

The Heart

The Heart centre, the fourth centre behind the sternum bone in the spinal cord, and in which the 'lub-dub' sound in the heart is produced without percussion (MME); The Kundalini, when it reaches the top of the head, you can feel the lub-dub of a heart... Kabira has said... 'at the top of your head, you can feel Anahata'... Anahata is the sound of the heart... you can feel it... it has to happen (821007)

The area of the soft bone at the crown of an infant's head (910505)... the Fontanelle bone area, through which passes the Kundalini, linking the human awareness to the All Pervading Power of Divine Love (MME)... is at the point where the Heart chakra is, so there is a direct connection with the Heart chakra (830204); This is the hole through which the Kundalini pierces (840622)... you are so built that your Brahmarastra is also your heart. Try to open your heart by projecting it (821219)

The left Heart... where resides the qualities of our own mother - if our mother is fanatic, or a disciplinarian, this can lead to problems of the left heart. Mothers should give children freedom and dignity (820711); Where resides the quality of the essence of motherhood... left heart catches if a person is frightened by his mother in childhood, or if a person is a bad mother (810829); 'Left Heart' is connected to our worldly mother (MME); If motherhood is challenged by, for example the husband's infidelity, breast cancer can develop (890801); The 'mother relationship' is represented in the heart (790618)

This centre controls the heart itself, and can get caught up when we exert too much, physically and mentally and also drink heavily. Such people can get fatal heart attacks. Also in danger of heart attacks are the vulgar, crooked, cunning and vile of nature (MME); Too much hard work may lead to heart catching (780619); Left Heart catching means going against God, against the Spirit, being materialistic, egoistical and also may mean too much drinking (791202.2); Thoughts can cover the heart (850806); The heart itself is the abode of Shiva... of the Spirit (910002)

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The Heart of the Universe is represented by England; The importance of the heart is maximum (840702)... from heart everything circulates; The heart is represented in the head at Brahmastrara... put Mother in your heart and raise to the Sahastrara; We are in our Mother's Heart, and are circulating in Her Body (850806); In England, I've worked the most. In India, I've not worked so hard. And all the efforts I've put in, in England... is because England is very important... is the heart... and the heart should not fail. We have to sustain it... we have to humble down. We always say... to humble down in your heart (840214)

Your heart has the Spirit, the light... and has also got seven auras around it... which get enlightened by the Spirit... it's a very instantaneous or you can say simultaneous happening. But, before that... when the Kundalini rises... there are the seven centres represented on the seven seats in our brain... all the Sahaja Yogis know where they are. So when these centres are enlightened... the auras start shining in the heart. And 'this' centre is actually the 'seat' of the Spirit (800721)... of the heart... situated at the centre of the Sahastrara... and is connected with the brain (910505); The Spirit has moved from there and has gone to the heart... that's why in childhood you'll find there's an opening here... it's a very soft bone called as the Fontanelle Bone, the Talu... because the Spirit comes out from there and is settled on the heart (800721)

So when the Kundalini rises... first these centres get enlightened... then in the brain... then the auras in the heart start getting enlightened... ultimately, when this centre which is the centre of the heart here, in Sahastrara, this point... when this gets enlightened, then the Spirit also gets enlightened fully... and then these auras become doubly shining... then the auspiciousness in many dimensions starts expressing itself. But to keep that light on... one has to keep the Kundalini over here (800721)

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Then what happens... then we are ruled by our hearts... rather than by our brains... and then the more you depend on your vibratory awareness... the more you use your heart, and your Spirit, and not your brain. The more you use your brain... again you go down... because it is taken over now by the Spirit. But if you can... just leave it to your heart to work it out... and don't think... because now you are in thoughtless awareness after Realisation. And if you try to maintain that state... pay attention to your heart... let your Spirit emit itself... so that it clears out completely the confusion of the brain and everything... then you'll be amazed that you cannot lose your vibrations... you cannot lose your Realisation (800721)

The brain when it is not nourished by the heart is very dangerous, is ruthless. Conversely, if there is heart only and no rationality, we can become dangerous to ourselves, lethargic and indulgent into wrong things (890611); All our brain activity goes against pure intelligence; Our thinking can make us so bumptious, so ego oriented, so impure (830113)

We have to train our heart in Sahaja Yoga, and to train our heart in Sahaja Yoga, one has to know that it is enveloped either by ego or superego. The limbic area actually represents the heart (830121); Those who use their right side too much... use their brain too much... their heart fails... while those who use their heart too much... the brain fails (821008); Reality is achieved through the heart... not the brain (910728); The ego covers the heart, and is to be surrendered (850528); If left Agnya is catching... put your hand on your heart... just assert... 'Mother I am the Spirit' (840622)

To keep the Sahastrara clean is to open your heart... if your hearts are not open, how will I fill it up with my love... open your hearts to your fellow Yogis and Yoginis; To keep Sahastrara absolutely clear cut, we must listen to whatever I have told you, and obey it, as absolutely an ordained thing (870503.1); We have to be on guard to see what is closing the Sahastrara (960505)

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Recognition of our Mother, is the mental activity of the Heart. Develop it by introspection and meditation, developing those waves of gratitude, love, oneness and Joy (910505); Surrendering just means you open your heart to accept Mother's Love... give up this ego, that's all, and it will work out; "I am trying to push myself into your hearts, and I'll definitely settle down there" (821219)

Now the 3 powers of Adi Shakti work in you. One gives you longevity... and a clear-cut idea about your desires... if your desires are 'right', all your desires are fulfilled by this power... all your desires... all - but first... one should know... that your desires should be 'right'... for example... why do you want... what is the purpose... are you sure about it... if your desires are clear-cut, then they will be fulfilled... absolutely one hundred percent. That power you can achieve only by putting your bandhan on your heart... whatever desire you have... you say it, and put it on your heart... means you are asking from your heart... seven times... you just give it a bandhan, and the work will be done... but don't use it for nonsensical things... because if you use it for nonsensical things, this power will go away... use it for something special... of a higher level (800127.2)

In order to mature so that we may become one with the Absolute, we have to maintain a certain amount of Suchitta, purity, within ourselves. We have to fight the confusion - it has to be faced and seen. Confusion comes from conditionings, brain washings, physical and mental problems, and from the atmosphere etc. Some people achieve maturity much faster than others... despite the fact that they may have been ruined by many... but still they do it. What makes it very quick is the left side, what we call Mahakali's power... or we can call it as Iccha Shakti... the power of Desiring. If the power of Desiring is very strong, and comes from your heart... absolutely from your heart... then it works much faster. Once you put your heart to it, everything will work out well... because the whole force is coming from your heart... because in the heart resides the Spirit. So the only judging point is... 'am I doing it from my heart... or... am I doing it superficially' (791009.1)

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At this moment, my children... my Sahaja Yogis... are at that level that they can completely open their hearts without any fear. It's a very different stage you have reached now... just assume your powers... know that you are that... just open your heart. Material problems are not difficult to be solved... physical problems also. Give up that fear which is placed within you, in your experiences. Now this is a new experience, of a new life, where your energies come from the Spirit... which is love - in one word it is love... and in 3 words, it is Truth... it is Attention... and it is Joy... all put together, it is Love... when you mix them up, it becomes love... and that is what you have. So, love is the strongest thing... and the sweetest thing. It's such a beautiful combination... and the one who has the wisdom, that subtle wisdom, can only achieve it (0.0011)

If you pay too much attention to your physical side, you can become a dry personality... absolutely. Such a person gets heart troubles... because the spirit resides in the heart, and if you are too much physical, then the heart goes out - you must pay attention to your spirit. So you are not only a physical being... you are also a mental being... you are an emotional being... and, a spiritual being... all these must be integrated... and there should be a complete balance (821008)

Modern Hatha Yoga is a misnomer (791111)... and is simply a set of exercises (811005); It was brought to the West around the late 50's, and is effective in losing weight... but you will get problems, because the left side is neglected, leading to dryness, and to left heart catching (780619); The main thing with Hatha Yoga, is... there is no talk of compassion... so only physically you'll improve (960710)... all Hatha Yogis have a problem (780000)

One has to work, but work should not be put at the top of our priorities (800613); If we work too hard, we may catch on the heart (780619); Too much of hard work is not good (780000); Work is not important - we will not have this after some time (821101)

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That which binds our heart is fear, fear because maybe we have been tortured or troubled by somebody in the past and so our heart is closed, or perhaps we have frightened others and so we are fearful that they may do the same to us. Aggressiveness is malignant and creates a cancer, and then we start reacting. There should be no reaction to anything, and no aggression (870503.1); If motherhood in a woman is challenged, by her husband flirting with other women, she can develop breast cancer (890801)

One chakra overwhelmingly not working alright in most western people is the heart... you have to purify your heart by looking at the photograph and putting all loving feelings about your Mother... understanding Her work... and putting Her into your heart... the heart has to be clean... absolutely surrendered... and we must try to put the Mother before everything else. You have to work it through your heart, and not your brain (830121)

Now we have got different mantras for different chakras... if one chakra is catching, then you work on that chakra only, and develop your mantras on that. Supposing you have to say something for your heart, a mantra... first of all you must ask forgiveness from God, because your attention has not been so much as it should have been, on the Spirit. Now you ask for forgiveness from your heart... it should not be ritualistic, but it should be from your heart... and not to think about it, but put your hand towards it... direct the vibrations... but don't think at that time... that is the most important thing; Humble down yourself... means to bring down your attention to your heart... don't think (800907)

When you are saying the mantra, put your attention without thought to that particular chakra... but if you are thinking, then you are again catching the heart much more. By thinking, the right side gets overactive, the ego develops... and engulfs the heart. So by 'thinking' how to correct the ego, the worse you become - then you are fighting it. So we have to give a balance... bring down your ego... with your hands. Not mentally you resolve it, but through your vibrations and mantras... mantras are very important for Sahaja Yogis; For ego you say 'Mother you are our ego... we don't

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do anything... you do everything' - if you say like that, it will work out... otherwise it will not; Be humble... be humble in your heart. What you have to surrender is your ego... means your thinking; If you are thinking, open your eyes, and say 'I forgive, I forgive'... even if you take my name, it's sufficient (800907)

Now when you are facing the photograph, just to check up yourself, humble down yourself first of all, like a person who wants to perfect himself... and try to find out what is wrong with you. Humble down means to bring down your attention to your heart... don't think. Now see what chakras are catching... you need not judge 'why' you are catching... that's not important for us. It is catching... alright... so you don't go on a trip of thinking; Once you start 'thinking', then there's a barrier between the Spirit and you - in any art or in any deftness, that's how the creativity, the spontaneity is finished... by thinking. So do everything in silence... in thoughtless awareness... that's the main point. Try at least to see my face without thinking... my face itself makes you thoughtless... on the photograph you can watch my face without thinking... and it will work out. Silence your mind (800907)

Now for Sahaja Yogis as I say there should be no ritual... ritualistic things always make you absolutely dead... there should not be... like early in the morning you start with a mantra... and go on repeating mantra like a mechanical thing... it's absolutely paying no respect to the Deity. But in a proper way... whichever Deity you want to awaken... think of that Deity, try to cleanse it, with all the understanding and deliberations... with respect... with a protocol... and not just to take somebody's name and just go on chanting any mantra you feel... it's not a mechanical thing. Sahaja Yoga is a thing which has to come from the heart... it is heart felt... if you do not do it from your heart it has no meaning (810511)

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Then how you behave is very important... you should not be artificial... or superficial... but best is to put your hand on your heart... both the hands... and just try to feel... your Mother is Adi Shakti... she has created all this Universe... she has created all this world... and she is for your protection - as soon as I come to know about your problems, my attention can work it out. All this protection is given to you because you are seekers of truth... and the truth is that I am the Adi Shakti Incarnated. Once this truth becomes one with your self, there's nothing to fear... because all the Deities know this fact... they know about this Incarnation very well... they'll do anything to substantiate your belief in every way... my photographs... in the sky... they are so anxious. They are behind the stage... before the stage... all sides of the stage... listening to me... feeling very happy that I am telling you the truth. But the way they recognise... the way they act... they never disobey. If you behave in the same manner, you are completely protected from all these problems I have told you about (911013)

Then praise the Lord... because God is fond of praise... if you praise the Lord, then he gives you everything... it's true. You cannot get to Mother, unless and until you are really bhakti from your heart... but if you have bhakti, then you can get to Mother... it is written... Bhakti Ganya. So your faith has to be absolutely untarnishable. So when this faith in God is absolutely established within you, that there is God Almighty... that he's Almighty... and that 'I am the messenger of that God'... just this understanding, when it becomes absolutely formed in you, then you are in Guru Pada. But we have to remember one thing... that we must have complete faith in the Kingdom of God... and in the powers of God Almighty... complete faith (920719)

Spirit is the reflection of God Almighty, which resides in the heart actually... but the seat of the Spirit is here, on top of your head, where is the fontanelle bone area... but it resides in the heart... it is the collective being (821007); The greatest thing He has given us, is Realisation... and the 'way of Sahaja'. Look into

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your heart, and humble down... and thank... every moment - that is the key to start the Joy... out of every moment. Every moment has an ocean of Joy in it... but to start it, you must thank... whatever you have got. Thankfulness is the way to Joy... there's no other way - we get everything, but we never thank... judging type we are - today is the day of thanking; Thankfulness, if you do not have, you'll never enjoy what you have... whatever you have got... whatever God has given you... out of His Grace... out of His compassion... out of His love. We do not know how to thank Him... you see this is the point... have we thanked Him... every moment of our life. When you thank Him, the waves of Joy will rise within you (790000.2)

The heart can be opened out by Sahaja Yoga... by one thing... by saying 'Mother, come in my heart' ... just say it 12 times... it works; And for the brain, you can say it 7 times... it works - I am available to you (880921)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 960710 Airport Talk, Vienna - see 960710 good 40
- 910505 Sahastrara Puja, I schina, I taly - see 910915 good 40
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 870503.1 Sahastrara Puja, Australia - see 870503 good 45
- 850528 Miracles (+ Facing Seeker's questions) see 860725 good 10
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 830113 Saraswati Puja, Dhulia - see 830113.1 (5 Pujas from India) good 25
- 821219 Mahakali Puja, Lonavala - see 821219 good 35
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 800127.2 Deep Meditation - see 800127.1
- 791202.2 Guru Puja/2, Dollis Hill - see 791202.1 [incomplete] good 30
- 790000.2 2nd Talk - see 790200 not good
- 780619.2 Working out session - see 780619 not good 0
- 780619.1 Yoga Kshema, Western problems, Caxton Hall - see 780619 good 40
- 780000.01 Talk on Easter 78
- 780000.02 How to meditate, Seminar Talk
- 780000.04 God & Creation, Caxton Hall Public Program

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Tape References (cont'd)

Date/Ref - Title - Qual - mins

- 780000.05 Public Meeting Talk No 1, Caxton Hall
780000.06 Public Meeting Talk No 2, Caxton Hall
780000.07 Ego, Superego & Subconscious, Finchley Ashram
780619 Difference between East and West - Caxton Hall
790000.2 Shri Mataji working on new people good 55
790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
791111 Meaning of Yoga, Dollis Hill good 50
791202.2 Guru Puja Pts 3 & 4, Dollis Hill
800127.2 Powers bestowed upon S Yogis and how maintain them, Bordi good 30
800613 Essence within Innocence good 40
800613.2 Seeking that which lies beyond, Stratford, London
800721 Auspiciousness - Caxton Hall good
800907 How to know where you are - Chelsham Road good 120
810511 Lord Jesus, Forgiveness, Caxton Hall not good
811005 Beauty that you are - Houston good 70
820711 Nabhi to Sahastrara, Derby good 90
821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
821219 Mahakali Puja & Mahalakshmi Puja, Lonavala/Kolapur
830113.1 Pujas: Saraswati-Jesus-Ganesha - 5 Pujas in India
830113.2 L M'dhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
840214 Shri Mataji talks to the English - Bordi poor 75
840622 South Bank Polytechnic, London good 40
840702 Hampstead Public Programme [sound quality very poor] poor 40
850528 Kundalini Power and Creation, Los Angeles good 45
850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
880921 Speech at Ammonk Ashram, New York good 35
890611 Dynamism, Virata Puja, Connecticut, USA
890801 First Know Thy "Self", Porchester Hall [+25 min Q&A] Good 50
910505 Sahastrara Puja, Ischia, Italy
910728 Guru Puja, Cabella good 60
911013 Navaratri Puja - Cabella good 25
920719 Guru Puja - Cabella good 65
960505 We must feel responsible, Sahastrara, Cabella good 55
960710 Airport Talk/Mahalakshmi Puja '96 Vienna/Moscow
MME = Meta Modern Era by Shri Mataji Nirmala Devi