

Here we are giving you many of Shri Mataji's Advices on the subject of Mantras, just to bring this subject presently up to date, and to round off this topic before moving on elsewhere. So best is to read carefully, at your leisure, without thinking, and absorb it all into your being.

Mantras

A mantra is the awakened calling, with which we ask the help of all the Angels... the calling which has meaning. The authority applied with the word, & with which we can awaken all these forces within us - they are so tremendous (800609); Mantras should open your chakras, otherwise they have no meaning. They should be used properly, at key points, with great respect, & with great understanding (800127.2), & can be said in either Sanskrit or in English (840708); That power of the word that expresses the Spirit (840422); The left Vishuddhi must be ok if we wish to say mantras (830202); When taking the name, of Shri Krishna, it is taken as Radha Krishna... the energy before the Deity (811006)

Mantras may take the form of 'Om Twamewa Sakshat (Shri Mata) Namoh Namah', so it will be short, as when saying 108 names (800518), or 'Om Twamewa Sakshat (Hamsa Chakra Swamini) Sakshat Shri Mataji Nirmala Devi Namoh Namah', & may be said 3 times, as when said for a particular chakra (800517.2); Every word spoken by the Mother is a Mantra, every word chosen for it's effect (850806)

You can coin your own mantras, because you have some sort of an authority which you can use, & every mantra that you will say will be awakened... even if you are not yet out of your possessions, still you will work it out... still you can raise the Kundalini of others... & nothing will go wrong with the person whose Kundalini you are raising... to that purity it is (791111); You have no authority to take any mantra... unless & until you are a Realised Soul (771121)

If you coin a 'Mardini' mantra with anyone... finished. You see it is like this... 'I' am entitled you see... I am the one who has killed all of them... so I am entitled... I've got the title you see... if you take my name... title... they are finished off there... all their powers are dropping; Of course... you have killed many of them... this is the minimum power you have. (791202.3)

If it is a guru problem, then say the Adi Guru mantra for the Void. Tell him to say the mantra. If you know the name of the guru... you know the mantra to be used... like Narakasura Mardini... Mahishasura Mardini, or Sarva Asura Mardini. Then best is to give vibrated salt with water to drink (800517.2); Mantras for false Gurus include "Sarva Asatya Guru Mardini" (791203), & "Sarva Asura Mardini" (800517.2); Those who have been to any gurus should put their right hand on their heart, because your Spirit is your Guru... who resides in your heart (830302)

What I'm asking you your mantra for... because once you give up your mantra, you give up your misidentifications. Why I asked you... I would like to see how much you are still identified with him (a false guru - Ed)... if you are still identified with him, I cannot do anything about it... because evil is evil, & good is good (790618)... these mantras are the names of devils (790618)

When we are meditating, & there is a problem, we say the mantra for that problem (791118); We have got different mantras for different chakras... if one chakra is catching, then you work on that chakra only, & develop your mantras on that; Now you have to ask from your heart... whatever you have to say, say it from your heart; When you are saying the mantra, put your attention without thought to that particular chakra... but if you are thinking, then you are again catching the heart - by thinking the right side gets overactive, the ego develops... & engulfs the heart. Mantras are very important for Sahaja Yogis (800907); Mantras are to give 'strength' to your Deities... of course the Deities are very powerful... but 'strength'... meaning the vehicle, which is carrying the Deity... becomes stronger (850502)

Now for Sahaja Yogis as I say there should be no ritual... ritualistic things always make you absolutely dead... like early in the morning you start with a mantra... & go on repeating mantra like a mechanical thing... it's absolutely paying no respect to the Deity. But in a proper way... whichever Deity you want to awaken... think of that Deity, try to cleanse it, with all the understanding & deliberations... with respect... with a protocol... & not just to take somebody's name & just go on chanting any mantra you feel... it's not a mechanical thing. Sahaja Yoga is a thing which has to come from the heart... it is heart felt... if you do not do it from your heart it has no meaning (810511)

You may carry on like that, but you'll find after some time you have lost your vibrations... you have lost the cool breeze... because heart doesn't like mechanical things... every day it does new things... it never sticks onto habits... it never sticks on the same routine of things... it's bubbling every day with new appearances... one has to do it with complete love towards yourself & toward others... with complete esteem of your being & others (810511)

Respect

That which is missing in the UK - the respect for others & their cultures, & for the Adi Shakti; Respect produces 'thoughtless awareness'... because then there is no thought (890524); In Sahaja Yoga, we respect all the Incarnations... all the prophets... & all the Religions in their essence... this is something so great in Sahaja Yoga (971230); Respectful behaviour towards others, & towards others' things, is part of the Mahalakshmi Principle. When this dignity, & respect, and desire to rise higher, manifests in a genuine inner way, then this helps to build the bridge of the Sushumna over the void, for the Kundalini to pass properly, which otherwise would continue to get lost in the void (860921.1)

Behaviour

Our behaviour should henceforth be such that we do not show any symptoms like that of Shuparnaka, who tried to entice men, & that we should behave in a manner that we are Sahaja Yogis. Our behaviour should be very decent & decorous so that all the vibrations that are flowing through us, which are Holy vibrations, auspicious vibrations, should not be spoiled by our ego or our Shuparnaka ideas, or any such nonsense, which has no relevance to our ascent. All this comes from the decadence that we have gone through. And because we have come up, we can see, the decadence of society (850000.2)

You should live like normal people... like dignified people... nothing of indignity, childishness or joker-like, clownish or outstandingly funny... all these dresses should not be worn. You should be properly dressed, in a way that you have a 'presence' (800927)

Centrifugal Force

That force acting in Sahaja Yoga Collectivity, which once you try to go to anything extraordinary, or try to do something better, or something exceptional & try to show off, or in any way you try to come out from the whole, then you just go off like a tangent, & in such a big way, that you are amazed how you are left out... and such people go out of circulation (800907)

Centripetal Force

Try to keep to the centripetal force, where you are in the centre... moving along in the centre, where all this 'relativity' will go away... that you have to be unique, that you are some higher soul or something - all that is nonsense. Tell your mind 'be humble'... and keep to this centripetal force (800907)

Helping

You must help... others... even without the idea of helping - it's a pleasure... it's a privilege... it's a great honour that you can do. Many people have a habit to serve 'your' child first - is absolutely very vulgar... it shows bad breeding... you must serve others first... & then your own family (830321)

Much love to all

Next time, we will start looking at dealing with negativity... and also what more we can do to give this experience to others... to spread Sahaja Yoga to the masses, & the benefits of so doing.

Jai Shri Mataji