

# SEEKING MUST COME FROM THE HEART

SHRI MATAJI NIRMALA DEVI, LONDON, ENGLAND, 22 OCTOBER 1979 (EXCERPT)

**D**o all kinds of mad things just to attract the attention of others, because we want to attract the attention of others. Because our ego is not yet satisfied. But this ego is never satisfied. It goes on asking for more food, more food, and you enjoy it too.

When such an ego is bloated within us, we cannot understand what we are doing. People can befool you like that. It's very easy to befool a person who is ego-oriented, than to befool a simple person. A simple-hearted man cannot be easily befooled, because he's not on a trip. But those who are on an ego trip, you tell them that "This is the best way to go to hell," they will be the first booking their seats. There will be a queue for it. And people would be asking for it. "All right, if it is so, it's good."

That is how many gurus in this world have come forward, have befooled you, by telling you that you will get these powers, those powers, that will happen, this will happen. And they know how to pamper your ego. For example, they might say, "This is a world organization of spirituality, and you are the head of the world organization," and you believe it. Ego means misappropriation. You believe in it because you think that, "After all I must be something, and I have done this, I have done that."

But, actually what happens physically is that when this balloon spreads on your head all over, the aura of the brain surrounds the heart—normally—but when there is ego problem, then ego surrounds the heart. And when ego surrounds the heart, the brain is cut off from the heart. So you are a non-integrated person, or we can say disintegrated. Your heart runs one side, your brain runs another side, your body runs third side, your emotions run fourth side. So four people running four horses, and that's how you are completely torn. I mean, it's impossible to stand on two stools, but if there are four with two legs, it's a big feat to exist.

So, this kind of ego trip comes in, by which you start behaving and living in this world in a very unnatural

way. And if somebody says that, "No, not your ego, not that. That's not you. You have to be your Self. Ego is not your Self. Do not be satisfied with this ego," then you don't like it.

Because you are much higher than ego, much greater than ego, much more than what you think your ego can do. With ego at the most what can you do? At the most what can you do with your ego? What people have achieved through ego? Nothing. Whatever they have discovered, even in the sciences, has come from the unknown, from God's own treasures. If God has given you some knowledge of the unknown, you should not feel pampered about it and think that, "Oh, this is what we have found." No, He graciously gave you this knowledge which has come to you, so just take it with humility.

And this ego is very, very dangerous for kundalini awakening. Now you look at the diagram, imagine the whole of your head is covered with that yellow stuff, and this blue thing becomes a very small one. So, first of all the desire to seek itself is diminished. You see, you go for seeking as if you are going to a cinema hall. There is no combination of what you are thinking and your heart. You are not seeking from your heart. You are seeking just with your brains. Because you have read three, four books, there's a fashion, everybody is seeking, everybody is looking as if they are seeking something, so let us also seek. It is not coming from your heart, because you can see that the activity of heart has become practically zero. You do not desire anything, it is what your ego desires you run after.

Anything that doesn't satisfy your ego, you get upset about it. One must go on all the time saying that, "You are the fastest horse, you are the greatest person, you are the most unique personality," then only you are satisfied. It cuts you out so much from your heart. That's why we cannot find joy, because joy you can only get through your heart. But this Mr. Ego gives you some sort of a satisfaction which is very superficial, temporary, leads you nowhere.