

Witness

When working or when we are doing any action, we should develop the witness state, and indulge into work in thoughtless awareness, saying 'I am not doing it' (800517.2); Separate yourself from yourself... become the Spirit... identify with the Spirit... and tell off the ego-self. Address yourself, your ego-self, as though you are Mataji talking, and tell yourself off; Know that your 'drop' (i.e. 'you') has fallen into the ocean, and thus has become the ocean - but don't forget the first step (i.e. the drop falling into the ocean) (800517.2); The witness state is the state of Shri Krishna, of the Virata (800927); Also that aspect of God Almighty, Sadashiva, who does not incarnate (810928)

When the aesthetics of matter starts giving you joy... you do not want to possess it... even if you want to possess it, it would be just to enjoy it and give it away to somebody else. When you develop your witness state... this will come to you, that you will not keep things to yourself, but you would like to give and share. Sharing... that is the time you should know you have become a witness, because... you are enjoying (800927)

Witnessing is a state - if there is a problem or there's some calamity, or something... suddenly I find I am witnessing the whole thing... like a drama... it's a state. But you can develop it, if you can remember - I mean, at that time people don't remember - but supposing you see some calamity coming to you... just try to witness the calamity (880921); So to keep your Vishuddhi alright is... the easiest when you keep yourself in a state of witness... and that is possible if you develop the habit, after Realisation that everything that you do is put into Nirvichara, into thoughtless awareness. If you start that habit, you will be amazed... your witness state will improve... and you will rise in your being (800127.2)

Sahajvidya - Witness

Your witness state has to improve... witness state has to be projected so much... that this conditioning and ego of reaction will finish off... you will have no more reaction... but you will just witness... and the knowledge that is 'real', comes always... always... through witnessing. If you do not know how to witness, then whatever knowledge you have, is nothing but through your ego or through your conditionings... it is not absolute knowledge... so to get to absolute knowledge about anything, what you have to do is to reach the point of Absoluteness... where you are absolutely clean, pure, Nirmal. Now don't condemn yourself if you have some defects... there have to be... you are human beings... but all these defects, with your power of spirituality, you can overcome (010321)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-800127.2 Deep Meditation - see 800127.1

800127.2 Powers bestowed upon SYogis how maintain them, Bordi good 30

800517.2 Old Arlesford, Winchester - pt 2 (What is a Sahaja Yogi) good 90

800927 Lethargy - Chelsham Road good 75

810928 Shri Mataji in America, NY, day 5 [+PP video set 2/5,6,7] good 80

880921 Speech at Ammonk Ashram, New York good 35

010321 Mother's Birthday Puja, Delhi good 50