

# MEDITATION IS IMPORTANT

SHRI MATAJI NIRMALA DEVI, BRISBANE, AUSTRALIA, 6 APRIL 1991 (EXCERPTS)

1

So there are two types of meditation, two types, where one is the meditation where we can call it the *antar mana* — that we meditate inside ourselves. To see for ourselves what's wrong with us, and how we have to correct, what we have to do about it. And another is *bahir mana*, is outside, how we have to live outside.

You have to have a discipline which is not imposed on you, but very happily which you have accepted and have imbibed. For any art, say in India, I don't know here, but you have to put yourself into a rigorous training to achieve any height. You cannot haphazardly move about it. You cannot take just easily everything. In Sahaja Yoga there is no *tapascharya*, there is no penance for you. All blessings. But, one should not get lost with those blessings if you have to really get into yourself in its full depth.

So, for the *antar mana* it is important that you all should meditate, morning and evening, every day. Is all right even if you do not brush your teeth, but you must meditate. Is an important thing. That is the reason I find that in the West people go on catching, again cleaning, again catching. Every time I come I find somebody is suffering from either for some sort of a conditioning, or say, some sort of a *badha*, or sometimes it's ego, or something. It comes and goes. It is not something that is detached permanently.

As we have to take our bath every day, we have to wash ourselves every day, in the same way we have to wash ourselves within. So, meditation is the *antar mana tapaba*, as you can call it, but it's not such a *tapaba* even. You don't have to go to Himalayas and sit there. You have to just do this meditation early in the morning.

2

But once you start getting up in the morning, you'll get the habit, and then you'll sleep early. Then you can sleep

early. Getting up in the morning really will help you for the whole day. So start this kind of a practice.

You must meditate every day, and this is the reason why I find people, whenever I come, they're again caught up, something has gone wrong. This is wrong, that is wrong; they're caught up here and there. Why should you? Day by day, you must rise. Day by day, you should be at a much higher state, and this new breeding has to come within us, that we are Sahaja Yogis. And we are not here only just to have good food and to have a nice time or nice meetings, but we are here to become those unique personalities which are required to raise the humanity to a higher state.

So you have to be now responsible for yourself. You have to look after yourself and you have to tell yourself, "Mr. So-and-o, Mrs. So-and-so, please now behave yourself." Otherwise, Sahaja Yoga is lost to you. It's not going to help you much. We might increase in quantity, but quality-wise we'll be missing; and one attack of negativity can finish such a quantity that we think is too much — it has happened once.

So now, all of you must develop that dedication to yourself, to find out what's your problem, and how you have to correct it. If it is done every day, I can assure you, you will have no problem of any kind. Your thoughts will stop, your problems will be solved, and you'll have no catches at all because you've washed them off. But if you leave them on your being, then they grow, and they become big.

So there should be no lethargy as far as meditation is concerned, but joyfully you'll start doing after some time. You won't be happy if you have not done it. But in the beginning you'll have to goad yourself, and tell yourself that this body has to be cleaned; but more than that body, this mind and intellect, both of them, are to be corrected.