

दोहा/सोरठा

सुनु ब्यालारि काल कलि  
मल अवगुन आगार।

गुनउँ बहुत कलिजुग  
कर बिनु प्रयास निस्तार॥102(क)॥

The crow Kakbhushundi says to the Garuda, "Oh Garuda, the foe of serpents, this Kaliyuga is the house of sin and falsehood. But, the greatest blessing in Kaliyuga is that one gets free from the trap of Bhava effortlessly."

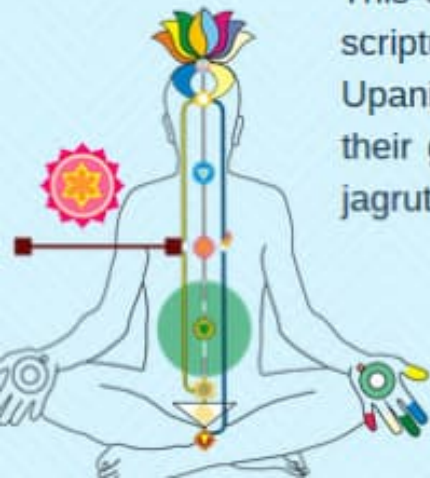
**Shri Ramcharitmanas**

In these modern times when the idea of God seems a mirage and Ego rules the mind, it is only through understanding and awakening the essence of Shri Rama within that one can cross the sea of illusion, the Bhavasagara. However, it is not through a mental activity such as reading or discourse that Shri Rama's essence can be understood but, an inner understanding that comes through a subtle awakening within.

This subtle awakening is the one which has been talked about in all the scriptures and granthas, is the summary of the Vedas and the fruit of the Upanishadas, and which was also told to Shri Rama and Lakshmana by their guru, Vashishtha during their stay in his ashram, the knowledge and jagruti of a subtle energy within, the Kundalini.

**Her Holiness Shri Mataji Nirmala Devi**  
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सो मनि जदपि प्रगट जग अहई।  
राम कृपा बिनु नहिं कोउ लहई।।  
सुगम उपाय पाइबे केरे।  
नर हतभाग्य देहिं भटमेरे।।

“Although the Mani (Kundalini) manifests in the world, but without the grace of Shri Rama no one can achieve it. To achieve it is also easy (Sahaja) but unfortunate people reject the easy method.”

**Shri Ramcharitmanas**



On enlightenment, this body itself becomes a temple with the enlightened light of the different deities at their respective chakras, one of them being Shri Rama, residing in the heart in the real Ram Mandir. When Shri Hanumana, grabbed open his chest, Shri Sita Ram were seen residing in his heart, similarly, in our Subtle System which is made up of three nadis and seven chakras, Shri Rama resides with his consort, Shri Sita in the right side of the Heart or the Anahata Chakra.



When the Kundalini passes through this chakra, Shri Rama gets awakened and the person automatically starts adopting his qualities on his own. This adoption of qualities is not forced through any mental activity or outward discipline but occurs spontaneously on the Central Nervous System just as other parasympathetic activities of digestion and heartbeat.

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**“If Ram Rajya has to come, then Rama is to be born in the hearts of the people who are at the helm of affairs”**

**Shri Mataji Nirmala Devi**

**We talk of Ram Rajya but Ram Rajya cannot be achieved through outward purification of the system but first through this inward purification of each individual.**

**Unless and until all the politicians and people of this democracy get their innate honesty awakened within, Ram Rajya will just be the vision of a utopian society, which seems good in principle but not in practice.**

**Shri Rama resides in the heart with all his gunas of Satya (Truth), Dharma (Righteousness), and Maryada (Responsibility). He gets enlightened when the Kundalini fills the heart with the light of the Spirit and showers his complete blessings as his qualities.**