

Settling Down

Is very important. What is the need to go to the Moon... so many people are starved... what is the need to go to Mars... what are you going to get from there. It is... because they formed a habit... first they came to India... then to China... then to this... then to that... they can't sit down... they can't settle down in the house also... especially the men. Now in meditation, you have to sit down in one place. Women have other problems... they have no time... they have their friends... they have to go shopping... to buy things... and fill the house with all kinds of rubbish. They have no time for anything... they're also very adventurous... they want to do this... to do that... for meditation they have no time. So settling down is very important. You will be amazed... when there is a crisis say in my family... or in Sahaja Yoga... immediately I become thoughtless... spontaneously... because the problem will be solved by Paramchaitanya. If you don't depend on Paramchaitanya, it doesn't help you... it doesn't give you any solutions (971005)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

971005 The Main Qualities to imbibe, Navaratri, Cabella good 80

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