

We have to be our own gurus

We have to be strict with ourselves, we have to be our own gurus (910728)

Introspection

We should do a lot of introspection, to find out 'what is wrong with me'... can I sleep on the grass... can I sit on the stone... can I sleep any time, keep awake anytime... am I seeking the comfort of the body... is my attention on my body, or on my Spirit... we have to be strict with ourselves, we have to be our own gurus (910728); It is important that Sahaja Yogis have to do introspection... inward... introspection is inward looking... why am I thinking... what am I thinking... what is the need to think... you will become... Nirvichara (971005); It is very important to do, so as to overcome the two hurdles of Agnya (951224); What is wrong with my personality... it comes from the surroundings... and the ideas that others have been putting into our heads - what matters, is what 'I' think, not what others think (910728)

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. For that what have you to do... first is introspection... trying to find out. You separate yourself with your Spirit... and say... 'hello Mr... how are you'... start with that... 'hello... what are you up to'... and you start seeing yourself outside... and eradicating, removing all that is not yourself (010321)

The fear comes, that I will be putting up my ego - that if we assert something or other as right, then we will get ego; Know that you are a Realised Soul, start respecting yourself, and you will not fall into the trap of ego... 'how can I behave like this'. Then a kind of dignity develops, and we feel shy of doing something stupid (910728); We must have a complete attention towards our weaknesses, and not towards our achievements (760330)

If you are hot-tempered, alright go and beat yourself with shoes... but if you are not, then you need not... you must know what you are... first of all introspect... then accordingly, you should work it out (971225); Without introspection you will not know... you will never remember what you have done wrong, nor will you think of what you have to do right... but that is only possible... if you go on improving yourself (980712)

For your ascent, it is necessary that you should introspect... try to find out what you have been doing. Are you an absolutely humble person... do you do whatever is told to you... are you a fussy person... do you worry about time... are you a detached person... are you bound by one of the gunas, left or right... or are you all the time like a pendulum moving from left to right, right to left... do you worry about what food you should eat, when you should eat, or whom you should please (980712)

In the light of the spirit you can see, how you are doing wrong. The Spirit is like a mirror, where you can see yourself clearly, and you start changing yourself... and then... there's no introspection needed. When you have your Spirit awakened, you can watch yourself... you can see for yourself, clearly, as soon as you become a developed or evolved Sahaja Yogi... and that's one point one should see... if it has happened to you. If you can see something wrong with you... if you can find out what sort of defects you have... if you can detach yourself from those defects, and if you can understand that all these attachments and defects and habits are pulling you down - then only you can leave them... but that only happens when you have this mirror of your Self shining through (980712)

Your own development, your own connection, your own position in Sahaja Yoga will say what you are... whatever others may say doesn't matter... what you say about yourself, truly, truthfully is the Reality, and you must face yourself all the time (980712)

- Jai Shri Mataji -

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Sensitivity

We have to find out what is our problem, where is the Kundalini stopping. We can feel it within ourselves - if not within ourselves, then on our fingers (791118); The cool breeze is all around us... and we can feel it in our hands, if the Vishuddhi centre is alright (821008); You can feel the Vibrations of others also. Their problems can show on their vibrations - you can see. If you work on a person's Vishuddhi, which is in problem, then he will start to feel the vibrations. You may also feel vibrations coming out of the top of a person's head, but he may even so, still have problems (790416)

When the attention is absolutely 'one' with the Atman, with the Spirit, then there is a manifestation of Vibrations... you start getting the Cool Breeze in your hands (781002); If you start to think, you will lose it (791203); Societies which are more 'natural', have more sensitivity in Spirituality, than those in an artificially, brainwashed or materialistic atmosphere (790530)

Now how will you know that these vibrations are telling you the truth... it's very simple if you understand the common sense of 'relativity'... like... bring two mad people, absolutely certified as mad... and two sane people... now you put your hands towards the people who are mad... you will get horrible burning... maybe in the whole hand... on the left hand side. You get maybe ten cases like that. Now you ask the question... 'is there God'... and you start getting Cool Breeze flowing into you... or... 'is this power... All Pervading'... you start getting Cool Breeze flowing into you. That is how you find out which is the truth (800721)

- Jai Shri Mataji -

So again, once more we salute you all, and wish you all the absolute very best in Sahaja Yoga & for your ascent.

With love

Jai Shri Mataji