

GOING DEEPER

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

Now then, you just sit down with a very humble mind, and first of all say, “Mother, if I have any ego, please take away. Mother, if I have any conditioning, please take away, because I’m a seeker out and out. I don’t want all these things.”

But if you do not meditate, then this Mr. Ego will secretly crawl upon you, and you may try to become the leader, or some sort of an assertion you’ll do, some sort of a stupid ego actions, which we have many in Sahaja Yoga. If you write them down, you’ll not know how to stop laughing.

So, to warn yourself I would say that the only way to protect yourself is to do the meditation in the morning and evening, and also to keep yourself in complete *bandhan*. Yours is a very important role and a very important time. Extremely important. You have no idea, that in the history of spirituality no one could do so much as you can do.

So, if you really do the *antar mana*, if you really see inside yourself, while meditating you see yourself, your chakras and all that, and then you find out this introspection. “Why am I like this?” Just separate from yourself, see for yourself. “Why am I like this? Why I did like this? Why do I think like this? Who am I?” These questions, when answered, you will know all your worth, your value.

I do not know how much I should stress, how much more is needed to stress, the importance of meditation every day. Like these advertisements you see. Every day they just go on bombarding on your head and, “Buy this, buy that, buy, buy, buy, buy, buy, buy.” It acts. In the same way, you have to every day bombard yourself. “Now, meditation. Get to meditation. Get to meditation.”

Then, you’ll be surprised that when you’ll go out, you’ll see something beautiful. Immediately you’ll get into thoughtless awareness. Don’t have to do. As soon as you’ll meet a Sahaja Yogi, immediately into thoughtless awareness — the other person, you both will go. Everything

you start enjoying in a very different manner. And such beautiful feelings come in. Such beautiful security is built up, that you’re surprised. “How I could be like that? How I could feel these securities just expressing themselves in such a beautiful manner?”

Because, if you are, say, washed and clean — simple thing, everyday life — then before touching everything you are careful that you don’t again spoil them. If there’s a sari which is dirty, absolutely dirty, then if there are two spots or hundred spots, makes no difference. But when it is absolutely clean, then even the slightest spot you can see; you get worried because everybody will see that. In the same way, unless and until you cleanse yourself every day, you will not know what’s wrong with you.

I hope you’ll pay full attention to what I’ve said here, with full attention on your inner being projecting out, like a witness to yourself. Just see how you talk to others. “Why should I talk like that? What is the need to talk?” And then you’ll start understanding that behind all this is some sort of a funny thing going on in my brain. And this brain has to be corrected. Very important.

Now, at the end of the day, we should find out: “What good things I have done for Sahaja Yoga?” Also, we can find out, “How I have been not up to the point in Sahaja Yoga.” If it could be done, you find out: “How far I have gone with these powers to spread Sahaja Yoga? How far I can go?”

It’s really remarkable because, as I told you, in Austria we have some boys who are all the time researching about Sahaja Yoga. They have read the book of Adi Shankaracharya, which I have not yet read. They have read all kinds of things, just to find out how far they are. And, as a result they themselves went on developing very very deep into their beings. But, the way, you see, you go on developing, deep, deep, deep, deep, deep. And you’ll be amazed the deeper you go, you won’t show off. You won’t show off. It will just emit.