

THE GURU

BEING YOUR OWN MASTER

QUALITIES OF THE TRUE GURU

True gurus are firmly established in the state of Self Realization. They are defined by their identification with the Spirit and by these qualities:

- Self-awareness, gravity, discipline, courage
- Control over the body – physical comfort is unimportant and irrelevant
- Control over their behavior
- Detachment and purity
- Compassion, love, devotion, and patience
- The ability to awaken the qualities of a true guru in others

FALSE GURUS

A “guru” who is not a real guru can block or damage certain chakras through inappropriate exercises, mantras, lifestyles and nutritional practices. Anything that rules us and takes control of us can be called a false guru; an example is drugs or alcohol.

False gurus dazzle their followers and sometimes hypnotize them. The disciple of such a “guru” turns over all his money or personal possessions to the guru or organization. The false guru seeks wealth and domination since he is not the spirit. The result for the followers is the loss of all self control and the destruction of individual identity.

The influence of false gurus and of false spiritual practices can be eliminated with the simple techniques of Sahaja Yoga.

After Self Realization, we can use our hands to distinguish a false guru: we experience extreme heat coming from the hands.

THE PRIMORDIAL MASTERS

The ten Primordial Masters were very special gurus. They introduced *dharma* (guidelines for

righteousness and self-control) to society during their lives. They lived on the earth to serve as an example and to guide us spiritually.

Not only did they live amongst humanity, but their principles exist within us. The ten aspects of the primordial master, or Adi Guru, are: Moses, Mohammed, Confucius, Zarathustra, Guru Nanak, Abraham, Socrates, Lao Tse, Sai Nath of Shirdi, and Janaka.

EACH OF US BECOMES OUR OWN GURU

The guru principle is located in the Void, the area around which the swadhishtana chakra moves. On the physical level, the Void corresponds to the break in the nervous system at the vagus nerve near the nabhi chakra. In Sahaja Yoga, we call the Void the “Ocean of Illusion” (*Bhava Sagara* in Sanskrit). The Guru allows us to reach the heart (the Spirit), which is located above and beyond the ocean of illusion.

Through daily practice of Sahaja Yoga meditation, we awaken and strengthen our own guru qualities. We naturally start living a life of *dharma*. Without any strict guidelines imposed from outside, a “Sahaja Yogi” obeys an inner code of right conduct.

We discover that a life of joy and satisfaction is one in which we live within boundaries, with self respect and respect for others. We become models of appropriate behavior at all times, always acting with decency, fairness, integrity and generosity.

Our “guide” is our vibratory awareness, and our Kundalini provides us with the power necessary to achieve our goals.

When we become our own guru, we develop the discipline to meditate, and to change.

Shri Mataji is our Guru, but she is also a Mother and therefore a compassionate teacher.