

Not This

Before meditation and after meditation try to keep quiet for a while... and if there are thoughts, then you have to say 'not this'... 'not this'... 'not this'... (871224)

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. What is intellect... all those things are good for nothing... only service to your Mother is the best... ask your intellect... 'is it serving my Mother'. The so-called intellect of human beings... it cheats... it gives you escapes... all the time the intellect is working by saying.. 'oh this may be good... that may be good'... but the real good it never sees... it's a trick of the ego you see... choices... ego likes choices you see... 'this is good... this is bad... this I don't like... this... this' - all 'I' business should be given up... 'we' should come in... not 'I'... that's how intellect will go away (820402)

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

Sahajvidya - Not This

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

-871224 We are here for our ascent - Poona - see 871213 good 30

820402 Shri Rama's birthday - Chelsham Road good 70

- end -

1 Oct 2003