

The Spirit

The reflection of God Almighty (or Sadashiva), in the heart; The spectator, the 'knower of the field' (810829); Sat/Truth... Chit/Attention... Ananda/Joy... residing in the heart (810928); Not seen, but by which we become aware of the Divine, become aware of our chakras and nadis (961020); That which knows everything about us... that which sees everything... sees our own hands... yet is not those hands... that which sees all these things, is us - the Spirit (790616); Which is untarnishable, which cleanses you and gives you light (840708); The Atma (851128), which is the source of Absolute Truth and Joy... the Spirit which is important - the rest is zero, is unimportant (821101); It is beyond the mind (830512)

The mobility of our movement is so great... I would say 360 degrees... because you are stationed in the centre, in your spirit. You can move any way you like, as long as you are centred in your spirit. But this is an important point which we need... that we are centred in our spirit... and whatever movement we do... as long as we are centred in our spirit... is necessary for our growth... for the growth of the collective (850310); Beauty and auspiciousness go hand in hand... they are not two things... because beauty is a thing that gives joy to your Spirit, and auspiciousness is the same, which gives joy to your Spirit (800927)

In English, the 'spirit' could be... the Atma... could be an alcohol... or spirit could be a dead body. So the Atma, the Spirit has to be found out... it is said even by Mohammed Saab... he said you have to become the Pir... it is said by Zoroaster... by Lau Tzu... also by Zen... Buddha and Mahavira have said it... everyone of them has said it... the truth... that you have to be born again (840622)

Sahajvidya - The Spirit

The Spirit is existing... creating waves... it vibrates... without any percussion. For example... to make a sound... I have to clap my hand, one to another... or, supposing... a stone... thrown in a pond... has to hit the water... to create that pattern of waves... but the Spirit... just without any percussion, it creates. It is said that Spirit is Nisbund... it is not a thing that goes into percussion... it doesn't create this Bundana. For example, I am sitting here... you can feel my vibrations... the waves are coming... without any percussion... it just emits - in the same way... your Spirit. Maybe you feel it when you touch it, through your Kundalini when it is awakened... but when it is connected to your attention... then your attention receives those waves without percussion... which flow in your hands as Chaitanya Lahari, as these waves... and because it is coming from the Absolute, you get a complete answer about the Absolute, from this (791009.1)

What is it makes you believe that you are the pure Spirit. You are the pure Spirit because whatever is the description of the pure Spirit, that it is aware of the Divine Power... that is how you are... because only through the pure Spirit as your personality, you can be aware of the All Pervading Power... this is written in all the Shastras, in all the scriptures... you know about your own chakras, your own nadis... and you can see yourself very clearly (961020)

It is your Spirit which is going to guide you... so if you want to develop the strength of your Spirit... you have to listen to it (891203); You can manoeuvre the Kundalini, but not the Spirit... you can raise your hand... the Kundalini will move... you can give it a bandhan... it will go round and round... but what about the Spirit... you cannot manoeuvre it... you have to bring the Kundalini to look after it... you have to take the Kundalini there... to the heart, so that this 'little offspring' just now, has to be carefully developed and matured (830821); The Spirit cannot be killed by anyone... it is eternal... and Christ had to prove it... with His resurrection (811006)

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Spirit is the solution... it is the Collective Being... it is the source of all the vitality... of the creativity... and of the joy and bliss (821008); 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; 900811.2)... is an Absolute thing (860707.1)

If we are not worried about the Spirit, then there will be all sorts of problems - open the heart fully to Sahaja Yoga, to the Spirit (821101); If your attention is somehow turned towards the Spirit then what happens to you is that you become the power of the spirit, and the power of the Spirit is the highest power that you can think of (980320); The best way to be with your Spirit, is to forgive... because then your thoughts will go away... the less you think... and the faster you move with your Realisation - do not argue it out, or think it out, but just try to become... you have to become (800907); The understanding of the spirit is only possible for people who have understood the meaning of Lakshmi principle first of all. Once you are absolutely satisfied with the material wealth, then you start coming to the spirit (860921.1)

The Self... is absolutely self satisfied... it does not need anything to satisfy itself... it is satisfaction personified... it just sees... watches... witnesses... it knows. And you don't have to tell or to express too much... it is self-expressing... if... if you are a clean person... if your desires are clean... and that you just have pure desire to ascend. So again I have to talk about Kundalini... that you must have a Kundalini completely establishing itself within you... completely expressing within you... and enlightening your Self. Such a Kundalini should be there... and only possible if you do not put hurdles in her growth - if you allow it to grow... it grows and it works out. I see sometimes when you are overjoyed, you dance and sing... that's something really very good... but all the time your Spirit should dance, at the smallest things... at a little thing that is made... say something artistic that you see... a gesture of kindness... a gesture of gratitude... you feel it - that depth of feeling (010321)

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The Spirit is a sensitive thing... and so that it should shine in your attention... you should know that your attention has to be congenial to the Spirit. If the attention is not congenial... then the Spirit doesn't shine. So steady the attention by balancing the eyes, the thoughts, the desires. Keep the attention integrated with your 'being'... not with your ego - this is where discretion comes in (801116)

The Spirit is the one that loves, unconditionally - it just flows. Spirit is the source of Love and also of Peace, but also of Joy - joy starts bubbling in your life. Then also it is the source of Truth - on your finger tips you will know. The Spirit resides in you like a Light - it is a light in you. It cannot be destroyed by any weapon - it lives, and lives for ever (980320); Atma is all the time giving... it cannot receive - that is why it is untarnishable... it is unsurmountable... nothing... nobody... can dominate it... it is 'above' (.0011); When our attention goes to something away from the Spirit, then the problems are there - are you one with your Spirit. It works because it is in connection with the God Almighty... with the All Pervading Power (980320)

The heart has 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... 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. You know Spirit also comes out in the night sometimes... goes round and sees - it's so (800721)

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So when the Kundalini rises... first these centres get enlightened here... 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)

Then what happens... then we are ruled by our hearts... rather than by our brains. And the more you depend on your vibratory awareness... the more you use your heart, 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 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)

- Jai Shri Mataji -

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Tape References:

Date/Ref - Title - Qual - mins

- 891203 Farewell talk, Shudy camps - see 891008 good 35
- 860707.1 Press conference, Vienna - see 860707 good
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 830512 Hampstead - see 840802 (Video)
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 790616 Dr Johnson House, Birmingham not good 55
- 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
- 800721 Auspiciousness - Caxton Hall good
- 800907 How to know where you are - Chelsham Road good 120
- 800927 Lethargy, Chelsham Road good 75
- 801116 New Age - Plaw Hatch Seminar good 70
- 810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80
- 811006 Krishna to Christ, Houston (A New Age has started) Not good 80
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 830512 How to talk to new people, Hampstead [+PP video set 1/2] good 25
- 830821 Mother Earth, Surbiton good 50
- 840622 South Bank Polytechnic, London good 40
- 840708 To Know the Truth - Ilford [with 40 mins Q&A] good 40
- 850310.1 2 Public programmes, Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 851128 William Blake, Hammersmith (C100) Not good
- 860921.1 Mahalakshmi/Jaladevata, Mechelen, Belgium not good 45
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- 961020 Navaratri Puja, 'Be aware of your own state', Cabella good 55
- 980320 Felicitations, Delhi good 55
- 010321 Mother's Birthday Puja, Delhi good 50