

# THE WITNESS STATE

SHRI MATAJI NIRMALA DEVI, GARLATE, ITALY, 6 AUGUST 1988 (EXCERPT)

Then also your tongue improves. For example, some people are very sarcastic by temperament. They cannot say something sweetly. All the time they are sarcastic, saying sarcastic things. Some people have a habit of abusive language. Some people are extremely beggarish type, all the time talking in a very beggarish manner. There's no dignity, there's no sweetness and there is no self-confidence for some people.

Some people even stammer. Some people cannot stand on the stage and give a lecture. All these things drop out as soon as your vishuddhi chakra improves.

This is only outward. This is the outward manifestation of the vishuddhi chakra's improvement within yourself, through the awakening of Shri Krishna on vishuddhi chakra.

But what happens really is that, inside you, you become a witness. You become a witness in the sense that all that is disturbing, all that is troubling you, all that is a problem—you just start watching it. You start witnessing it. You start seeing it, and you do not get disturbed.

That seeing, that witnessing state has a tremendous power. Whatever you see without thinking, your problems get solved.

Any problem you have, once you get this witness state—what you call *tatasta*, means you are standing on the shores and watching the waves to move—then you know how to solve the problems.

So, your witness state has to be developed, and sometimes I have seen people have to go through little difficulties to develop that witness state.

This is very important, that once the kundalini starts supplying you from your sahasrara downward, moving on your chakras and enriching your different chakras, on the vishuddhi chakra, when it has to stay, it really tries to little bit take you through turmoils.

And you start thinking that, “See now, my life was so blissful, I had so many blessings, and now what has happened?” But this is the time when you should become *tatasta*, means you should become a witness. If you become a witness, everything improves.

For example, you are, say, a person who is working in some place. As soon as you become a witness, you see, your attention goes inside and you start watching things from inside out.

As a result, you see exactly what's wrong, where, and as you have got the power of

witnessing, with that power you get over the problems that you have. Problems get solved very easily if you know how to witness the whole situation, than to get involved into it.

And this is the best state which you call as *sakshiswarupatva*, which you achieve when the kundalini comes up and the connection is established and the divine grace starts following through that and enriches your vishuddhi chakra.

Now the name of Shri Krishna has come from the word *krishi*, meaning the plowing, plowing of the soil for planting the crops.

Now he is the one who has done the plowing for us, in the sense that he has created us in such a manner that when the

sprouting has to be done, you are already ready for it. But as it is, we human beings spoil our vishuddhi chakra by many wrong things: as you have seen that we smoke or we take drugs, or we take tobaccos and all that, so our vishuddhi chakra goes out.

On top of that, if you are a person who doesn't talk at all, or who talks too much, or who shouts and screams and who shows temper, raises his voice, also spoils his vishuddhi chakra.

So, the first thing is that in your using the vishuddhi chakra, you have to remember it is to be used for sweetness, for *madhurya*. If you want to say something to someone, try to say something that is sweet and nice. Practice it.