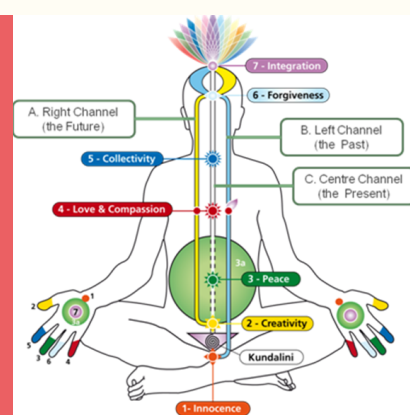




Opening of Sahasrara

The Last Step of our Evolution



H.H Shri Mataji Nirmala Devi (Founder of Sahaja Yoga)

"The only way one can really understand what we are is by knowing yourself."

H.H Shri Mataji Nirmala Devi

From the dawn of human civilization man has been in quest of exploring the truth of nature, the functioning of its varied natural systems, the evolution and the purpose of life. With the passage of time while the human evolutionary process progressed man started developing chord with the nature. Also, the endeavor led mankind to different levels of development in different spheres of political, economic, social and religious importance yet the search never satiated. The vital question of what is the truth of existence remained unanswered.

According to French biologist Pierre Lecomte Du Noüy, a transcendent cause directs the evolutionary process. In the context of modern times it is to be seen whether this purpose was accomplished by the human race so dearly cherished for several centuries of spiritual history, or, was it taken over by materialism leading to strife, conflicts within and outside, insecurity and endangered natural environment.

If transcendent cause has brought us to this level of human consciousness, giving meaning to our existence can only be understood by the process of Self- Realization. In our history of seeking we have always searched for meaning outside, not knowing that the real treasure lies inside. But now the time has come that we look inside and discover our own glorious Self. The age-old sacred scriptures like Vedas and Puranas, Gita, Tripitaka, Agamas, Torah, Avesta, Bible, Quran, Guru Granth Sahib, etc. explicitly mention the experience of the Divine Bliss in this modern era known as the Kaliyuga, the time when the ripening of the spiritual seed that lies dormant within each individual shall take place leading to an en-masse spiritual awakening. This awakening is the final stage of our evolutionary process, the final benchmark of our development and is the most complex yet the simplest to attain. It is just like the organic growth of a seed into a tree which happens naturally at its own pace. Just like all flowers bloom at different pace on their own, just as the human heart pumps blood throughout the body on its own and just as the process of digestion happens on its own, this happening too works out naturally like any other living process without any outside efforts or external discipline. This realization of the Self is not a mental or intellectual understanding but an experience, an actualisation that takes place and can be felt on our Central Nervous System due to the awakening of a residual energy called the Kundalini that lies dormant within. This Kundalini is the mother energy that rests at the base of our spine in the Sacrum Bone in three-and-a-half coils and rises, piercing the six energy centers (chakras) above it ultimately opening the Primordial Sahasrara, the last chakra in the Human Subtle System. Upon the breaking of the Sahasrara, just as a closed-lid earthen pot thrown into the ocean fills with water and goes deep down upon removing the lid, the person too experiences the union with the Divine - the Yoga and enters into the realm of collective awareness touching the depths of divinity that lie within him.

In ancient times though, the awakening or jagruti of this energy was very difficult and one guru could give self-realization to only one disciple. The process was extremely rigid and involved strict purification of the mind and body through tough penances and practices under the instructions of the guru. From penances in the chills of the snow-capped Himalaya to extensive meditations in the deep forests of the Kishkindha, only and only, the most pure and dedicated ones could get their Self-Realization. As a result, among millions, only one or two hardly got the spiritual enlightenment. Bestowing the greatest gift of this Kali Yuga, this state of Yoga can be achieved easily through the spontaneous process of Kundalini Awakening through Sahaja Yoga, the process of en-masse realisation founded by Her Holiness Shri Mataji Nirmala Devi. ‘Sahaja’ means effortless, hence this union with the Divine, the ‘Yoga’, becomes extremely effortless. Through Sahaja Yoga, one becomes the 'Dvija'- the Sanskrit word for 'born twice', and we get our Resurrection as said by Jesus Christ. Just like when the egg hatches, the shell breaks and the chick comes out similarly upon Self Realization the shell of our Ego and the Super Ego falls off when the Kundalini pierces the Sahasrara and we become one with our true self- the Spirit.

This process of Self-Realisation occurs en-masse only and only with the divine grace of Her Holiness Shri Mataji Nirmala Devi who started Sahaja Yoga after opening the Primordial Sahasrara on 5 May, 1970. Fondly called as Shri Mataji, she worked out a method to give Self Realization to desiring seekers however small or large they would be in number which could be further passed on to others just like rows of lit lamps enlightening the unlit ones. Shri Mataji was sure that solely giving sermons & writing books was not going to help. There had to be a transformational change within oneself, to understand the great work of spirituality and God. There had to be a happening within oneself, and this had to be done “en-mass”, and not individually. Even when She worked tirelessly day and night touring the whole world and giving realization to everyone beyond social, cultural and man-made boundaries, Shri Mataji never charged any money for Her work. As She says "this you must have known, because you cannot pay for Sahaj Yoga. It's an insult even to think of money. This is your own right, you are made for it."

When the Sahasrara opens and the light of the Spirit shines in our attention, no confusions or tensions remain and one enters into the Nirvichara Samadhi- thoughtless awareness state. As the light penetrates the being, all the darkness of ignorance goes away and one starts to experience the connection with the Divine expressed as subtle waves of cool breeze on the palms of our hands and on top of the head.

On enlightenment this body itself becomes a temple with the divine essences of all religions enlightened within us. Our vision changes and we start touching the essence of others; being going beyond their physical form. The heart gets filled with love for the entire humanity and a calm stillness soothes the inside. And automatically we start adopting all the qualities that lie within us.

*Description of Realised Souls by Saint Gyaneshwar,
excerpts from Pasaydan*

चला कल्पतरुंचे आरव, चेतनाचिंतामणींचे गाव, बोलती जे अण्वि, पीयूषांचे ॥५॥

Those people whose uttering is like an ocean of elixir, because of whom this earth has become a garden of Kalpavriksha (A tree which can grant everything that can be thought of, wish fulfilling trees). Those folks are nothing but, towns of blessing gems (wish fulfilling pearls, the gems which can give solace from anxieties and grant anything that can be thought of) of consciousness.

चन्द्रमंजे अलांछन, मार्तण्ड जे तापहीन, ते सर्वाही सदा सज्जन, सोयरे हेतु ॥६॥

Those who are, spotless even being beautifully lit (having good outlook and morality) as the Moon (pious); Calm, soothing and cold (egoless) even if as bright (enlightened with knowledge) as the Sun, are really eternal saintly people who are filled with love and compassion for all.

This transformation is inner whose manifestation takes place in all spheres of life whether mental, physical or emotional. Through meditation, dynamism in the personality and a great depth develops within. The only thing we have to do is to desire, earnestly, for our own ascent. Unless and until the Mother Kundalini is not awakened within we can never understand our own Self. There can be discussions, discourses, book readings, construction of temples but if the light of the Spirit is missing from the heart itself, then all these things can never permeate our being and fall futile. A lamp which is not lit cannot spread the light. Only when we desire in our own freedom that this awakening can take place. At the Sahasrara, the final chakra, one becomes completely integrated and enjoys a state of balance and enters into complete union with the Divine Power. This is what is called as the essence of all life, religions, existence and creation. Our evolution has not stopped but what remains is the final leap of our evolutionary growth and a transformation from Homo sapiens to Homo spiritualis, only then can we know what we are and that whatever we had been seeking outside since times immemorial lies within our own being. Becoming the Spirit is the highest point of our evolution and only through Sahaja Yoga this actualization can be felt, experienced and imbibed in life. This is the absolute truth. It is time that in this Yuga we understand it, take our Self Realization and lead a life full of eternal joy and everlasting peace. If we are at peace within there will be peace all over the world. The answer to man’s seeking has come. Let the entire humanity yearn for it.

"You cannot know the meaning of your life unless you are connected to the power that created you."

H.H Shri Mataji Nirmala Devi

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