

Depth

With depth, we start thinking of others around us, then of the world, and not only of ourselves (890725); There is a common belief, that once we get Realisation we should be perfect - it is not so, we have to work it out - to sustain our Sahaja Yoga. We must not take it for granted. Some people come, get their Realisation and just enjoy for 5 or 6 weeks, or months or maybe hours, and then go back again to the same. At the very beginning, ego and superego get sucked in, but then they come back again. But when you start giving this Divine Power to others, you start gradually deepening into your own being, and feeling your source of Joy - life becomes full of Joy and happiness (790507)

The depth of a Sahaja Yogi is to be measured by the way he keeps joyous and happy. A Sahaja Yogi may not be a 'real' Sahaja Yogi... it only depends on... if you are joyous... if you are anxious to give Realisation to others... and you want to share your Realisation... and you just don't want to keep it to yourself... if that is not your condition, then you are still not a full Sahaja Yogi (001231)

Those who are humble... who are kind... will attract more Sahaja Yogis... so it is important to change your temperament. If you try to show off, nobody is going to be impressed by you... if you think you are something very great, nobody is going to look at you. Be very humble, kind, generous... also very joyous. If you are really doing Sahaja Yoga, no sickness can come... no trouble can come... it is a fact... try to understand (001231)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-001231 New Years Puja, Kalwe - see 001225.2 not good 25

-890725 Arrival speech - Melicharg - see 890723 good 20

790507 Sahaja Yoga Introduction good 60

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