

In Sahaja Yoga, we need to really do a certain amount of Introspection, to see where we are perhaps going a little bit astray. Are we aware of our collective Responsibilities... do we really care for each other... do we look out for each other... or are we only really concerned about ourselves?

Attitude

First of all your attitude has to be alright... in Sahaja Yoga I see that people who don't have good attitudes can never progress... doesn't matter if your vibrations are bad... doesn't matter... they'll be alright... so you should see how much collective you are... how much you help each other... how much you are kind to each other... this is very important to introspect and find out... more than anything else (950625); Now the attitude should be little different from what you have towards anybody else... here you have to get something out of me... you have to make use of me... not that I have to use you for any purpose whatsoever... it should be clearcut... that you are asking for something... you deserve it no doubt. You are the highest that God has created... and the way we fritter away our life for nothing at all... for superficial things, is something very very surprising (830308)

The attitude of a Sahaja Yogi towards a non Sahaja Yogi should be... of helping... of supporting... of sharing... but I must warn you, there are some Sahaja Yogis who will try to have their own party... they are very power oriented... they will have an exclusive party... it is a very dangerous sign... it is a cancer - everything should be collective. Anybody who does that kind of thing, you should know is a possessed person... and you will be harmed if you follow such a person. We are all collective... we have to know everything among each other... and we have to live like one family, all over the world. Once you develop that kind of a love for everyone, then you will be surprised, you have become a great personality - that means... the drop becomes the ocean (960716)

In the realm of God, we have to be meaningful to him... not that he should be meaningful to us. We should change our attitude towards him... we should say... what have we done for God... then you will get ideas what is to be done... how to work it out (850310)

To substantiate your purity... to be fragrant with your purity... your attention should be on the other side. Now you are not facing the Mother... you are sitting with the Mother facing the whole world... so the whole attitude will change. The attitude should be... what can I give... how can I give... what is my mistake in giving... I have to be more alert... where is my attention... what am I doing... what is my responsibility. You must desire that you should be pure... pure desire... that you should be the Spirit. Then your responsibility to Sahaja Yoga... what is your responsibility to Sahaja Yoga... which is the work of God that has started... and you... are my hands. You have to do the work of God... you have to fight the anti-God elements... the satanic elements. You are not responsible for your families any more. Now the forces are gathering in such a way that the sorting out will start. Your responsibility to yourself is to be the Spirit... is to understand Mother better... to understand this mechanism within you... how this mechanism works out everything... how to become a Guru yourself... to be a dignified and a glorified personality... to be a respectable person... and not a cheap personality. Every one of you is worth the whole Universe... if you want to rise to that height... to that magnitude... it is within you to prosper (821219)

I know that this Topic of "Introspection" has already been posted in an earlier Issue No 11, but really we do seem sometimes to be in need of a gentle reminder or two. We need to be aware of our collective responsibilities towards each other. No apologies for this perhaps timely reminder. Do we speak softly and gently to each other. Do we manifest that detached love towards each other as Shri Mataji has spoken of.

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 -

So there we are. This world seems sometimes to be in such a mess, that it calls for some plain speaking on occasions... and we are the ones who Shri Mataji is looking towards to get things sorted somehow. It is perhaps now for us to move over so we are sitting with Shri Mataji, and facing the world. If we do this in a collective way, we would, I am sure, be absolutely astonished at what we could achieve together. It just needs a collective Will and desire to do it.

There is so much more to come... in future issues.

So my All Love to Everyone... and Jai Shri Mataji Nirmala Devi... Sakshat Shri Parabrahma Ma