be an air hostess all the time, she wants. She says, “you must have thought of being an air hostess.” I said, “why? What is so great about air hostess?” she says, “ that's the only time you can give food to someone”.

You see a natural instinct of a Mother that “ Let me see them eat”, you see. They don't eat themselves, they

want others to eat. But this not in the conception of the western women, I tell you.

They can't understand this. “Why? I have done this, so why not he does this, this”. It's your privilege to do these things properly, in a proper way. But supposing somebody is a very good mechanic, “I'll do the mechanical things”. She is not there for doing mechanical work! She is there for the mechanics of the emotions.

On the contrary it's just the other way round. Like a man comes home; she goes on ordering, “You have to put that right, why did you spoil my carpet? Why did you do this? Clean it up, get that things, do that”. All his mechanics of emotions are finished. Once his mechanics of emotions are finished, he is useless and you are useless as it is! And men also should not do their jobs. Let them do their own jobs.

I think this is the one of the biggest problems of the west today. That men are neither men, and women are not women. I find this quality so horrid, that I don't know how to deal with the mixture. You must understand this very simple thing in life that if you are hybrid stuff, you can't have the quality of Sahaja Yogi!

If you mix it up, it's a very funny thing, isn't it? So a woman must try to be a woman and a man must try to be a man. Now see, what is the situation, of a man, as a masculine effect on the development of the consciousness? So, as the manliness was expressed we have developed science. We have developed all this knowledge, all these things which are outside.

Now everything is ready. Now the woman has to come up. I mean, I am saying in the very abstract way; don't

think of woman, but you can say the feminine. The feminine nature has to rise. Now everything is ready, it has to just work. All the chakras are ready, now awaken the Kundalini. Now Kundalini's behaviour and mode of action is very different from the mode of action of the chakras. If the Kundalini becomes the chakras and the chakras become the Kundalini, how will you manage Sahaja Yoga?

But we must assume our own nature in all dignity and in all right; not to feel in any way low down. Because a man sits on a horse, the woman wants to sit on a horse. What is the need for a woman to sit on a horse? I can't understand.

Here all the women are sitting on a horse. They will become like horses! Already I think half of your royal family looks like horses, don't they? See, so there is no need for woman to do all the things that men have already done.

Say, for example, there is one personality of masculine personality that has to come and do a certain job. Now you've done it. Alright, now the other personality has to do this job. Now see the situation of the Divine also. Now the whole complication comes in that once a kind of a thing has been done, the another one that comes wants to do the same. Do you follow my point?

So the whole energy is completely wasted. The whole preparation has been made for this Aquarius age to come in to bring in the Kundalini upward and to make the whole thing work out in such a way that the left and right meet and you all become ignited, enlightened. It was a question of our being, sharing the whole job in a proper understanding.

Now see how Mother Earth herself was created. It is also a very simple thing. First, the movement of the energy started flowing. Now this is a combined energy, alright? Then the combined energy went round and round and round like that, and went it consolidated there was this big bang.

When big bang took place – now this the manly work, I should say in a way; manly style, because still the Mother Earth is not produced – so then these little fragments again went round and round.

With the momentum, they became roundish. Out of them Mother Earth was selected for one job. On the Mother Earth out of the water came the life – the carbon came in.

Everybody helped there and a human being was created. Then the men went round, to improve their societies and whatever they have done to it, whatever was possible with their ego is done, finished now. Now they have done their job. Now they are on dole.

Now the woman, or we can say Kundalini which has been waiting all these years, was resting, waiting for

that time, isn't it? So we call it 'the blossom time has now come'. At that time Kundalini has to rise and ignite, in such a way, that the completion of the whole work takes place – it is simple.

Do you understand now?

So there is no competition between men or women, but the style of work is different. If you understand that, then only this kind of revolution will take place and not turn out a rebellion.

Actually women are rebelling against men and a nonsense it is! It is such a headache, that you create something, allow them to grow, and the another party comes which has to complete the job starts rebelling.

So the revolution has to take place and the revolution is only possible when we understand that what part is left out now to be done. Are you getting me alright? So that part is now Realisation, our awakening of the Kundalini. For that your feminine qualities are going to help you, not your masculine qualities. So aggressiveness must be given up by men. Also, because they are Sahaja Yogis now, they have to take feminine qualities. Not of fighting. If women fight they are no women.

You see, women are told that 'You are good for nothing', so now they are trying to show, "No, we are also alright. If you have eaten one crow we will eat three". Now, this understanding and the wise perception would be such that "What do we have to do now to change the mode and the style of our lives?" What's wrong here?

A turning point has come. Now the evolution is not rebellion, at all by any chance. It's a wrong idea people have. It's not rebellion, that you hit me and I hit you – go on hitting each other, like a pendulum you move; you see the movement of a pendulum. It's not like a boom, this thing – that today you are born as a Muslim, tomorrow you are born as a Jew, then you are born as a Jew, then you are born as a Hindu, then you are born as – it's not pendulum.

It is a spiral movement. So every time you achieve any evolution you are at higher level than before. So the movement is spiral – see my point? Now to achieve the higher position in our whole being what should we do? Is to understand that from this point to that point we have to rise – we have to rise in a way that it is not in a pendulum way, but in a spiral way.

And to move spirally, you have to use another kind of force. Whatever you have used so far has to be endowed with another kind of force and that's the feminine qualities of the women. But where are the feminine women? They dress up like women; they will try to be feminine and all that. That's not the way. From inside, from the heart.

A feminine heart Christ showed that in His life – He forgave. Only a woman can forgive, man can't, because

he is aggressive. How can he forgive? Krishna never forgave anyone. He used to kill. Right royal fashion. "So, alright, if you are so, alright". Done. He forgave to such an extent to show that He is now giving a turn to the spiral and now a feminine quality has to be developed among human beings.

But that doesn't mean that you start walking like women or developing waistlines. Because that's another stupidity. But to be "Motherly" Not to be fatherly, but to be motherly. That kindness that gentleness should be in your behavior towards each other.

Of course this force also corrects, sometimes also gets angry also. Mother also has to get angry sometimes, especially with people who never get all right with their behaviour. She has to be shouting, punishing, and sometimes She also destroys! It's alright. But that is sometimes, not all the time. So just now one has to accept that to be like the Mother Earth they have to be forbearing – "Dhara".

She is the sustenance of everything, she takes everything, the vibrations are sucked in. And now for the first time after realization, you can give Her back what you have got it, from Her. You can give vibrations to Her trees that are created, you can make them beautiful. You can transform a flower into a more beautiful flower.

Now whatever you have to give what you have got from the Mother Earth you can give because your Mother Earth is awakened within you now. So you return Her back everything that you got from Her and give it to others. "Generosity, the greatness of heart, nobility, forgiveness, love, affection, bearing everything for love".

And for the mother, to save her child, she'll starve herself, she'll do everything to save her child – complete dedication, she has for her child.

That's a real mother – I mean the kind of mothers you see these days, neither they are mothers nor women. But what I am saying that's the real image of a mother, and you have an image before you. So, this is what one has to develop now, whether you are men or women; as Sahaja Yogis you must develop a new consciousness of affection, love and compassion.

Getting angry, getting into a temper, shouting at people – this is not going to help you much. If you have to help the Whole, the growth of the Whole, try to make yourself a milder person – be angry with yourself that you are losing tempers and you are so unkind to others.

All the problems have come out of the overgrowth of the masculinity – overgrowth. It reaches a certain point, you see, it's reached such a wretched point now, that it has to come down. But also femininity, at a lower level, without realization could be very, very small hearted, chicken hearted, could be all the time

worried about her own child. That's what one has to change – is to have love and affection for every Sahaja Yogi, for every person.

When it comes to fighting others you are all One but among yourselves you can look after each other, tell them – say for example, something is paining in my nose here, I will just try to rub it in the same way.

But I won't try to cut my nose will I? Or bang my nose? So the feeling that other is myself; be kind and gentle – try to improve and help in that manner. I hope you have understood the whole thing.



## PREPARATION FOR BECOMING

*Winchester, 17.05.1980*

Your attitude should be of enhancing mutual understanding, mutual love and romantic feelings. But worse than that is 'dry feelings' – on the right-hand side you move. Then if you have a dry throat, you can not even speak. Suddenly you will find... finished. You just can't speak, because you are dried.

So the other side is where some people try some psychological tricks with their wives and husbands, like will not speak. This I am telling you, just an emotional side of life. I'll not talk to her. I'll not speak. They'll behave like this. "Dryness, that also kills the delight.

The one is overdoing of it, and one is not doing of it. You see, either you'll take sugar, which is one ton, ... or you will not take sugar at all. You will not take one spoon of sugar, not more, not less you see, to have the optimum delight of tea. In the same way, in life also, you should not take too much of something and too little of another thing.

Now, somebody who is married now, for that person, Indian women especially, the husband becomes the last one. Then anything else is zero. Then such women are useless. Or men that I've seen here, they are just mad on their women. For them also, life is useless.

So take a balanced attitude of the whole thing: is that it is, in you is the person who is loving your wife, who is also within you. You are your wife; you are your husband. Now, the wife who is your wife outside, if she just does not tally with the wife that you have within your mind, that should not upset you because that wife is always with you. Once this understanding develops you see your partnership ... the partnership of husband and wife could be absolutely perfect.

Now why I'm making it so light: for you to understand that marriage is not a serious problem, as long as you have your ideal with yourself and you don't try to impose that on your wife. Or, the wife doesn't try to impose that on her husband. Let the wife be a wife and the husband be a husband.

But the wife should not become the husband and the husband should not become the wife. If that happens, then I don't know how to correct it, because that's something absurd, if that happens. Now all that, the main thing one has to know is that you are married to have children. Not to be Romeo and Juliet anymore. You had better have your children and then the children that will be born to Sahaja Yogis are going to be realized souls.

Tremendous souls or energy. That's why you are married; that's why you are going to have children. Then, look after your children with respect, regard, don't spoil them and develop them in that love of Sahaja Yoga. Now, this we started with our Hamsa chakra. Now see, the Hamsa chakra is the left and the right to you. The left is woman; the right is the man. They meet at Hamsa. If there is no balance between the two, there is a problem. They have to be equal.

But they are not similar. Left is left, right is right. So the right must be on the right hand side, left must be on the left hand side. And here, when they come, they marry and this is the point one must know, that whatever the function of a wife is, she should do that first.

Whatever the function of a husband is, he should do that first. And then the secondary functions of life can be shared and understood. But it's not possible that the wife goes to work and husband starts producing children – he can't do it. And the other way around. So whatever is the work, is so important.

To be a mother, I think, is the most important. Today if you didn't have a mother, which father would have done this work – you tell me, which father?

Can you think of anyone? May be the father in heaven; but father on this earth, working with all Sahaja Yogis, let me see which one is there. Anyone of these fathers, you call them nicely to sit down on heaven and watch the whole show.

But who's going to do the work? Washing the dirty linen and washing all the napkins and things, is done by mother. She does this work with love and attention and with care. And she is the one who knows how to grow her children, is the job of a mother. So it's a mother's job, mother can do.

Father can sit in the heaven very nicely. All thanks goes to the father, while the mother is doing a thankless job here. Alright, it doesn't matter. It is so, so it should be

accepted; whatever may be the situation; whatever may be the position.

Now at Hamsa chakra this understanding must come, that you must balance both the nadis – the left and the right. A man is a man; woman is a woman. Alright, so the woman starts dominating the men; or a man starts dominating the woman – the balance is broken.

Once you understand, a woman is very important. Without a woman you could not have been here. Alright? Without a woman you can't be realized.

Man is very important, that woman has no meaning without a man. You see? Shakti has no meaning without God. For whom is She working? For whom is She doing all this? For God to be pleased.

If there is nobody to see the job, why you understand that both beings within us are balanced, understood, respected in their proper ways, and shared and coordinated – the personalities in proper understanding, respect and love – your Hamsa will be alright. You'll feel better.

So, you have to correct your ideas about marriage, about women, about men, about yourself – that's very important because it is a very big emotional thing. And, as the left side is weak, all people who have left side weak get colds and all the things that have to do with your phlegm.

So emotional side is to be properly nourished and looked after, and one has to know that your dignity is the most important thing. Anything undignified is not love. Love is very dignified and if you keep your dignity you will be amazed how you will be able to solve certain problems.



## CHAPTER 2

### WOMANHOOD

QUESTION:

How do you see the woman in the future of this world?

SHRI MATAJI: Great. Woman should not try to become men at all. It's horrid. Woman is a woman in her own dignity. She is like the Mother Earth. She does not know her powers, that's the only trouble. There is nothing to fight with men.



We are like two wheels of one chariot. Both are equal but not similar. A woman is definitely much more dynamic than man, if she knows her powers as a mother.

The other thing is the insecurity of the men and women, that they must feel attracted to each other, they must always be in such a way, in a very indecent manner, that they should feel attracted and that people should feel attracted, this insecurity goes away. You rise in your own innocence and you rise in your own glory and you are not bothered about this cheap type exhibition. You know that this kind of life that people lead is a very dangerous life.

...As I said, first the father, then the son and now the mother. There is no feminist movement in the heaven. Everyone is in complete concord. Still in the books of Essens they said that the Holy Ghost was the Mother. ...Now the Kundalini is the Mother principle. Is the Holy Ghost in you.

Now when we started double-upping new religious ideas we first talked of the Father. And then of the Son. And Holy Ghost has stayed in unconscious thing. Now, as you see today's situation is that a feminist consciousness is coming. But it is very wrongly directed. It is very misdirected.

The women or the mother-principle is the principle of the womb. Is the principle of the Mother Earth. Who nourishes, who makes us grow, who guides us through her magnetic powers.

But if the consciousness is to be on the right and has to be manly, we already have a lot of men. If women are trying to become the men it's a pendulum that is moving from this to that end.

But the consciousness is of the Mother, who has to come now to manifest. And that consciousness makes man compassionate, affectionate, nourishing, soothing.

But we do not understand this simple thing that unless and until this completion takes place in our consciousness we are not yet absolute.

About 100 years back or even later up to 50 years back you can say an aggressor was regarded as a big hero. But today a man who does work for compassionate reason or who feels one with the whole and tries to nourish them is regarded as the hero.

So when these two principles work out, then this Kundalini rises.



## ADVISING BRIDES-TO-BE

You are entering into a married life and you have been virgins so far and now you have to enter into the another life, of marriage. And it's a great responsibility on all of you to see that you make your marriages successful.

And you have to see that you behave in such a manner that you create a proper Motherhood within yourself, and a discipline that you want your children to imbibe and to your husband to have.

You have seen your Mother, own Mother – has been sitting for nine or ten hours sometimes at one place. Not even getting out of this place. But I've seen people,

that they can't sit for two hours at a place, even if they are meditating. And they get up, disturb everybody else and come down – this a sign that we lack in our discipline, that our parents didn't discipline us, that we did not discipline ourselves.

So now the first thing is that you have to have perfect discipline of your temperament and is a sign that you are people who represent this Mother Earth who has a special wisdom and a special power to express that wisdom. So all of you have to be 'extremely' careful that whatever you do will be reflected in the whole family and in the whole Sahaja Yoga system.

So now the first thing is that you have to have perfect discipline of your temperament and is a sign that you are people who represent this Mother Earth who has a special wisdom and a special power to express that wisdom.

So all of you have to be 'extremely' careful that whatever you do will be reflected in the whole family and in the whole Sahaja Yoga system.

Now, when you get married to your husband try to understand that you are the Mother Earth, and you have to give. And because you have powers, you can give. Because you have so many shaktis within you, you have to give. That means you are superior in a way that you can give. So that your ego should not stand up all the time and say "why should I do it? Why should I?" And then you start enjoying this womanhood.

So try to be a good mother, good wives, and responsible Sahaja Yoginis. Those, who, after marriage, try to deviate their husband from Sahaja Yoga are really the most cursed ones. You should have sweet tongue for others, you should be careful what you talk, you've to be responsible. You are special people that you are married in Sahaja Yoga. I hope you will keep this in mind.

... And Gruha Lakshmi is a very powerful institution. In India it is regarded as the highest in a way. More than any prime minister or more than any highest position. The Gruha Lakshmi's position in the spirituality is regarded the highest. Because, you see it is said that the Gruha Lakshmi is higher than... It means, who are realised souls of a very high level, avduthas.

But they can also, if they curse somebody, and even curse an avtara. But they have to be Gruha Lakshmis in full ways. That is, they have to be very open hearted, loving, devoted personalities. Now there are many stories about Gruha Lakshmis. In India we can tell you thousand and one where there are shown the powers of women. Women, as you know that we call them the embodiment of shaktis.

But the Gruha Lakshmi is the most powerful shakti. And she is the power of tremendous love and compassion

and forgiveness. The women have to learn that they have to play a particular role in life. Now of course, the women have to be very dharmic and chaste. They have to be innocent by nature, not cunning and crafty.

...For example woman has to be left sided. She has to be fatter, much fatter than man. She has to bear children. Even in animal kingdom if you see, all the females have lots of fat. They have to have fat because they have to sustain the child – they have to work for the child.

Now if you find a western girl, I see, she is so thin, and she has children, she has to do the household work and all that. And she becomes crazy. That's why she can't love her children, because she becomes crazy. There is no stored energy. All the tensions are go great in the west, to many tensions for nothing at all, very artificial.

... For example, now supposing if I become very thin, all my chakras will be exposed and I'll be in trouble. So I have to have a lot of water and a lot of fat, so that my chakras are protected. It depends on the function. And mother must have fat. If a mother doesn't have fat, the children feel the bones, you know. ...

And the women become mechanical and dry. I've read an English poem describing a mother. 'My mother as large as Asia'. A beautiful poem about the mother. So all these concepts about actress being the mother you see is nonsense.

And because there is no respect of women, who are really doing respectable work. I mean, then it happens, that women also start taking to this kind of nonsense.

I mean in this country where you know what woman's position is, she is a prostitute. So what will happen? They will like to be attractive like a prostitute. ...I mean the motherhood is the beauty of the woman. Mother-hood is the beauty. One should not try to walk against the nature. ...I mean the respectability is not given in this country to a housewife.

That's why people behave like this. But in a subtle way, housewife is very respect-ed in every country. Say for example, if I go to a party, I'll be respected as Mrs. Shrivastava, isn't it?

But if my husband's secretary goes there, she would not sit next to my husband, will she? Isn't it? And there's a beautiful woman who is a secretary and the wife who is not good-looking. In the society who will sit next to the husband?

I have the question now. I'll give you a personal example of the whole thing which happened in Hamburg, this thing, even in Hamburg and the top man of our services called the cabinet secretary. His

wife was a very smarty one, used to wear jeans, this, that and all the smartness of the world she had, so called.

And she used to wear dresses, you see, and she's a typical westernized sort of a woman. And of course for dinner she would wear a sari, but that, too a very showy type of sari. And we were invited to a dinner. Me and my husband and she and her husband. And it was a huge dinner, big banquet.

So she didn't come with her husband. She was busy with something, so she came later on or earlier, she came earlier and the husband came later. So when everything came, everybody sat as in protocol, he sits on the right, she sits on the left. Now her sit was vacant, nobody was there.

So he said, where's my wife? They said, your wife never came. No, I think she must have come. I am sure she has come because she said she will reach earlier, so she must be here. They said, I think your secretary has come, we call her and ask her. And it was his wife. They had put her into another room.

She didn't know German very well and she was trying to explain, I'm his wife, I'm his wife. They were telling her, we are waiting for his wife, you see, we are waiting for his wife. You see she couldn't convince them that I am his wife.

She showed her ring, she showed this. And they said all right, the wife is coming, alright. It was so shameful, I think. And even in the diplomatic circles I tell you. I mean, they are very gossipy people. And no one like such woman, you know.

I once went to C.P.'s office and people started buttoning up their coats and all that. So I told C.P. that why did they button up and all that. He said, suddenly when they see you, they have respect, you know. They can see you, there is respect on your face. And it is such a relief for them to see a woman like that. ... This is what it is. It is not the described form of appearance that is importance.

What comes out from inside is important. What is the total form? Now a Sahaja Yogi, say for example, tries to look like an actor or an actress, he will never impress people. Even the false gurus go on training how to look like a serene personality. Even pope has been that way if you see. Even lamas are like that. They try to make themselves look like a serene person.

And any person who is a Sahaja Yogi appears to be cheap type, cheaply available, cheap - type. Nobody's going to have this. So one has to be dignified as in totality. Such a person really automatically, spontaneously becomes a personality that impresses others by character, by everything, by a genuine expression. Not a hypocrite, but a genuine Sahaja Yogi.

That of course automatically also means you must

respect your being. Like you should not be behaving in a way that you don't respect your chastity, your sense of dharma. All these things you must respect. And as a result of that you will come out in an expression which will be very unique. ... So this is the situation now in the west we must understand.

That more attention is paid to outside, not to inside. We must be careful on that. Imagine, the women are like prostitutes, and the next day you find them as teachers. In India we can't conceive that, can't conceive such a thing, impossible.

See, also I was surprised by another thing. I guess a lady she is about fifty years of age or forty years of age or something.

She was divorced her first husband and she says I must have another husband, you see, at forty or fifty. In India, even if the girl becomes widow at twenty-one, she is so higher, I mean, she is so lofty, she doesn't bother much. And they are very happy without marriage.

But here you can't conceive of a woman, because your woman are not women, they are like men, you see. And men also. So many men don't marry in India if once they lose their wives.

They just don't marry. Because once is over now. But here they must have wives at forty, fifty, sixty. This means mother is sixty years and she is married six times or five times I don't know what. It's absurd.

...Because it is not wholesome. The relationship is not wholesome, you see, this is the problem. If it is wholesome - other woman, getting after another man. All this is finished, once you are married. Because if you have, say a method, like married life, you must feel as if you are in your home.

Like when you go to somebody's house, you feel you have to go now, you have to go back and it's not your home. I mean you have to go back home.

Like that marriage is. Now you have reached that destination. So now you settle down. Still you are running about on your destination, it's madness. Just try this. You will be amazed how it works out. Just try.

Like in the Islam. That time the problem was, that there were so many women and men died. So many men died because Mohammed had to face the tribal strives and tribal problems. In that so many men died and women were left. So few men were there that it would have started prostitution.

So Mohammed said, you can marry four women, marry. But there were young girls and there were no young men left at that time to marry because most of the young men were slain. So he said, alright, marry a young girl but marry.

The point was, main basis was that you must marry.

And this attitude of an incarnation is called as "samyachar", is that at that moment whatever is the problem to deal with it in that way. You see, now the times change then this samyachar has to be changed accordingly. For that you require wisdom.

Shivaji who is known for his chastity had to marry four times because of certain lays of work he had to do. And Droupadi had to marry five husbands because of certain promises they gave to their mother.

And Krishna had to marry 16000 women who were his powers because he had no Sahaja Yogini you see. ... In one lot Krishna married. He just declared that they were his wives in one lot. Because you see it now how he played.

He wanted to have his powers, as I want you to flow my powers, you see. So he said, that time it was difficult to get Sahaja Yogis or anything. So what he did, he got these ladies born in this area.

And they were all captured by one horrible rakshasa, he killed the rakshasa and got all the 16000 women and they were his powers and that's how he worked. And the five elements were also his wives.

Now imagine in this time of overpopulation I have so many children in the overpopulated land. And then people will say we should have so many children also, you see, as mother has. It would be absurd. So this is samyachar.

Like, according to samyaw I take coca cola because I have to be very normal. But that doesn't mean you should take coca cola to get your realization.



## HEART TO SAHASRARA

*Delhi, 09.02.1981*

A woman has to be a decent, gracious personality and she is not to take up this challenge. It is not wise, to take this challenges from men. At least, Indian women know that, most of them know. I hope so, they will keep it up. But the men must understand now, that they have to respect women.

If they do not respect their women, then the daughters that they have, will be coming o results that men will be shocked. One day they may even slap their fathers on their face, it is quite possible. All such things can happen in this country also. So one has to be careful. All I said is because these two centers are very

important. Shri Rama who is the deity of marayadas, of boundaries, how a human being must live.

All this life He never showed any special interest in giving realization to people but of course He destroyed Ravana and He destroyed many Rakshasas, but the main message of His life is a life of a dedicated husband who loved His wife very much who sacrificed this beloved for the sake of his being a good king. But just the other way round you find in this country were we think love is great.

We here, I've known of many ministers whose wives rule the family. Take sacrifices not there.

On the contrary, wives are so important that they can make the husbands just sit in their corner and nobody says anything about it... Nobody is going to bother who is the one, who is your son, who is your daughter or who is who.

So those people who try such things to think that their children are so important, they should realize, that it was Shri Rama who sacrificed His beloved when She was pregnant and He lead a life of an ascetic, remembering His wife.

This sacrifice was too much for Shri Rama, because He really loved Her, really could not exist without Her, it was too much. And then at a time when it comes too, Sita also left Him and She left Him in Her own grace and in Her own range. She didn't allow Him to touch Her body and She just disappeared like a woman has to do.

While in modern times it is not so. If the husband has harmed you, you go to the courts. She'll put him in the jail and she'll see that he is punished nicely. Why, because we were busy with other women. Now what I am saying is, if you think you love your husband, and that's why you are angry, he should have nothing to do with other women, why should you put him in the jail, why should you trouble and torture him.

So we have to complete sense of security and the conceit of man has to go away. That he thinks he is very important. Is not. It is both if they are together then the whole unity is important.

You can't live with one eye. You have to have both the eyes; if one eye thinks it is more important, that means one eye should disappear to see what happens without. ...If you do not have the sense of purity, about the relationship with other's you develop this left Vishuddhi.

With the left Vishuddhi, you develop lots of problems... comes...when people don't have a proper sense of womanhood and manhood. Is very common in England and other countries, western countries like America is much worse you can not make out a man from a woman.



You see the woman dress up just like horses, they walk like horses.

The whole thing is so funny, that you see this is big problem for us how to address and sometimes it happens like this that in a meeting I do forget all the time that this is a man; always go on saying 'she' than 'he'. 'she', even they say so: this is a man. I don't remember this is a man. Then it is such a problem.

So this kind of perverted attitude to behave like this- you see you are a man; behave like a man, you are a woman, behave like a woman. If you start behaving like a man or a woman, behaving like a man, and a man behaving like a woman, you see.

You must understand, your muscles are made the way you are. For example, a man can do lot of work which woman can't do. There is no need to be like Russian women who are doing these 'road rollers' what they call it. See they say that Russian women can do this, but I tell you, Russians, I don't want to say much, but when they shake hands all your hand goes out.

Men have to be men, and women have to be women. When the women become very arrogant and become very aggressive, then men also do overpower them, become even more. And then a sort of a competition starts and then they first become like donkey's, then they become like horses then become like..., then lions, then tigers and you get lost among them, you don't know what's the matter.

You see any film, you find nothing but fighting going on between husband and wife, as if they are married just to fight, they have no place to fight, so they are married.

All the time this kind of struggle and this kind of competition that goes about, has gives you a very bad Vishuddhi...

...The woman is known by the amount of sacrifices she makes. It's a challenge. I tell you, for all of you woman who are realized souls to see to it that you humble down yourself. Your quality can't improve unless and until you humble down. On everything you assert. For what?

It's impossible to worship the Virgin when we are so arrogant and so strangling type. The Virgin is a simple woman. She is extremely simple. She doesn't understand what are your plans and what is so important, everything. Her importance is her virginity. That she knows, and she will not allow anybody to touch. That is her property, that's her wealth, that's her greatness. And she's humble because she is not afraid of anyone. She is not aggressive. But she doesn't allow anybody to aggress; nobody dare aggress a real Virgin.



## SHRI MATAJI'S ADVICE TO WESTERN WOMEN

*Switzerland, 1982*

Now, this is in the west. Now, the women are intelligent and the women of the west being intelligent and educated have developed a kind of a very complex situation around themselves. These things have made them a kind of a man without manliness, and that is

why their whole behaviour becomes extremely odd. Sometimes I just don't understand, that the way the women are, they want to dominate men. But they don't understand by dominating you cannot create good relationship.

Now, to dominate a man one way could be just to go on behaving like a man, you see, pushing him around and all that, saying, "Don't do this. I don't like it. This is not good. That is not good". But that is not so sophisticated.

So, the other way is to all the time talk about the miseries of your past. "I'm like this, this is wrong with me". All the time she is sick. All the time she is miserable. All the time she is insecure. All the time she is so dependent, she needs her husband. She wants the attention of the husband. The husband must look after her.

Ultimately, I think the husbands must be getting absolutely fed up and running away from the wives. And that must be why the prostitution is so strong here, because at least the prostitute tries to please the husband and not to make him miserable, because she has to earn her living.

And I think it is just the other way round in India. There the men will fuss. The men will say, "This is not good." They will say, "we are sick and you must look after us", and all that. They don't say that we have to look after you.

They say that you have to look after us. And the women think that, because they are their wives, they are their shaktis and they have to bear it upon themselves and give them the joy.

Now, the women here have another very bad capacity, in Sahaja Yoga I have seen it, that they always say that the negativity attacks, all the time, for any rhyme and reason. Like just now somebody told me that when you have a child you feel more attacked by negativity because you are on your own. Imagine!

When you have child you have such a great company of your child. I mean, for an Indian mother, as soon as she is pregnant she feel the happiness. When the child is born, she feels the company of the child. For her nothing more is needed than that her own child is there and then, through her child, she learns how to love other children.

But here even when the children are born they put the same nonsense on them. "Oh, how bad is my husband, he has done so much to me, and how bad is this world, and how bad was my mother..." And this is how they try to dominate the children, making that child absolutely miserable. That is how we get to these "Les Miserable".

From where it has come? - The sources are here. Now,

if they are uneducated they are even worse, because they have a complex. If they are less intelligent there is another problem. They try to play all dirty tricks with the husband and with other people. If their husband has any relationship with any one they don't like it.

It is most surprising, isn't it? Like friendship; or if the husband wants to talk to some other men, - not women of course, women you can have some objection, - but I can't understand, that they don't like friends of the husband, to come in the house. It is the other way round in India.

The husband's friends are very much welcomed and looked after by the wife, and there is sweet relationship between them, and they call her the sister-in-law. It is very sweet. But here it is just the other way round. They just abhor all the relations of the husband, and this is something most surprising because the husband is not single.

All this relations are part and parcel of him. He is obliged to them, related to them, or he is attached to them, and of she really loves to husband, then she could accept the other relationships also. Then, all their lives they have lived like this, by making, I would say, a show that they are miserable, and they continue with it after they are married.

And in Sahaja Yoga also, I have seen the way they behave. Towards any calamity in Indian women will stand up. She is the one who will stand up, at the time of calamity. Otherwise she will not show. She is not on the scene. Nobody will know there is a woman working; she is not the one who will talk first.

For example, if my husband and I are sitting and there is an interviewer, he will say that this woman is deaf and dumb, she doesn't talk. Really, many people who have seen us together say, we never knew about you. Your husband never said a word about you". You see, like that, it is very common, woman just keeps outside.

People didn't know that I could be Mataji because those who had known me otherwise had never seen me talking, because you are not supposed to talk when your husband is talking, you just keep quite.

Here it is the other way round. If there is interviewer, the woman will talk first. The man will be sitting like a big mouse, looking round and opening his mouth a little bit to say something. The aggression of these women is very subtle.

They come up with such sinister questions, anything they say has a sting and then you get fed up of such a person and that is why there are divorces. The men of the west are much better than Indian men. They are not dominating. They understand the value of women.

They have given so much freedom to them. They have given so much prestige and honour. But if you give something to women, they should be capable of bearing it up, isn't it? What is the use of giving everything equal to them when they have no capacity to bear it? That is why it is such an imbalance. I find, for women the way they are so sinister about the whole of life.

Life is beautiful, full of joy, happiness, bliss. Morning until evening if you go on making some body miserable then you are against life. You are against God. This they must realize. The whole thing is that they have got equality without evolving themselves up to that point. It is rather like the Arabs.

They got the Cadillac's. First they were on the camels or on the donkeys, then they became rich Arabs and they had Cadillac's. Now, by sitting in the Cadillac you don't become a cultured man. You see, in the same way if women are suddenly made to feel, oh, they equal, this, that; they have not developed that panache, as you say in your language.

They haven't developed that sophistication. So the inferiority works out and they go on pinching the men all the time. Every word, and the tongue also doesn't have that sweetness.

In Sahaja Yoga it is compulsory that you should be happy, you should be joyous and you have to be joyful. There is no place for people who are miserable. If they try to go on with this they will have to get out of Sahaja Yoga. Take it from me. All of them will be thrown out. If you do not want to come up, you will be out for good. So, it is a challenge for all the Sahaja Yoginis in the west that you must be joyous. You must be happy people. Now, you see that in any case like this they build up their ego very subtly.

If you just say that, "No, that is not good", immediately they start crying, you know they are upset. Men don't know what to do, because these women have picked up their own images and they want to do whatever more than they do, and say "Do this, this would be better", they are finished.

They get identified with these things. So, you can't say that they are left-sided, but they are egoistical. And in this ego there is a sinister attitude by which they make the men and women and children miserable. So, this must be stopped now. Anymore of this misery is to be stopped in the west. Nothing.

What is this misery you have got? You should go and see the women of India who are smiling and laughing. They have children to look after. They have ten, eleven, twelve children to look after.

They have no money. Early in the morning, at 4 o'clock, they have to get a and take their bath because of conditions in India. They can't lay out like you

do. And then go to the well, fill the water and bring it home. You see – beautiful, see their faces shining. They come home, put the food down there, slowly weak up their husbands, put things for his bath, look after their children, clean the house.

By the time the children are up they see the clean house, you should see how much they work hard. And you will not know that they are working. Absolutely silent. You have seen how these women used to cook. Did you ever hear anybody outside? As soon as people are coming they are serene. They are looking after them. They are intelligent.

In India education is very strong. Most of the girls in India are at least graduates, actually at least. But there is no ego about it. They understand their position as wife and as woman, and they know that they are ones who are the source of joy, and they have to give that joy to others. Here the women don't understand how much they can give joy. After all your Mother is a woman and if She can give so much joy, why should not you be able to?

And this is what it is. I just don't understand, such a great potential, such a great source just cut. That is why, you see, the motherhood is looking, nothing else but the motherhood. The women are all right nothing wrong with them, it is the motherhood.

If the attention is all the time to extract others, it comes from some sort of very sinister idea. It is very repulsive. It is not that I have seen it once, but when I talk to them, I really feel very disgusted some times.

And I feel, oh God, these women when they marry what will happen? And when they marry, I see. And that is why the men here don't know what to do. You see, if you have any problem, a woman has to bear it.

Indian women have great courage. Like when the war started in India, a woman, who is a widow and a queen, she rode on horse herself, she tied her sari, she took her child at the back – she was a queen – and jumped from the fortress about a 100 feet down and she fought the British. She died, of course. The British killed here.

But the Britisher himself – the general – wrote that, "we won the battle, but the victory and the glory was that of Lakshmi Bai." Not only that but there are many women like that. Wonderful. But they would only show up if there is a calamity.

When things reach the cusp of just drama, that time they come up. Otherwise they are quite. You see, that kind of thing should be the womanhood, I mean, if I have to tell you about Indian woman, I will have to give you a big lecture. Really. And you have seen how they behave, how dignified and how sweet and... I

must take my hat off to them. They are mature in the womanhood in the best possible way, the potential of women. See they have worked so hard. If you remember a little girl who was married and she invited us for breakfast, about three years back, a little one, very small.

We had gone to a canal and she said, "Tomorrow, Mother, you come and have breakfast at my place", and I said, "No, it is too much. We are so many people, about thirty-five people. How will you feed us?" And apart from that the other leaders were also there.

"Oh, I will manage", she said, and when we went there she gave us such a nice breakfast. And all the neighbouring women – you see, they got up at 4 o'clock, did everything – and all of them in really great joy, that Mother is coming to our house and they were so enamoured about it.

That is called as "fondness" in India. There are no words for joy here. There are no words for different joys, but it is that fondness of people, and they were feeling obliged that we were eating. And I ate and ate. I said, "No, I am too full, I can't eat anymore," and they said, Mother, you didn't like anything, or what?" – and giving and giving. So sweet. And so many.

I think I told them thirty-five, there were fifty. Arranged like that also, and in a small little house, they arranged in front of the thing. Very silent, very silent. Very efficient, because of the efficiency, you see, of love, that they could manage it. It is so, sweet, and little, little things they do. It so much energy that goes in. so nice.

And this time I am going to write even to the Poona ladies, that they should arrange our food, not in the Rajwade Karyalaya and you will see how they will arrange it. They will get it all the best vegetables of the market, the best chickens of the market, and the best of everything and do the best that they can, put all their heart into it.

"The saints are coming to our house, the saints are coming to our house." The beauty is this, and despite this, many people think that Indian women are very much suppressed because of their goodness. They don't mind. They say our goodness cannot be suppressed. Goodness is a thing that is more important than suppression and oppression and all that. They don't take to all these nonsensical ideas. Not at all.

It is so nice. And then the husbands feel attached. You see, my daughter, now she receives her husband's phone calls practically every day from Saudi Arabia. Look at my husband. Now, he is an old man of sixty-five years. If you leave it to him, he will telephone to me ten times. I tell him don't telephone all the time, but he will go on telephoning. You see that is the source, so you want to talk and you want to have something.

But here it is the other way round, they want to extract from you. What is there for men to give? It is women who have to give. Women have to give. They don't realize their potential and they go on eating somebody's head all the time. How can they love him? They cannot.

And that is what I think of when I tell Indian men to marry western women. They shudder a bit, because why should they make themselves miserable? Just think, if they know about western women as they are. So, this must change. We are Sahaja Yogis. We have nothing to do with western ideas of women and all that.

I don't know whatever book I have read about western women, about the heroines and all that, they were never like this. This is something else I am seeing actually from what I have read. There is no need to imitate the Indian women, because you are Sahaja Yogis. You get it spontaneously. Just accept that. Now accept that. Whatever is the past is the part. You can do it.

Our job is to make everybody happy and joyous. That is it. That is our job. That is the source we have got. We are the source of joy. Accept this situation. We are the source of the joy, of confidence, of love, and affection, and kindness, and gentleness. Then, once in a while, if the husband does wrong you have a right to tell him. He will never mind it. But all the time if you go on coaxing him he will say, "Oh, this, permanent, mundane, everyday." This needed saying. Even Australian women should be told. This is very common. But they are very sweet, ah?

Don't trouble the girls, if they don't trouble you, then you should not trouble them....Alright. So I would say that our main thing is that how a housewife is important. The main thing is that when the husband gets up in the morning he reads the newspaper they get their first shock. So they are very upset.

Because newspapers always have horrible things in it. Now, after that if there is a nice wife she'll tell him: "Doesn't matter, it is not happening to us. Why are you so upset? First of all, you settle down and then the whole world will settle down with you." Then after that you have to go to work.

So they have no time, they just get into their trousers and running up the steps they go to the car without taking the breakfast and the wife runs after them with the breakfast.

And they are some way or another trying to push the breakfast inside while they are driving and there is jam on the road, they are upset and saying all kinds of things because they are getting late. Another shock starts.

...Now say in India perhaps people realized this long time back; so the system is, supposing your office is at 10 o'clock, the wife will get up at about 4 o'clock,

she will do all the cooking, everything. The husband will get up and we don't have newspapers like you; nowadays of course they are bombarding us but our newspapers are also, thanks God, censored, not so bad. We don't have dirty women's photographs and all dirty things. They have all, I mean censored.

So then she cooks her food in the morning time, she sits down with him with a fan and fans him and he takes his food. So the fan gives the rhythm, you see. And not using the fan for hitting them. So that makes the rhythm for the whole day and the husband doesn't go into hectic styles, you see. Then the housewife sets in the mood for the man and doesn't not discuss early in the morning horrible things of the household, you see, to disturb him.

But what she actually does is to create a feeling of peace in the household. So how she does it, by bearing up things, by absorbing things like the Mother Earth does, she absorbs. She is a very matured person and she can see the futility of quarreling and fighting and of unnecessary arguing. She is so powerful that she cannot take anything, she just gives, she enjoys giving. And the giving is her only enjoyment. And that is how she gets her energy from that joy.

...Now with Sahaja Yoga, with so many people over here I'm sure as your Mahalaxmi principle has been awakened I'm sure new activities will start. And that people will come to some sort of a middle path of progress as well as emotional understanding of family life.

But for this the women of the households have to understand, have to mature and not to bother their husbands with nonsensical things. And they should try to nourish their husbands. With this kind of an attitude I'm sure we will have peace, justice and prosperity in these two countries.

Also men must respect women who are respectable. Where the women are respectable and respected there reside the deities. Means the women should be respectable, they should not lead a life of an unrespectable character.

Understanding this vision I'm sure you will realize your great powers and your great position. So there is no domination of each other but realize that we are like two wheels of a chariot and then the two wheels are equal but not similar. For example the right can't be fitted into the left and the left can't be fitted in the right. But they are equal.

If they are not equal then there will be no movement, and just go round and round, fighting. But they are also not similar so if the left start come into the right it will never fit into it absolutely. Nature has made us with two legs, not with one leg.

So we cannot change our legs like that. But there could be horrid husbands and horrid wives, could be. And only in the religion of Vishwa Nirmala Dharma, only in this religion now we have an idea that under such circumstances they should divorce.

Only in this religion. That's an advancement or a degeneration, I don't know. Now the very simple method of enjoying a married life is to know that he is your husband and she is your wife.

Now if you consider this is my house, this is where I have to live then know that you have to live in this house happily. Not to hanker after somebody else house. This is the reality, that this is my house I have to live here and I have to enjoy it. But if I start seeing others houses I can never be happy. There is no end to it. It's a stupidity, what we have we don't want to enjoy and we want to have something else, then you can never be happy.

And in married life also, if you start seeing at other men or other women that they are better. I mean you have your own husband and your wife, enjoy among themselves. It is stupid to try to enjoy somebody else's which is not yours, it's stupid. So make the best of this life by enjoying it.

To see to somebody else's wife, somebody else's husband and all the time think, oh she could have been my wife, he could have been my husband, it's nonsense, it's stupidity absolutely. It's like you see somebody's hair. I wish her hair were mine. Why? You see the stupidity. Or her nose should be mine. This is your nose, alright? It's as stupid as that.

In the same way, your family, your household, your children are your own, your part and parcel. So if they're your part and parcel what there to grudge and rumble that I could not do this, you don't drink this, you don't do.. What is it?

This is my husband as he is. That's all. As simple as that, that just to say whatever is your husband is your husband. He is that style. What to do? You try to understand your husband also or your wife also.

You must try to understand how the husbands, you see, can be very funny with the wives. Like you see, men are men, they always have watches, they will reach the airport two hours earlier, they are like that, you see, very forward type of people.

They hurry up their wives, "come along, how much time you are taking, you take always too much time." Now men have to warn. They have no problems, they have solved their problems of dress, you see, it is very simple, the tailors have done the job.

They just put it on and walk out. They don't have to worry about the hair, they don't have to worry about things.

But the woman has to dress up in a proper way, she has to find out a proper suit to wear. Because she represents the colour and the beauty of creation. And the man is very anxious about his, say official relationship or whatever it is, forward all the time, shaking hands with everyone ten times : “sorry, sorry, thank you, thank you.”

And a woman is a shy thing, you see. She is not too anxious to create all these relations. So, she lacks and she pinches her, he pushes her, he gets angry with her. It's a wrong idea. Normally woman won't understand much of banking. That's after all you see is quite alright. If she doesn't understand banking is very good, then the man can hide the money. He should not!

Now the men are other way round. They can be very aggressive with women, but they too should understand what they have to change themselves. But the women should also know that they should never try to aggress their husbands in the presence of others. In the bedroom is alright.

The woman must understand also what sort of husband he is. For example I would say about my marriage you can see I got married the day my husband went to office and he came home, got married at 6 o'clock in the evening time and the next day he went to office and since then he went to office for years.

Till we came to London he didn't take even one day, even on a Sunday. That's my dear husband. And at home also now, he has to come on Saturdays and they are such big files he brings and works it out.

And according to him because he was worked hard he's got a big job. But I don't know what advantage I had from this big job. It's all disadvantage! But I didn't complain about it at all. All My life I never demanded anything.

On the contrary I helped him in his work. Wherever it was necessary I gave him company. And now on the 25th of this month is a horrid day called Maritime day. On that day I may have to shake hands with 800 odd peoples. And 800 drunkards walking out.

But he's entirely dependent on Me. The day I'll tell him now I'll have to take sanyasa, I'll have to do my work, the whole – everything whatever he has built up – image shatters down.

By no means he's a model husband, I must say, but in any case I would suggest that you have to be a model wife. Because you enjoy your own virtues, supposing there is a thief and he will say that I enjoy the virtues of an honest man and not mine. Then how will it be?

I mean we have to enjoy our own virtues, isn't it? Then another thing is the same with women who are chaste

and good and they are nice, you see, they make a big advert out of it.

If you think it is difficult for you, better give it up! Isn't it! I mean virtue is your ornament, it is not a noose around your neck. Only people who enjoy their virtues are great man.

They don't suffer it, they don't feel unhappy, but they are proud of their virtues. So this is what it is for you to understand now whatever are your qualities, for which it may appear that you suffer, it doesn't matter.



## NABHI & VOID

...In our old scripture it is written, “where the women is respected there reside the Gods.” But the woman has to be respectable also. If she is not respectable, no use respecting her.

But the way we treat our women in the village, especially in the North, like Bihar, U.P., Punjab – Punjab is not better – women have taken over quite a lot. But that should not be the case, women should remain women, but men respect them. What I mean is that women must be respected as they are. They don't have to change their places.

...Because we do not understand that woman is the Shakti. In her lies the Shakti, we have to respect the women. When the women are not respected, that country goes do the dogs.

And the women must know that they are Shakti and they have to be respectable, and not to be frivolous and cheap. The way Indian women are now taking to Western life, I'm really shocked, that means our tradition has no depth in it, that the way we have accepted all these nonsensical values of the West.

Where the West has gone to dogs and we are going to go to the dogs and for this I will hold the women responsible who behave so cheaply in the streets and in the offices and in the houses. These are the women who have to keep the dharma going.

Now with this, it is very remarkable what is happening? If the mother of the house is not respected, if she is treated like a servant, she has no place in the family. If the husband comes home from the office and shouts at her, the children can not respect her. They can not be disciplined, if the mother is not respected.

Your children can never be disciplined, you see now you talk of indiscipline, indiscipline everywhere. I remember when I was young, we could not do a thing



without asking our mother.

If we had asked our father, we want to do this, he would say; "Did you ask your mother? Go and ask your mother." In the family, in the house, she was the Gruha Lakshmi. She was given all the keys, all the money.

Not a single pie was spent without asking her. But these days the women have become either so miserly or so extravagant that men don't know what to do with them. It works both ways women have to be wise. They are the axis of the society.

That's only possible when they are realized. Suddenly I find, really the women become so beautiful, so beautiful and so woman-like and so sweet. Their tongue, their whole behavior, everything changes so beautiful.

Even western women I have seen, who walk like horses normally, if you see them, they really walk like horses. But they change their dresses and they become so feminine, so sweet in their talk and everything, then what will happen to Indian women.

But men must know they have to respect women, if they try to dominate their women they will become the same as the western women and you will not know what to do with yourself.

If the woman decides to be bad there is no end to miseries.

That should not be done, so please make it a short circuit and let us understand that for Sahaja Yoga it is important to respect the wife. So that there is discipline. Still I must give all my respect to the Indian women, despite all these things.

Despite that all the men have changed their dresses, all the men have become English. Indian women have still kept their dresses and their decency. Our men still think they are great English people but our Indian women are not willing to accept that situation.

I'm not saying there is something wrong with English, but if they are Indians they should be Indians, if they are English they should be English. And in the same way in our life when there is realization, a woman becomes a complete woman, a man becomes a complete man.

And a complete man we have got before us as Shri Rama, how he loved his wife in separation and in meeting. How he loved, and how they, despite all their love how they suffered. We have before us Shri Rama, where he respected his wife. ...

This is only possible when you get your realization, that the real joy of leading a very happy married life, extremely beautiful married life of mutual love and mutual understanding develops. I have seen this happening to so many people.

The relationship improving the relationship between parents and children improving, the whole thing becoming so joyous and so beautiful and the children becoming so obedient and so sweet. It's a beautiful thing.

So when the atmosphere is fragrant with your spirituality the whole aroma, the whole atmosphere we can say is completely charmed, absolutely charmed by your blissful life. This is the bliss we have to see.

...All of you should take it up. "Am I doing this, am I doing this?" Try to correct yourself.

You have to be decent husbands and decent wives.

.....You have to take this within yourself. It's not meant for others, as soon as I say to others, the woman will look at her husband and the husband will look at the wife.

They do not know it is meant for you and not for others. ...And I would like to see very happy married couples among Sahaja Yogis, and when this will happen, then the great souls will take birth on this earth.

You will see great people will be born. Already so many Sahaja Yogis have given birth to very, very great souls. You'll be amazed, they know Kundalini from their very childhood.

This will happen, I am sure, one day it will come that all the souls who want to take birth will be born on this earth, especially in India.

Already there are lots of great souls I have seen, also in England, let me go and see also in Australia. I am sure it is happening. But if you are a realized soul, you really become perfect parents and you really invite the great souls to come on this earth to work it out.

May God bless you.



## CHAPTER 3

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# PARENTHOOD MARRIAGE AND PARENTHOOD

Now one small point I want to raise, that always I have seen in Sahaja Yoga marriages fail on one point, which is very important. Is the point where collectivity clashes. When there is a clash of collectivity Sahaja Yoga marriages fail. Now you are married under Sahaja Yoga.

You are not married in a way the others married, and that's why one must understand that collectivity comes first, but you must love each other, must give time to each other, be sweet to each other, very kind, considerate.

Be conscious and aware that you have a wife or a husband, but first thing is collectivity. Not that's my child, my husband, my house, what should I do about this house, my house, my children, my house.

You have got a child. The love that you get for your

child or feel for your child you should feel for all of them. You have to be mothers for all of them. You have to be mothers of all the people, not of your own child. Expand your love.

Nobody can have respect for any woman who is not like that. You have to be just a mother to everyone. The wife becomes the mother and even the brothers of the husband are more...with the wife. So they go and tell her their problems because they can't face their elder brother directly.

So they go and tell the sister-in-law. The sister-in-law in her own clever way tells the husband and gets the problems solved. And the relationship has to be established when you are married.

When you are married, say there is a sister-in-law who is younger, who is not married, she doesn't understand about love and things, if she has a problem, say she is going to get married or anything, she will not consult her mother, she will last come and consult me, but she consults her sister-in-law.

It is a very sweet relationship that exists between the brother-in-law and the sisters-in-law, very, very sweet relationship, and all the time they joke and laugh, they are one.

Because with the mothers you have certain limitations, is a little formal with the mother. But with the sister-in-law is such a blessing to have somebody slightly older than you, with whom you can say, and that person goes and tells.

...He may be the most difficult man, it is the art of the woman, the beauty of the woman, how she manages her husband, because she's there for that kind of a job, and if she cannot do that, then she's failing in that part. So she has to do both the thing. You have to strike the balance between the two.

Sometimes husband wants that he should have the company. Alright. Give him the company as much as possible. But you should also know that unless and until your husband gives you the authority you are no one with others because it is he who has given you the authority to talk to others.

If he says no, you have to be with me all the time then you cannot say no. He has a right to have your company. So one must understand and strike a balance.

Do not do any thing to the extremes. You have to be very normal people. So as they say you must have children and don't hurry up, take it over properly and then have children when you have a proper place to live in, and then have children, is a good idea.

...So the basis of the strength of Indian women is their "sense of chastity". The sense of chastity in the Indian women is so great that nothing can deter them as long as they are chaste.

But if they are not chaste, then fear settles in them 'very' fast.

Chastity is the strength of women. And that is why, those women who have fear, mostly, have a problem of their chastity being challenged. A woman who is frightened that her chastity may be disturbed, also can develop a problem with the heart chakra. ... If you are a woman you definitely feel for your children, their death.

But after some time, such a woman comes back again and she accepts the life as it is, for the sake of her husband, or may be if she has more relations or other children. She becomes extremely powerful as a reaction to what has happened to her.

That is only possible, if your centre of heart is alright. Such women do not grudge, do not complain, are extremely serene, and can bear up lots of things.

They are extremely tolerant, and can go to any extent to help their children; but they are never spoiling their children. They 'never' spoil their children, because they understand spoiling is much worse than beating the child.

They never spoil the children, nor even pamper them, and never get dominated by their children. They know, "I have to guide the child, and have to look after the child." So, they look after all the ideals righteousness and the virtues of the child. And if he tries to get out of it, they go 'all out' to win him over back to virtue and to better life.

...This heart centre is caught up by various emotional problems in human beings. Husband and wife, if they all the time quarrel, there is always quarreling in the house, specially if the mother is very dominating, the child develops this centre. And if the father is very dominating, the child develops this—the heart itself.

So it is very important that husband and wife should never quarrel in the presence of their children. ...Like marriage, also some people come to Me and tell Me, "Mother, I am very happily married or unhappily married". The one who is happily married is equally headache as the one who is unhappily married. The unhappily one I can understand why is a headache.

But the happily married also says, "I must do something for my wife, I haven't done anything, I haven't bought her a diamond ring, I haven't done this for her, and this and that." But where is your attention. The whole attention is directed to that which has no meaning.

It's the same with the children. Children are not look after by you, they are look after by God. You are just instrument of God. The more you are with God, the better are your children. You know how to handle them, you are kinder to them, you know how to solve their problems.

You are looking after them better if you are getting your love from God. But if you are not interested in God, He is not either interested in you. That's the thing we do not understand, we think we are interested in God we do oblige in Him.

Exclusiveness or "we are now married, we should have separate place we should live separately", - it is all right, you must have little privacy as married people. I am not saying that. But as far as compassion is concerned, as married people you have to be much more compassionate.

But you will only worry about your own children, about your own comfort, about your own husband, about your own wife. In Sahaja Yoga there is no place for such people. It is all collective.

When you bring sweets for your own child, bring for their children in the Ashram. You are one family and all the family has to move with same waves.

I have told you before that we can't have separate food arrangements, separate this and separate that. In the same way we can't have separate standard of living for different people.

We all have to enjoy whatever is enjoyed by all of us. That should be so. And that should be achieved on material level. On emotional level any marriage, which is absurd, which makes everyone unhappy, is useless. But marriages are made to make everyone happy.

So before you decide to marry, think, that you are not playing tricks. Playing tricks in Sahaja Yoga is very, very dangerous. You are not playing tricks with your marriages, you are not trying to involve somebody else, thinking that Mother would forgive you and all that. I will forgive, but your ascent is difficult.

So do not try to play tricks anything that you have been doing before, but change yourself completely, transform yourself completely. If any mother ridiculous the father, the child will have no respect for his father. So also if any man ridiculous his wife, then the children will have no respect for the mother.



## CHAPTER 4

### ASPECTS

It's such a great day today, to meet you all. Today is a day we celebrate in India, where relationship between

brothers and sisters have to be established, they're very pure. Brothers and sisters relationships is without any lust or greed. It is pure relationship without any lust or greed. It is pure relationship where the sister prays for the self-sufficiency of the Kshema, well-being of the sister.

So this time you have to think of your other Sahaja Yoginis and Yogis who are like your brothers and sisters. You have to think like that. Purify your hearts. It's something funny in these countries you know that, there no such relationship exists. Purify your mind today on that point, that everybody else is my brother or sister. If you are married it's alright, but look at everyone, try to look at everyone as a brother and a sister. Both relationships don't exist. This is a funny country where there is no relationship which is pure.

It's such a filth, I tell you, if you read that, you can't believe it, such perversions; especially, innocent people like children are attacked. Think of them as virgins, be careful, and the young girls should know that they are virgins. If they go about with boys and they are Sahaja yogis, they are not. As a Sahaja Yogi you have to be chaste women, powerful. Chastity is their power and of men too.

After Sahaja Yoga men should become conscious of their power too. You see this was Nomadic times when the men used to go for hunting and women used to cook in the house. Men were supposed to have five women, they were Nomadic people, then they became sophisticated. Then the monogamy started which reached a certain point. Then again this kind of an abandoned life started, this is Nomadic life.

Now women also have become Nomadic. Men and women are all Nomadic and primitive. After sophistication they have become primitive, this is the problem, but now you have to become higher beings where there are pure relationships. Any relationships, supposing there was something in between me and this instrument, we cannot use it, any connection can be cut off, if there is something in between.

To have the best connection is to have pure relationships and it should be discretionary. Mother is a mother, father is a father, sister is a sister, brother is a brother, all these are different, various types of relationship, should be understood. Women must understand they are women and men must understand they are men.

Also relationship to yourself is very important, women should not try to be men, it's wrong, because basically they are different people, they are born differently. What is the difference? A man is more meticulous, he knows more about machines, details about it, a women will see the pattern.

Women will listen to the tune, men will be seeing to the instruments.

That's the nature, God has created you, after all somebody has to do this and somebody has to see that, both are beautiful. Nobody is higher or lower, but enjoy yourself as being a woman, enjoy yourself as being a man. But man does not mean that you aggress women, thinking stupidly that you are higher than women in evolution.

Or women dominating them they can put them right. They have never put them right. They have never put them right by that. They have gone absolutely cabbages, men have become cabbages, wherever women dominate, men become cabbages. They have not put them right. So both the qualities must be nourished and developed, and the relationships between men and women should be of pure love.

Once you start purifying yourself, these things will automatically work out, and you will respect each other, actually you are all Yogis. I have to respect you, and you have to respect each other. On the contrary I find there is no respect. You are all great saints, yes, you are. Respect, respect each other, you are not to talk harshly to anyone, to trouble anyone. Try to do as much as possible for others, this is the way we have to change.

Please try to understand that I have to use you the great souls, to save the humanity. You must grow, you must grow, you have to grow. There are people who believe that, "this is my wife, this is my beloved, this is this", and all that nonsense.

Why are you here? For what? - Or "My children, my household, my mother, my father," all sorts of wretched people around. If you cannot rise above that, you cannot help me, I'm sorry. You cannot help. You have to be very very strong people, you have to be people of very great valour and great idealism and noble ideas.

.....In recent times you have seen how the women have become very conscious of themselves. Of course they are absolutely misled. Absolutely misled. Because they think that if they become like men, then they solve the problems.

It's not so. It's a pendulum. You see you move like a woman to a man, man to a woman, it's a pendulous movement. What you have to do is to rise in a spiritual way, otherwise evolution is not there. Evolution is the spiral movement.

And it's not shown here how the Kundalini moves, but maybe later on I maybe able to tell you in details how the movement of the Kundalini takes place, and how the spiral movement of the consciousness has taken place so far. In the same way the spiral movement has to take place, that in your evolutionary process you must come above the man and the woman part of it.

So this is completely misleading business that “we dominate the men”. And when I say this many ladies left you see, the hall, they were very very angry with me that I was saying so, but it’s a fact. And the woman is the Mother, she’s in a way higher than a man, I think. She’s the Mother she has to nourish. She’s here for nourishment.

So the new awareness has to be that of nourishment, of compassion and love. For example, in the olden days for us Napoleon was a vintage hero. And now if you call any Frenchman a Napoleon he’ll hit you back, he can’t stand it.

Because according to him, he was very egoistical. So who is the hero today? Somebody like Mahatma Gandhi, somebody who is the manifestation of the womanly qualities, of the Mother’s qualities of compassion, love, of nourishment of this Mother Earth.

.....Don’t argue about Sahaja Yoga. You don’t argue with your leaders. You may be his wife but don’t argue. We’re having a very bad time from some of the wives of the leaders because they try to influence their husbands.

As far as Sahaja Yoga is concerned they have nothing to do with that; supposing you are working in some office and the husband is some great official and you are a clerk, will you correct the husband?

In this case the women have to nourish the organization, nourish their husband with love from their heart and not from their brain. I think it’s so great to have been born as a woman myself, because I can enjoy the heart, the emotions.

The emotions of my love, the working and the play of my love. It’s so great that no incarnation could enjoy that as I can. So the women should not feel degraded if they have to look after the heart. But they are in a way in a higher aspect. You can do without thinking but you can not do without the heart.

So the ladies should not argue with their husbands if they are leaders. And also one should not argue otherwise because I have seen if the women become argumentative, the men become deaf. They just don’t listen what women are talking. If they are very aggressive, the men become absolutely shut up. So the relationship with each other you must behave in a natural way, that you are a man and you are a woman.

If you become nor a woman and nor a man and you will see the farce. Imagine in this world, if there were only men or only women, what would have happened.

So we have to know that in our awareness we have to be conscious, how far we have achieved the consciousness for our relationship with each other.

That is the collective consciousness of the Virat, of the brain, that is of Sahasrara.

...All that attention has to become chastity which is your power which is your protection, which is your connection with the Divine. Not for forced chastity but a chastity of balance and understanding. With your family, with your wife, in a very chaste way you can live.

Same with women – is more women I would say, that they should not join hands with other men who talk against your husbands or who teach you against your husbands.

All such men should be thrown out of Sahaja Yoga who try to tell women against their husbands. This is a very sanctum sanctorum place where you should not interfere against the husband. Nobody has right. If there is any problem you should let me know. Is a sign of stupidity.

Men now should behave like men and not like women, those, like slaves to be tied with a rope whenever their women want them to. They have to lead the society. For the women’s rights in India the women never fought with the men. They never fought with the men because men are also fathers, brothers, and they are concerned about the well-being of women.

Women seldom fought there because they knew once they start politics of this fighting men, there’s no end to it. This is basically, they knew they have to live with men, they can’t fight them. But men themselves fought, even in America it was Abraham Lincoln who fought for the liberation of women, not women.

... The other movement is the blue side, blue is like the blue moonlight? So further romanticism starts, you see. Sitting in the moonlight, you see! The idea starts coming from Lord Byron. And they come into your attention, then it becomes very “strong passion” with you.

You think “oh, I am still, you see, I have to find out of my loves, you see.” And you go on in search of your loves and this and that. These things really are not giving joy.

That is why so many poems have been written, that love is the “most” painful thing, is worse than death and all sorts of poems are written like that, so why did you get in it? I mean, it is already written down. Books after books!

Still shy do you get into it? You are already warned about it that “don’t go after love, love is deception, love



is this, that, it is very temporary, it is for the little while you get that...”

By chance, if somebody could stop at a point by marrying somebody who is sweet enough and realized that love and marriage and all these things are in the “centre”, are like the fire in the kitchen, are like the fire in the temple, looks after it and does not overdo something about it, then may be that this may be utilized.

...There is the conception that you must have a romance before marriage. Without a romance, if you have a marriage, then there should be no marriage. I don't know on what conception it is based. But if you have the romance before the marriage, what's the fun of having the marriage? I mean it's like – if you have to give somebody a present, you hide it, you see; keep it to that date, and give the surprise to the children!

In the same way if you have the romance already done, what's the marriage? What's the celebration for? It's absolutely illogical. There is no romance in such cases. Actually you have seen that after the romance, the marriage and then the divorce. It's always like that.

Because you become stale, and you find that the romance you had before marriage was something, a fantastic fantasy that has dropped out, and now after marriage there is nothing left to enjoy so you are fed up and next month you are now in the divorce court. But the marriage that skip this without the romance kept all reserve for the particular day.

Just for that day when you are going to have the real romance, and real feeling of oneness, everything. In

India it's a very big thing, you see, the first night of the married people. And that's why your marriages – lost. You see the romance never finishes. Because it starts on the auspicious day with the sanction of the collectivity everybody taking interest in that romance. It is such a big thing to be married, all the people enjoying the marriage, and enjoying.



## GANESHA PUJA

*Switzerland, 1982*

.... Sex is not important for human beings at all. It is not at all important. It is only when you want to have children actually a human being who is of the highest level will indulge into a sex. The romance, this non-sense and all that doesn't exist in a pure mind. It is all a human creation – and the servility one has to that is so much surprising. It comes from a very low grade within us.

It comes from the low graded human beings that one becomes servile to it. You should be the master of that. .... How to turn your attention not to the maturity of sex. When the sex matures you become the father, a mother and a pure personality. When you here about 90 year old women marrying a 19 year old boy, I mean, you just don't understand this is, what sort of a society has been created in this world – this kind of a stupid behaviour.

We have to mature ourselves. That doesn't mean I am

saying austerity at young age, that doesn't mean that – another absurdity is that – but of course you must mature, you need a TAPASYA for that. .... Such a waste of energy, so much interest so much of a precious attention, so much auspiciousness is spent on this kind of a nonsensical thing. Just think of it, think within yourself.

What is your power? It is mental power, has nothing to do because it is just linear, it moves in one direction, falls off, comes back to you. It has no substance in it. It's just a mind projection, plastic.

What is your emotional power? Emotions that you have takes you where? See you have emotions for even good emotions you have. Say you do love your wife very much. Where does it take you? There was a poet called Tulsidassa, he loved his wife very much, she had gone to her mother's place.

So he could not bear it and to see her and he climbed over to her balcony and she got a fright. She said, "How did you climb?" He said, "You had put a rope there." She said, "no." and they saw it was a big snake hanging. So she said, "the amount of love you have for me, if you have that for God, where will you be?"

So where do these emotions take you – to frustration, to unhappiness to our destruction. The mental power gives you a horrible thing called ego which destroys others and the emotional power gives you nothing but crying, weeping and always feeling unhappy, "Oh, I have done so much of emotional investment on such and such person and what did I get?" So it is not about, it is relative.

So mentally you are zero if you can't destroy others, emotionally you are zero because you can't overpower people with your emotions. So what is your power? Where does your power lie? It lies in the spirit. But even before the spirit is achieved what is power? Is Kundalini? She is sleeping. Then what is your power? It is your CHASTITY.

The magnet within you is Shri Ganesha. Many people know that I have a great sense of direction that comes through this magnet which is perfect. This magnet is the one which keeps you sticking or adjusted or all the time pointed towards spirit if you don't have the sense of chastity, you will tangle this way, that way.

Suddenly you become a very good Sahaja yogi tomorrow you a devil. Because there is nothing that keeps you binding to the great idea of the spirit. Let's face it up, now the time has come for all of us, all the Sahaja yogis that the greatest thing within us is not sex but is chastity. And that's what will nature. It's very amazing how some people were behaving in Bordi.

I came to know about it, I was amazed how could they behave like this before the villagers of Bordi who are innocent, simple people. But the best part of it that when you indulge into frivolous and nonsensical behaviour insulting your chastity your really lack in the action of it.

..... And showing of all this. Any deep personality dose not show these things outside, of course I am told that here in the public school it is said that you never should show your emotions outside but otherwise you can show anything ridiculous or shameless. But now your emotions. What and absurd place it is, you have accepted all these values just like sheep without thinking about it.

...And people accept these ideas of these horrible Freud. Is basically wrong, whether it is historically there or whatever it is, better give it up. Whatever is wrong, is wrong in Divine. Whatever is right, is right in Divine. But there is a really objection that people when they go abroad, husband and wife, this that, they kiss each other and tease each other.

What is the need? You kiss that person and come and tell me against this person I have seen it. If there has to be some self reservation this has to be your chastity, your privacy, that's why you have no will power to do anything. No will power. Let some stupid fellow come and tell you something.

You'll say alright, you accept. What is the essence of your personality? It is your chastity! And in Sahaja Yoga you can reestablish every thing whatever you have lost, you can. That's why the depth is lacking. And that's the reason why there is no consistence temperament of people. No consistence.

.... So the priorities are changed because where is your attention. You have everything within you. You are the storehouse of chastity, which is your power. Everything within you. Nothing has gone has, it's all there. All the fragrance is within you. It all preserved within your self. Don't condemn your self. And you are so fortunate that I am here to tell you all about you. You are so fortunate I am with you.

Do you understand that point? You don't have to go to Himalayas. You don't have to stand on your heads, you don't have to do anything like that, you see, formerly these saints use to sit, you won't believe, in the cold frozen water or on the Himalayas in the open, they use to sit for hours together to freeze their nonsensical ideas. Now, that's not necessary.

It's all made very easy. But change your priorities now. The whole attention once goes to your own spirit, you will be surprised the whole chart will change ...If the father and mother don't have chastity the children don't feel alright, they don't feel peaceful, they become restless and then they develop the same restlessness within themselves.

A chaste man never can get possessed, take it from me, can never get possessed. You might be a great writer but you can get possessed. But a chaste man, an ordinary chaste person can never get possessed. Bhoots are afraid of chaste people. If one chaste person is going on the road all the bhoots run away.

...Negativity within us disappears in the light of Shri Ganesha. You can see it so clearly in another person. If you don't have chastity you can never see who is unchaste or chaste. You can't. Everybody is just the same, very good, very good, very nice person, very nice person.

I meant really possessed peoples are certified as very good people. In Sahaja Yoga also sometimes. And I start wondering what's happening. What is it? How is it that people are certified as that. Can't they feel it.

There is no light. Even if you get your realization, even if your spirit is working out, even if you are giving self – realization to others, you are no where if you have no chastity. That's like a broken glass which is trying to reflect something. It can never give the right picture. It's so important. The time has come for Me to tell you this.

.... Of course marriage I call it on auspicious thing, marriage should be there, there should be a collective sanction, everything, but for what? To adore the chastity within us. Then you are married, then you have children then you want to have a house, then this. And the light of your life dose not spread.

But I knew people who just have been in the hell and have come out and spread like beautiful meteorites. Meteoric heights they have achieved, I have seen people like that.

.... So respecting your chastity is really respecting Me. Because I reside within you as chastity. If Shri Ganesha is the auspiciousness, I reside within you as chastity. Chastity is never aggressive, is never harsh, because there is no need, you know.

No need, you are so powerful, just so powerful that there is no need to aggress any one. Why should you aggress, you're not frightened of anyone. It's so generous, it is so kind. It's so beautiful, always fresh and young, yet so sublime and so dignified.

...Chastity is faith. Chastity is the consolidation of your faith. When you have faith inward you are chaste, when you have faith in yourself, you are chaste. When you have faith in your wife, you are chaste. When you have faith inward, you are chaste.

Why should you have faith in your wife because you are a chaste person. How can she be unchaste? You have faith in your child.

This lying form of faith is chastity. And that you can have before realization. Many have. Chastity acts into

faith. If you don't have chastity you cannot have faith in anything because either you are dealing with your emotions that means you are emotionally attached to Me or may be you are mentally attached.

But if you have sense of chastity, a faith will be apparent within yourself, you don't have to have faith. " Now Mother, I will have faith in myself". You can not.

...So today we are not going to look at the stars, in the moon, but we are going to look at the Mother Earth. In the universe she represents the kundalini, she is nothing but chastity. She's just chastity, can you believe it? What a power. Motherhood, everything is chastity. Fatherhood, any relationship is chastity.

Purity is again the fragrance of chastity. Goodness, compassion, everything comes from chastity. A sense of chastity which is not mental, if you are mentally chaste you can be horrid. Like some of the nuns are, or some of these people who are austere, not that.

Chastity is the innate, built in kundalini within you, which acts, because it understands Me, she knows Me, he's part and parcel of Me. Is My reflection. So make your kundalini strong by being chaste. People try to do things to look very attractive, don't waste your energy like this, you are saints. Live like saints.

Traditionally as we live we have to live that. Evolve out of the tradition. Don't do something new, absurd, nonsensical. You don't have to attract anyone. Chastity is the fragrance in the flower which attracts the bees, is the honey of the flower, is the essence of our existence.



## OCEAN OF LOVE

*Hampstead, 25.6.81*

If you feel that you can get happiness from your wife it is an absolutely wrong idea. You can never get happiness from anybody else but from yourself. The joy comes from your spirit not from anybody else. Now supposing a Sahaja Yogi has married a person who is not a Sahaja Yogi.

It's a wonderful study, you can study a person so close who is not a Sahaja Yogi – how he is prankish, how he goes into tantrums and how he behave – you get a regular idea about see a sort of role being played by someone – you start seeing the whole drama much better.

Supposing he is a Sahaja Yogi may be, (although this is a little different because there won't be any problem or quarrel) you can see the person how he behaves, then you understand, you understand why you behave like

that and what we have to do, what are the problems and how to make the arrangements by which these people stop going into these holes and getting stuck up into it.

You start studying, and when you start studying like that and not getting angry or impatient with the person who is your partner then you'll start enjoying.

But if you start getting impatient, and in the beginning Sahaja Yogis do feel impatient with their partners because they are not Sahaja Yogis, they think that these people are lost now.

What should they do, will they be able to get their realization and all that? Instead of that, if you really develop properly, if you grow properly, you start seeing it in a different angle, you say – oh, that's the way they are. You then start generalizing all this, then you don't say "This is MY wife, she should have that; this is MY wife".

Some people think that because somebody is YOUR wife, she should be a perfect personality because she is YOUR wife and – what are you? Are you perfect?

Why do you expect YOUR wife to be that perfect. If she has kept one thing here or there or he – it can be either way – I mean he or she, it does not matter, whosoever has done so called mistakes. Actually it comes because you think you are absolutely perfect, on top of the world, you see, and that's why you try to find faults with another person.

When you are Sahaja Yogi you realize that YOU have to grow, YOU have to mature and how can you find faults with people like that, only thing you can do is to study the whole thing because the whole thing becomes a drama, only a big drama. You start seeing the whole thing as a drama and it doesn't behave the way you want things to behave.

As if these circumstances sometimes engulf you and you can become frantic. I think here people, you see, because the husband came late so the wife hit the husband or beat him or some-thing like that – you see how funny. She was angry because he came late or whatever he did, was because he did not love her.

She felt that it was true that he should love and to love should you kill the husband? Then who is going to love you? This kind of thing, you see, starts being very, I should say, paradoxical behaviour. They are so paradoxical and the whole thing becomes so apparent and so vivid when you start seeing it through your spirit, because you are not in it, you are yourself.

You are not now the husband or wife or anything, but you see yourself as a husband – another person for the wife, or you see yourself as a wife – another person for the husband. It's a very different thing and then the whole thing becomes such a drama and such a beautiful

poetry that you start seeing and feel that the whole Shakespeare is coming before you or a most dramatic thing is happening to you. ...

Try, men to form your own group of men and women should form your own group of women. There should be no instructions to women from men too much. Is not proper. I have discovered so many funny things. I can't understand how these things work out.

But, it is because one side you feel your family is too much, your husband is too much, you must be absolutely secluded from all the rest, or on the other side it is that you give up your husband completely.

... Be generous. "The person who is a generous person, for him the whole world is his family". So expand yourself. This is my family, this is my wife, how can I live without my wife or my husband, my child – "my" – this will not help you. This will tie you down completely.

This is a very subtler thing you start because now you are receding back. First you gave up your family, gave up your children; gave up everything, came to this extreme; now you are going back. .... Now different people have different type of aggressiveness. For example, men don't discuss, you see, they just slap you – finished.

They don't argue, they don't like to argue, at a point they will go and they will just hit you and finished. But women are very good at argument – and very aggressive. Very aggressively argumentative. "so you don't argue" is the second point. If you are argumentative then know that you are not yet there where you have to be.

A peaceful person goes to a point and then argues it out. If you are argumentative then your progress is not alright.

.... What we have to do in our day today lives, in simple relationships even husband- wife, children – parents; are you becoming silent within yourself, are you nourishing it with your silence, with your compassion, or you are supporting something which is absolutely anti – God.

If you become the ideals, the power of ideals itself will make you so dynamic that you don't need to consult anybody, you become the ideal.

They are like torches, your ideals itself will be enlightened. So the first attitude should be how do we deepen ourselves, that should be the first attitude. Now say, husband and wife are quarreling, morning till evening. They can't be Sahaja Yogis. Absurdities. If they are quarreling they are not Sahaja Yogis, take it for granted.

Now, what you have to do, if two persons are quarreling, the one who is a Sahaja Yogi will leave that wife and have nothing to do with that out, detach completely from it, just do not talk to that wife. Don't discuss, don't bother about it, just detach. If the son is like that, detach.

After a point, but no quarreling, no arguments nothing. Complete silence, a silent protest must be developed.



But in that silence he should not be a cowardly person. So may be people are coward and that cowardliness they think is their silent protest. A person who is really powerful will not be aggressive but will not also take aggression.

.... It's not a matter of convenience to come to Sahaja Yoga. You have to cross the Himalayas. If you read the lives of the people who tried to travel up to Kailasha, you will know what hardships they have gone through. I've taken you very sweetly very delicately up to that point, but don't get spoiled by that.

You will all fizzle out into thin air unless and until you are in the "Nirvikalpa" state. Because 'my husband is like that', 'my wife is like that', 'because my child is like this' – you are not going to be excused. Whom are you telling – your own spirit? Tell your spirit. Does it understand? It takes away your vibrations, it takes away your joy, it takes away your position.



## ROLE OF MOTHER

"One has to remember that motherhood is very important. It is the mother who created this universe, the father was just a witness". *Shri Mataji Nirmala Devi*

Mothers provide the stability of the roots of the whole of society. If the mothers themselves are unbalanced, then the society itself will be unsteady and not flourish as is now happening in the West.

How do mothers achieve this stability and balance?

1. First and foremost, their chastity must be guarded

and respected, not just on the gross level, but so that they remain faithful to their husbands with their eyes and their minds, and similarly their husbands should not look at other women with "wandering eyes" or flirt with other women. The way women in general dress is very important in keeping the attentions of free from lust. Clothes should be elegant and feminine, and not in any way vulgar or cheap.

2. A young girl will lose her wisdom with the loss of virginity before her marriage. Her life there after becomes structured by ego-pampering romance which bear no relationship to real love, and which allows no room for spiritual growth.

3. The dharma of family life must be established as based on the ten commandments of Moses and the teachings of other incarnations of the Adi Guru Dattatraya Pure knowledge, which leads to spiritual evolution, forms the boundaries of these teachings. In other words, what is right behaviour and what is wrong behaviour has to be established and thereafter the right behaviour has to be adhered to. So the children growing in a family will learn both from example and from what the parents teach them as to what is correct behaviour. A mother's job is to constantly cleanse and correct the child with forgiveness and loving care, but above all to show the child the correct pattern of behaviour by loving example. The child must be not physically nourished but provided with emotional security so as to allow his spiritual development to take place from the background of a dharmic family life.

4. Fourthly the relationship of the woman with her husband should be correct and based on that of Shri Rama with Shri Sita, who was a loving and obedient wife. Women should take care of and nourish their husbands and provide them with a clean and orderly household. They should feed their husbands the food they like, and they should not be bossy or aggressive to their husbands.

Wherever possible, the husband should be breadwinner and the wife should maintain the household. In turn the husband should help his wife to raise the children and provide his wife with financial and emotional security, and be absolutely faithful. Their relationship should be loving and never lustful and any display of affection should be kept sacred and private between the two and never shown in public. Also the husband and the wife should treat each other with respect so that the children can see this and grow up themselves respecting mother and father in a proper way. This will provide a proper atmosphere for the growth of their own self respect also.

5. A woman should maintain absolute purity in her relationships, so that true brother – sister relationship develop, and she should never possessive of her husband, but should enjoy sharing him as a father or brother with others. Provide his relationship with others is pure there should be no enjoy. Elders in the family should be treated with respect and the children should never be and teased in any way. Mothers should discipline their children, perhaps even more so because they are realized children, and thus vulnerable to over development of the ego. These children are not deities and should not be treated as such, but should be corrected in their behavior when necessary.

6. A mother should develop her own qualities of forgiveness and compassion, and treat all children with same love compassion as her own.

7. Finally, we are immeasurably blessed to have with us on this earth The Adi Shakti Herself, The Greatest Ever Living Incarnation of all – that is meant by the word 'MOTHER'. We who are so fortunate to be born as women must not only follow Her example in our daily life, but through meditation on our own Kundalini, deepen our roots and imbibe Her Qualities deep into the core of our very being.

We must aspire to express the Qualities of Divine Motherhood in our own life, and to carry the Divine Vibrations of Mother's Love into our homes and to our family, and to all mankind.



## FROM THE RAMAYANA

...So king Janaka himself married Rama to Sita. He said, "Ramachandra, Rama like moon, take Sita as your companion in the living of your life. Look at her, never see enough of her, cherish her with the eyes of love. Sita, love him will forever, walk with him as his wife and follow him like his own shadow forever. I marry you".

...Janaka told Sita. "Her father protects a maid, but once she is wed, she must ever take the safety of

her lord. You leave me now, but never your Mother (Earth)." "Rama went alone to Sita and said, "The time will quickly pass, you will soon see me return". She answered softly, "It is very strange, my Lord, that you alone among all men in the world have not heard that a wife and her husband are one." "There is no happiness in the forest", said Rama.

"There is danger. Lions roar and keep pitiless watch from the mouths of their hall-caves, waterfalls crash and pain the ears and so the wood is full of misery." "Surely your fortune is also mine" said Sita. "Enraged elephants in their fury trample men to death". "Kings in cities execute their faithful friends at any hour, day or night."

"There is little to eat but wind fallen fruit and white roots." "I will eat after you have taken your share of them". There is not water, vines shut out the Sun, at night there are but hard beds of leaves." "I will gather flowers." "Creeping serpents slither across the trails and swim crookedly in the rivers awaiting prey."

"The wayfarer will see flocks of coloured birds fly and disappear into shady trees." "There is always danger and darkness and great fear," said Rama. "Scorpions sting and poison the blood; there is fever in the air, fires rage uncontrolled; there are not dear friends nearby and so the wood is full of misery."

"It's Ayodhya that would be the wilderness for me without you," said Sita. "Your bow is no decoration, your knife is not for wood chopping, your arrows are no toys, but keep me from your arguments. We will be together. The water will be nectar, the thistles silk, the raw hides many coloured blankets. I'll be no burden. Rama, I depend on you. I cannot be cast away like water left in a cup. Dear Rama, I am the humble dust at your feet, perfectly happy. How will you avoid me?"

... "Then come", smiled Rama. "You love me and I love you, what more is there? Without delay give away all our possessions that we won't take with us and get ready to go. Rama loved the deep forest. One early morning he and Sita went for a walk above their house, by wild rose trees and shady lilac. Hill flowers carpeted the meadows. Sparrows who live only on rainwater sang.

From the soil the trees had drawn ores and minerals up through their roots, so that and their trunks and branches there were gleaming streaks of gold and quicksilver and bands of blood-red ruby dust glinting from right within the bark. Sita walked holding Rama's hard arm that was her pillow at night. With her walk Sita rebuked the wavy gait of swans. Wherever she went, Sita, of slender waist, was always at home in Rama's heart, sheltered by his love, as the path they followed was sheltered over by the trees."

... I will tell you a very sweet story of Shri Krishna and Radha and then I will go away. Once it happened that the ladies who were married to Shri Krishna got very

jealous of Radhaji. And they told Shri Krishna that you don't love us. On top of that Shri Narada came to put more oil on the fire. That he said. "He really, I believe, He never cares for you, He just likes Radhaji. He is not bothered." So Shri Krishna, as diplomatic as He was, He started saying, "Oh God! I have terrible pain in My stomach, now what to do?"

So they said, now what to do? He said, "It is very simple. You know any one who is my Bhakta (devotee), if you can give the dust of your feet to Me to eat, then I will be alright." So they got a fright of their life, you see. As it is if I tell you anything, you just want to give your solutions every time.

Nobody listens to Me. If I say go here. "No, no, it is better to go that way." Come here "No, no, this way is better". Everybody has a brain wave about it. Does not matter. So there they had brain waves. They said you see why don't you take some medicine?

Then somebody said, "We will call the Vidya". He said, "No, I know for definite that I cannot be cured by anything else but one thing, that you have to get the dust of one of my Bhaktas, and I will eat". So everybody started looking at each other, you see. As some of the Sahaja Yogis do when it comes to paying! They never heard it. Some of them. Never heard. Better.

You see, it is very tricky nature. So they said now what to do. If we do not cure Shri Krishna, He is just wailing and what to do? Shri Krishna said, "Have some pity on Me, give Me some dust of your feet." So He said to Narada that you go and ask Radha to send dust of Her feet. So he went to Shri Radha. Shri Radhaji was in Vrindavan, and the soil of that place is yellowish in colour like Keshar, like saffron.

So he went and told that Shri Krishna is very sick, He has got a terrible pain in His stomach. She got a fright. She said, "Really? How can that be. I cannot believe it. So what does He say? What treatment can He take?"

He says anyone of His disciples, anybody of His Bhakta,

if they send a little of the dust of their feet, He will be alright. He has to take that as a medicine. So She said alright, take the dust of My feet. He was amazed! He said, "What are you doing? You understand, if you give Him the dust of your feet, then all your punyas (merits) will be lost. He is playing some trick, you know. Just don't try this thing." She said, "nothing doing, you better take it."

But he said, "what about Your punyas and papas." She said, "I know one thing, it is He, who looks after My papas and punyas. I have not to think about it." So he took the dust of Her feet which was absolutely yellow like a saffron or like a pollen of the flower. And he went and gave it to Shri Krishna. Shri Krishna said, "I knew Shri Radha will send, now let Me eat it."

He said, "You can eat, but you have to answer the question, that Shri Radha has said, that you look after Her papas and punyas. How is it? How can it be? What does that mean? That you know what is punya and what papas are and She is not bothered about it.

She has not to worry about Her papas and punyas." He said, "Alright, now let Me take the medicine." He took the medicine and He said I better sleep. And Shri Narada saw the heart of Shri Krishna opened and in the heart was the lotus of a very beautiful pink colour.

On that lotus was lying Shri Radhaji. And Her feet were rubbing against the pollen of that lotus and the yellow of the Vrindavan clay was the same colour as that. And then he realized that when She is touching that lotus with Her feet, what does it matter if She gives the dust of Her feet to Shri Krishna to take. She is in His heart.

When Her feet are in His heart, what does it matter? And that is how they realized that Shri Radha's love was so great that for Her She did not think of Dharma-Adharma, but just to be at the command of Her Lord, She acted, and that is how She had a place in the Heart of Shri Krishna.

May God bless you





## *Marriage Vows*

**Bride says :** I will help to keep your Mooladhara Chakra in order. You hand over all wealth which is in your possession, I will take care of all those things. You should only eat the food that is cooked by me or your brothers and sisters and if taken outside the home, you will vibrate it. I will be loyal to you and you will be loyal to me.

**Bride says :** I will do all household work with my physical and spiritual powers. I will live with love and affection. You should help me in my work and I will help you in the work of Sahaja Yoga.

**Bride says :** I will keep my Lakshmi Chakra in order and you will respect my Lakshmi Tattwa, this will keep your Lakshmi Tattwa in order. You should give account of; all you bring home, nothing will be hidden.

**Groom says :** I will give you happiness and peace with love and affection but you will also have to think about my happiness and peace. We will consult one another when we leave the home.

I will not discuss or think about the past and you will not discuss or think about the past.

**Groom says :** You should take care of me and my children and you should respect and welcome other Sahaja brothers and sisters when they come to our house.

**Groom says :** If I commit any mistake while doing Sahaj Yoga you should excuse me and I will excuse you.

**Both say :** Shri Adi Shakti Mataji Nirmala Devi has put us in Holy Bandhan by our by our marriage and this is very great fortune by this act of Mataji as Mahayagnya.

We will offer everything to Her Feet that is our health, wealth, mind and heart.

We will take an oath that we will be loyal to each other.

We will work to increase Sahaj Yoga.

We will bring our children up in Sahaj Yoga and that is our duty.

*Jai Shri Mataji!*



Dear Sahaja Yogi and Yogini

This reminder of your most auspicious marriage is offered with love and best wishes from your brothers and sisters who look forward to sharing the joy your marriage will bring to HH Shri Mataji's wider family.

Thank you for allowing us to be part of your ceremony and enjoying the Divine vibrations and attention HH Shri Mataji brings to these special events.

May your lives together be constantly showered with Our Holy Mother's blessings and may you continue to grow in Her glorious gift of Sahaja Yoga.

Jai Shri Mataji!



This Marriage booklet was presented to the Marriage couples at the Australian Easter Puja Seminar held at Her Holiness Shri Mataji Nirmala Devi's Balmoral Ashram (near Sydney) on 4 April 2026.

With love from Sahaja Yoga Australia.

A colour version of this booklet can be downloaded from  
[sahajayogapujas.com/easter2026/marriage-booklet](http://sahajayogapujas.com/easter2026/marriage-booklet)

