

# Spontaneity

Living processes, like the Kundalini awakening, are all spontaneous (850510); Everything that has happened in this world, that is living, has been spontaneous... even the creation of this world has been spontaneous (790720); When all external desires dim out, and the real desire to be one with the Almighty remains, then the Kundalini can rise spontaneously. It has happened to very few people - Buddha and Mahavira were human beings... who achieved Godliness (800609)

You have to learn to be spontaneous (980510); If you are very spontaneous, immediately you will know what the other fellow is trying to do, or say, or to communicate to you... you don't need much thinking about it, because you can absorb even the thought of another person. Absorb doesn't mean that you take the bad thing of a person, but it's like a sieving out... you absorb what another person is saying, and sieve it out (970525)

Shri Ganesha is the one who is Sahaj, who creates spontaneity (860907); Spontaneity is the only capital that we have... it has to grow - surrender to spontaneity (811103); The expression of love is very spontaneous... but for that spontaneity to come, you must get rid of your habits... otherwise you can never become spontaneous (850310)

You cannot put in any effort to achieve a living thing like Self Realisation, which is spontaneous (811005), but effort is needed later on to maintain it (840702); It is necessary to put in an effort after Realisation, not before. Before, you cannot do it... but after Realisation you have to look after yourself... to look after your being (800809)

- Jai Shri Mataji -

# Sahajvidya - Spontaneity

## Tape References:

### Date/Ref - Title - Qual - mins

#### Spontaneity

- 850510 Becoming the Light Within, Hampstead - see 840313 good 35
- 850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25
- 790720 Cardiff Public Program good 30
- 800609 Subtlety Within - Caxton Hall good 50
- 811103 You must grow fast in SY, Brahman Crt [Fr. translation] good 75
- 850310.1 2 Public programmes - Sydney
- 850310.2 Shri Devi Puja, Sydney good 40
- 860907 Establishing Shri Ganesha Principle, San Diego good 55
- 970525 Respect the Mother Earth, Cabella good
- 980510 Meditation is the only way, Sahastrara, Cabella good 60

#### Effort

- 800809 What are we inside - B'ham good 30
- 811005 Beauty that you are - Houston good 70
- 840702 Hampstead Public Programme - [sound quality very poor] poor 40