



Maha Samadhi Day – 23rd February

Honouring the Life of Her Holiness Shri Mataji Nirjala Devi

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My vision for Sahaja Yoga is that, that all the good people, righteous people, God-loving people – will rise above all that is useless, worldly, and reside in the Heavens with all the blessings of God, forever and ever.

Talk to Sahaja Yogis: Questions and Answers, Burwood Ashram, Sydney, Australia, 6 May 1987

Vision of Sahaja Yoga

Collections from various speeches of Shri Mataji



RECOGNIZE | ACKNOWLEDGE | APPRECIATE

- Recognize that as members of a divine organization, we are no longer individuals but awakened cells of the Divine Being.
- Understand that we are Realized souls and saints, possessing all the powers and knowledge that saints have.
- Realize that the spiritual knowledge gained through Sahaja Yoga surpasses that found in any written books found in world libraries.
- Acknowledge the high quality and purity of saints like Adi Shankaracharya and Buddha, who attained individual salvation to a high degree.
- Appreciate the dignified and unwavering faith of such saints in Divine Power and God, as well as their indifference to petty life problems.
- Contrast the individual salvation attained by past saints with the collective salvation achieved through Sahaja Yoga, recognizing the unique qualities of each.
- Recognize that as human beings entering Sahaja Yoga with our human awareness, our purification process is shorter compared to past incarnations like Moses and Jesus.
- Understand that while past incarnations like Moses and Jesus serve as ideals for us, we have the potential to become prophets ourselves.
- Acknowledge the weaknesses, problems, and delusions common to human beings, despite our spiritual awakening through Realization.
- Emphasize the importance of using our vibratory powers with dignity and protocol, as they are the power of the Deities within us.
- Highlight the ritualistic aspect of activating the Deities' power within us through Sahaja Yoga.
- Encourage the audience to tap into their vibratory powers effectively and responsibly for spiritual growth and realization.
- Avoid using vibratory awareness for trivial matters or frivolous purposes, such as manipulating traffic to reach a cinema.
- Recognize that in Sahaja Yoga, spiritual progress and saintliness are the primary focus, not mundane activities like going to the club or theatre.
- Emphasize the importance of spiritual growth and the insignificance of worldly problems in the journey of spirituality.
- Realize that as Sahaja Yogis, individuals are newly born into a state of heightened awareness and must carry themselves with dignity.
- Respect the hands as they are the instruments of a saint, housing the divine presence of the deities.
- Conduct bandhan or other spiritual practices with proper respect and dignity, avoiding any behavior that may be considered undignified or cheap.
- Recognize that as Sahaja Yogis, you are all in the circulation of Divine Power and must respect and love each other.
- Understand that every saint must respect another saint as a minimum requirement.

- Realize that failure to respect each other can disrupt the functioning of chakras, especially the Vishuddhi chakra, which is collective in nature.
- Understand that even in close relationships like with family members, respect is paramount and must be maintained.
- Emphasize that respect must be accompanied by love, as respect without love holds no significance.
- Value each individual's worth irrespective of their societal status, financial standing, or position in life.
- Recognize that as Sahaja Yogis, you possess the power to elevate others through the awakening of Kundalini, bestowed upon you by the love of the Divine Mother.
- Embrace the duty to love and respect each other, understanding that failure to respect saints can lead a country astray.
- Understand personal growth is interconnected with the growth of others. Growth should not be achieved at the expense of others, but rather through uplifting them alongside oneself. The emphasis is on internalizing teachings not just intellectually but in the heart, as Sahaja Yoga operates on the level of the spirit.
- Adjust your approach towards various aspects of life, including finances, material possessions, emotions, and physical well-being.
- Prioritize the success and happiness of your marriage if you are married.
- Strive to cultivate happiness and success within your marriage, as it directly impacts your blessings and spiritual growth.
- Embrace the responsibility of parenthood and allow children to be born into your family, providing them with opportunities for a fulfilling life.
- Understand that the happiness and stability of your family environment contribute to the well-being of future generations.
- Work towards resolving conflicts and nurturing a supportive and loving family atmosphere. Remember that a harmonious family life is essential for the holistic development and prosperity of all its members.

Meditate - Meditate - Meditate

- Meditate every day at home without fail.
- Sahaja Yoga's effectiveness depends on your daily meditation practice.
- The more you meditate, the deeper you will go into Sahaja Yoga, contributing to its growth.
- Make it a habit to meditate both in the mornings and evenings.
- With regular meditation, you will find that you save a lot of time as you lose interest in other activities like gossip and aimless wandering. Your focus will shift towards Sahaja Yoga, and you will delve deeper into its teachings, akin to the growth of a tree with deep roots.
- Witness Sahaja Yoga's growth within yourself as you continue to deepen your meditation practice.

Each individual has the potential to contribute to the salvation of the world.

- Realization is the first step in Sahaja Yoga, marked by feeling the cool breeze of the Kundalini awakening.
- Beyond this initial experience, it's crucial to settle down in Sahaja Yoga.
- The combined force of individuals who have truly developed spiritually will be instrumental in bringing about significant positive change.

Self-Realization is the key to understanding the truth as it truly is.

- Truth is not a product of mental projection, imagination, or reading; it simply exists as it is.
- Human awareness is limited in comprehending the truth; one must rise above this level of consciousness.
- The transformation of human beings is essential for achieving benevolence in the world.
- Merely uniting people is not enough; true integration requires raising them to a higher collective consciousness.
- This collective consciousness involves becoming aware together, not just certifying oneself as spiritually advanced.
- Honesty in seeking the truth is crucial for attaining Self-Realization.