

# Inspiration

That which is coming to us, which is 'new' - and is very different to the 'thoughts' that we have. First these inspirations come to us, in 'light and shade', and then are 'moulded by us into language'. They come from inside... then we are spontaneous, inspirational. It is not like normal thinking, which is very superficial, and which is the interaction between thoughts and action, action and reaction (781218)

Reduce your arguments to the minimum... and minimum... and don't think... then the inspiration will come to you from within, and when the inspiration will be coming, then you'll find that it will be very different... it will be very beautiful (800907)

Go on telling your mind that 'this is not... this is not... this is not...' any thought that comes to your mind you go on telling 'this is not... not this... not this... not this...' then the inspiration starts coming. You see what I feel... people are not inspired... they have got fear, on one side... or else they go into an ego trip (820402); So to stay in the centre, what you have to do is to go on saying 'not this thought'... then you will be a deep Sahaja Yogi... because intellect is nothing... so-called intellect is nothing... only God has Intelligence. The most intelligent person is the one who knows that our intellect is just an ego trip... this is the sign of Pure Intelligence... of Pure Understanding... that the heart is the ruler... there resides the Spirit which is the most intelligent thing within us... and the inspiration of the Spirit is the manifestation of the Pure Intellect of God... and what I told you today is the Intellect of the Heart... but of the brain... zero (820402); But then... what is the use of the brain... why not have only heart you see would be alright... but the brain is the one which 'acts'. Heart is the inspiration... but the brain acts on it... it's communicating... but the inspiration, the source is the heart... is the Spirit... again... connect yourself to the Spirit. Whatever you have to say, relate it to the Spirit... not to anything else (820402)

- Jai Shri Mataji -

Tape References: ( Date/Ref - Title - Qual - mins )

781218 Agnya, Caxton Hall (1st 15 mins poor quality, later improving) not good 75

800907 How to know where you are - Chelsham Road good 120

820402 Shri Rama's birthday - Chelsham Road good 70