

# BE RELAXED AND ALERT

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So, are we expressing our love or our tension? What is that we are doing? Are we trying to be tense because we are over-alert, or we are trying to neglect everything because we want to escape? Between the two lies Sahaja Yoga. You're very anxious; very much waiting; you want to do something with your heart. And then when there is fulfilment you can enjoy. But you are tense. I come in, and what I find you all have headaches. So first I have to tell you, "Remove your headaches first, then I'll talk to you." So it has to be a very relaxed rapport between us. But relaxed never means lethargic. It doesn't mean that. If you are lethargic you'll be sleeping off and nothing will go into your ears.

So, what do we see? That our conditioning, one conditioning we have, that either we want people to be over-alert or we want that they should not be at all alert. So, the underlying problem of all these things is this: that we want extremes.

In our conditionings we go to extremes. We go to extremes of this or extremes of that. If you are absolutely lethargic, lenient, disheveled, you can say absolutely confused, you are not in the center. And, on the contrary, if you are very strict, like a Rock of Gibraltar and after all like a big Hitler-like behavior. You should be in time, everybody must have proper steps, must walk properly. That's not being Sahaj. That's not being Sahaj.

Now, look at these flowers. See one by one how beautiful they are. Every one is different. Even one leaf of one flower will not match with another. One petal won't match with another.

All different, but so relaxed. Creating beauty. Giving us so much of joy. All different, placed in different manner, moving in different manner. Every one has a different angle. But there is unison. There is oneness in them that they all want to give us joy.

But with tension you cannot give joy. I mean if there is somebody tense, I think I better run away from that person. God knows, if he's tense, if the tension increases, he might beat you; or might throw you out; or might himself be hurt. So, the tension part of it is very common in the West and that conditioning has come because of certain lifestyles that we have had.

Now, there's not going to be a war of Waterloo anymore. So, we can say that Waterloo war was won because they reached in time. That's not the thing. The war was won because it was to be won by the Divine Power. Even if they had reached late, they would have won it. Whatever happens is by the Divine Power. So, there is no need to be tense.

Then you will say, "All right. Then, let us sit down and have a nice time. Everything will be done by the Divine Power." No. Divine Power is going to work through your institutions, through your medium, so you have to be alert.

I hope you understand what I am trying to say. That a person who is relaxed need not be a person who is lethargic, but alert. Alert you can be as well as you can be relaxed, because you are Sahaja Yogis. You are not like other people. Other people, you take the name of the airport and, I don't know what goes wrong in their

brains, suddenly they go off. They're off their heads. They go mad.

Like today we were going to the airport. Thank God for everything. Nobody was on the road. "They must be having these hangovers," I said, "last nights." And today that the streets were all right. I said, "Let's go, easily, and after all there is no problem." At home everybody was thinking I'll be late. I said, "I am not going to be late."

We reached there, and there was a big queue. And nobody could get into the plane because there was such a big queue. Nobody could even book the seat. So, what was the need to be tense? And supposing you are tense. Take a position. And then you do not get the plane. So what?

At the most only there's one mis-happening which is going to take place: is our death. That is inevitable, because we are born, so this body has to die. That's all. The rest of it is just a joke.

So, even if you are tense or not tense, makes no difference. I think sometimes people stand at the same point and start running, thinking they are going to the airport. No movement. Tense.

So, first of all we have to know that if we can reduce our tensions, heart will open. Heart has to open. After all, we are now in the ocean of joy and bliss. Why should we have any tension? But when we are in the ocean of joy and bliss, we're not drowning, we are swimming. So we have to swim.