

SAHAJA YOGA
The 21 Steps

HER HOLINESS
SHRI MATAJI NIRMALA DEVI

WITH LOVE
FROM ALL OF MOTHER'S YOGIS, YOGINIS
YUVA SHAKTI AND CHILDREN
OF AUSTRALIA
ON THE OCCASION OF
MAHA MARY JESUS PUJA 2017
14TH TO 17TH APRIL
BALMORAL, NSW, AUSTRALIA

*This booklet can also be downloaded at:
www.resourcesforyogis.com/books*



A journey starts with a single step.

For the Sahaja Yogi that first step is Self Realisation: but if we only take one step, we can never hope to finish the journey.

*Even though we are part and parcel of the one being
- even though we are cells in the body of the Adi Shakti
- yet we are on our own!*

We must each make this journey individually and alone.

*Some of the steps we must take are still a mystery:
some are peculiar to ourselves.*

*But some are well known and accepted as necessary steps for
the individual to take if we are to succeed on the journey.*

Here are twenty-one steps we must take to be a Sahaja Yogi.

*Each one is a small step; yet when added together,
they become a giant stride towards our "Becoming."*



We must not forget who Shri Mataji is

And I shall pray the Father and He shall give you another comforter the comforter, which is the Holy Ghost, whom my father will send in My name.

(S)he shall teach you all these things.

Shri Jesus



“But today is the day I declare that I am the one who has to save humanity.

I am the one who is Adi Shakti, who is the mother of all mothers; who is the Primordial Mother; the Shakti; the purest desire of God; who has incarnated on this earth to give its meaning to itself; to this creation; to human beings: and I am sure that through my love and patience and through my powers, I am going to achieve it.

I was the one who was born again and again: but now I have come in my complete form and with complete powers.

I have come on this earth, not only for salvation of human beings, not only for their emancipation, but for granting them the Kingdom of Heaven; the joy; the bliss that your Father wants to bestow upon you.”

2/12/79



“So this awareness should be with your heart: that the time is very important. You have come here at a very important time.

And that when you are with Me is the most important time - and take full advantage in the real sense of the word.”

Shri Mataji 21/05/84



We must meditate every day

To develop, one must meditate. Important thing is to meditate every day; every day; every day.

You may not eat our food one day: you may not sleep one day: you may not go to your office one day: you may not do anything that you are doing every day. But you must meditate every day. That's an important point.

Bombay Puja 1988



You don't have to spend too much time on meditation. But whatever time you spend; whatever you gain, has to be visible outside. How you radiate and how you give it to others- that's the quality of the saints you have to be.

Unless and until you become deeper we cannot save other Sahaja Yogis. And we cannot save those who are not Sahaja Yogis.

27/07/82



Meditation is part and parcel of our lives. As far as human beings they have to breathe, you have to meditate. If you do not meditate, you can never grow. You have to meditate. Unless and until you meditate, you can never grow. You will remain the same.

The growth of a personality takes place only when you meditate and become deeper. Superficiality is not going to help. This is the reason why one has to meditate-but not for a long time.

2/05/87



Those who come to Sahaja Yoga and do not meditate and do not rise, are destroyed or they are thrown out of Sahaja Yoga.

28/07/85





We must not criticise others

Change your attitudes.

Try to see good in others. Try to see. I am not saying for other people, but I am saying at least for Sahaja Yogis, you can do it. Try to see good in them.

What good have they done to Sahaja Yoga. What you owe them. How to get along with them. Why not see the good of them.

By giving them encouragement; by being good to them, you are helping Sahaja Yoga.

28/07/85



And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?

Thou hypocrite-first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote of thy brother's eye.

Shri Jesus



Counting the faults of others only adds to the faults of our own!

Shri Buddha



If you are a child of the same Mother, how can you go higher than anyone else? You will remain always the child of the Mother.

How can you be higher than any other child in the eyes of the Mother? You cannot. On the contrary, if you try to do such tricks, the Mother will punish you.

28/07/85



We must regularly shoebeat, footsoak, put ghee in the nose and exchange vibrations

We cannot fight ourselves.

We can only leave it to the Kundalini and Atma to work things out for us, by the constant practice of Sahaja Yoga shoe beating, foot soaking, dhyana (meditation) etc.

And since it all happens automatically, there should be no room for ego intervention or mental activity.

21/05/84



A simple thing I have requested you all - to put some ghee in the nose. This is a very simple thing, but it is very important.

You all suffer from a very bad Hamsa - and one of the things that is a symptom in an AIDS case is a bad hamsa.

And a small thing like that is not observed!

It has to be a religious obligation that you must listen to Me, whatever I say. Actually, you must obey Me!

05/05/87





We must not say or do anything against the spirit

"What's wrong."

Some people I've seen, they say "What's wrong - I'm smoking still: my vibrations are there?"

Some say "What's wrong - I'm drinking still: my vibrations are there?"
"I'm going to this guru still: my vibrations are there."

"I'm having the same type of licentious life still: my vibrations are there."
Now it goes a very long way - 'the vibrations are still there.' But suddenly they stop and you find you're out of bounds.

You're thrown out completely. But you do not feel how you're thrown out. Gradually you find, like a tangent, you go out. And so one has to be careful about it.

So within us lies a force which is centrifugal and a force which is centripetal.

So Ekadaesha's force is centrifugal, by which you are thrown out.

Sahaja Yoga does not fall onto anyone's feet; doesn't flatter anyone; doesn't request anyone.

If you want to be there you have to be, you have to be positively there and if you don't want to be there, it throws you much faster than what you want.

That's the trouble with Sahaja Yoga and this is the loophole which I have to tell you, as a Mother, that it's very anxious to throw you out.

21/05/84



We must continually listen to HH Shri Mataji's tapes

"Mother what they do is that they take one tape for one centre and everybody listens to it and then finished!"

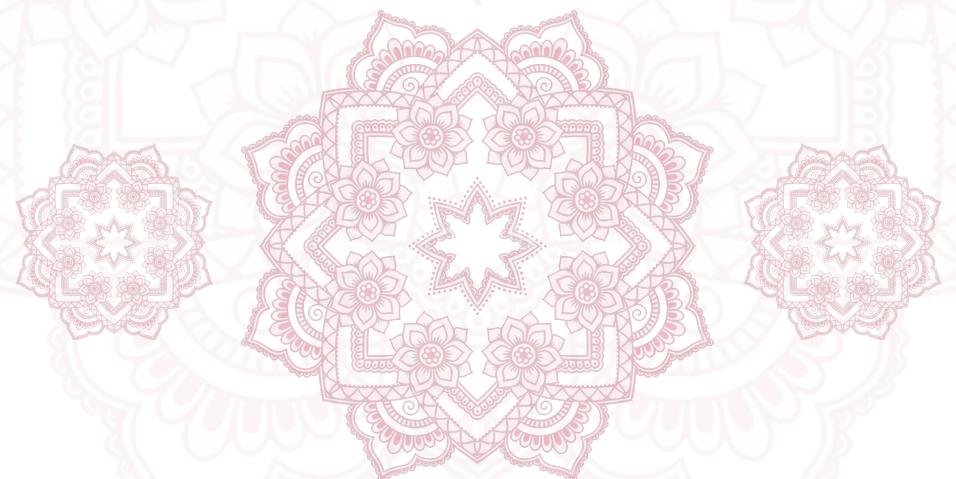
You should all have one tape each! Even that people don't do. Not only that. It might be after sometime, it may be that there is only one tape in circulation in one country.

"We circulate. Say today in New York, tomorrow in Boston. You have to listen to it again and again."

Sit down with paper and pencil and see for yourself what I am saying. Every tape should be with you. I mean, those horrible guru's tapes - you can hear them in every car, every place.

Everyone - they have it and why is it that Sahaja Yogis don't have any tapes with them? You can make copies.

Shri Virata Puja





We must not allow ego to fool us into believing that we know best

... and that everyone should behave as, and be like us.

You see you should never fight the ego. If you try to fight it, it will sit more on your head. That is not the way to fight it.

That there is ego and you fight your ego. "Oh I am going to box you," then it will grow more, you see. The more you box it, the more it will grow. Never fight your ego. Only way is to see it!

Your attention is very important. Your attention is now enlightened. Whatever you see, it comes to its right size. Ego, if it is overgrown - you must watch your ego. Best is to watch yourself in the mirror and you say: "Mr Ego, how do you do?" Then it will come down.

But do not fight it - just to be seen.

All kinds of egos could be there. If you are over educated, you are egotistical. If you are uneducated, you are egotistical, because you must show that you are something.

All sorts of egos are there.

28/07/85



But now the problems that human beings start facing, is the assumptions that they are gurus. They start speaking about Sahaja Yoga and they start thinking that they have become already Shri Krishna.

They have even a greater ego than the person who is actually ignorant about Sahaja Yoga. They start talking with such tremendous ego, that I myself am frightened of them.



How much they know about Sahaja Yoga, I sometimes think. And they start asserting it so much, that it is frightening.

All this can also be said—that they feel protocol is not alright and there should be proper protocol. So we are looking after protocol.

We are the guards of the protocol and all these things.

27/05/85



Then some of them say that now we have become so great that we need not do any foot soaking or anything.

There is no need to do meditation. There are some like that also. And then there are some who say that sin can never touch us now that we are Sahaja yogis.

We are very great evolved souls. But the worst of all are those who just take my name saying that, "Mother has said so and I am telling you because Mother has said", when I never said such a thing.

It's all falsehood.

27/08/85





We must actively live “The Golden Rule”

“Love Thy neighbour as thyself.”

Who is thy neighbour?
It's a Sahaja Yogi. Stand by him.

And trust your Mother. As I have trusted you, you have to trust me and it will work out. Open your heart to this trust.

You should not worry whether it would be absolutely respectable or not because heart knows.

It is that trust in your loving heart that is going to do it. Love gives all the sophistication and the fragrance and the breeding which is required.
Not talking of love, but really loving is the way.

21/05/84



Be Motherly.

So this compassion has to be there and unless and until you develop that compassionate fatherly or motherly feeling for others..... I mean I am the Mother of a person who is about 108 years of age. You have to really Mother others and have that feeling of compassion and love for others.

You don't have to think about your own comfort: you don't have to think about your advantages. But you do have to think, 'what you can do to make others comfortable' than to see what will make you comfortable.

Whatever, compassion, love I have given you, you must store within you and give that back to others, otherwise you will be finished, stagnated.
There has to be outflow.

28/07/85



We must not be fanatical in word or deed

Now there are people who are suddenly enticed by some sort of ritual. For example, I have seen some Sahaja Yogis - they come to the Puja and they are giving bandhans to them like mad. On the way they'll go.....they'll give bandhans. Anywhere they go they'll give bandhans like mad. That's just conditioning: that's not discretion: that's not Sahaja Yoga.

It is to be seen “is it to be given bandhan or not?” In the presence of Mother there is bandhan. What is there to give bandhan to yourself? But people when I am talking, are giving bandhan, raising their kundalinis. They are all mad people, I think.

10/07/88



But still, if you see in every religion, there are so many rituals going on. So when the incarnations died, people started rituals, funny stuff. Even when Shri Krishna died, they didn't know what to do now, because he said, “No more rituals.”

As a result, when His incarnation was over, people became very serious minded and all the seriousness started in the religion - all the ritualism started. People became extremely rigid and that rigidity killed all the joy of life and then all the other things also started with that rigidity.

To overcome all kinds of ritualistic nonsense of religion, Shri Krishna's advent was there. It was a very important advent but I don't know how many people understand that. He came to show that it's all a 'leela' - it's all the play of God. What is there to be serious?

What is there to be ritualistic? You cannot bind God in any rituals. That's why He came on this earth - to tell you that you should not bind yourself by rituals which are nonsensical.

6/08/88





We must work at developing our relationships with one another

We have to understand the maryadas.

Your relationship with the Sahaja yogis has to be absolutely ideal relationship. Otherwise some screw is loose.

Try to make it ideal. Say there is one person.

You find the person is too egotistical or something. Try to see what's wrong with you first of all. 'Am I perfect?' "Am I alright?"

If I am, then I better correct myself. But if I am not; if I am a good person, that way I am not dominating.

Then I should try to bring down his ego by making sweet things to him. Try to be kind to him so his ego comes down.

Manage somehow or other to establish ideal relationship. It is absolutely simple.

The relationship with each other has to be perfect.

The relationship with yourself has to be tyrannical. You should lash it up.

You should absolutely make it clear to yourself that 'I have to perfect myself if I have to give this, my being, to God.' It has to be perfect.

Secondly, if you have to have relationships with others, it is to be ideal relationship. Sahaja Yogi with Sahaja Yogi means something great.

The greatest relationship is that. With your sister, with your brother, it has to be ideal.

28/07/85



We must not cause trouble in the ashram

Ahsrams should be a place of joy and tranquillity.

Now those who cannot live in the collective, are not Sahaja Yogis, by any means. Those who try to get out of collective should know that there is something lacking in them.

They should enjoy the company of others.

They should enjoy working with others. They should enjoy the beauty of others.

They should enjoy the vibrations of others. But those who try to think of having separate things and some kind of private stuff then that means they're not yet mature enough.

Collective is the way that really judges you well.

When we grow up, we want to have our individual living - individual things.

There is no joy in it, there's no joy.

So for every Sahaja yogi to judge himself is the best way is "how much I enjoy the collective?"

How much I enjoy living with others and how much I want to have my own- my own child, my own husband, my own family, my own room.

All those people who think like that are not yet fully Sahaja Yogis.

They are still immature and they don't deserve to be there where they are.
10/05/87



Let there be rest in this house

The spirit of love and friendship.

Let there rest in this house

The spirit of patience and hope.

Let there rest in this house

The spirit of warm attention.

Let there rest in this house

The spirit of tender care.

Let there rest in this house

The spirit that cures and protects.

Let there rest in this house

The spirit that founds collectivity.

Let there rest in this house

The Holy Spirit of God.

Presented to Shri Mataji 21/09/1986



We must make serious efforts to work out known problems within ourselves

Until and unless you understand there is something wrong with you, you cannot cure yourself. Sahaja Yoga tells you this or that is wrong with you: these are the chakras catching and this is how you clear them out.

If you clear them out then you will feel perfectly alright. It's your own body, your own chakras. And it's your own life that has to be joyous. So if you know what is wrong with it, you should try to take it out.

12/05/87



Change everything become a fresh new person.

You are blooming out as a flower and then as a tree and assume your position.

Assume your position as the Sahaja Yogi. It's very simple. It's very simple. I have to be pleased because I am the attention.

If I am pleased , then you have done a good job.

But I cannot be pleased by mundane things, by any arguments with that, but only with your ascent. So you judge yourself on that.

21/05/84



Try to detach yourself. Try to control temper, lust, greed, everything. Eat less, not like gluttonous people. You see, once in a while, on a day of a big banquet, you eat more. But you cannot eat every time like that. It's not the sign of a Sahaja Yogi. Try to control.

Try to control your speech: whether you express temper in your speech or you express your compassion, or you are artificially compassionate.

21/05/84



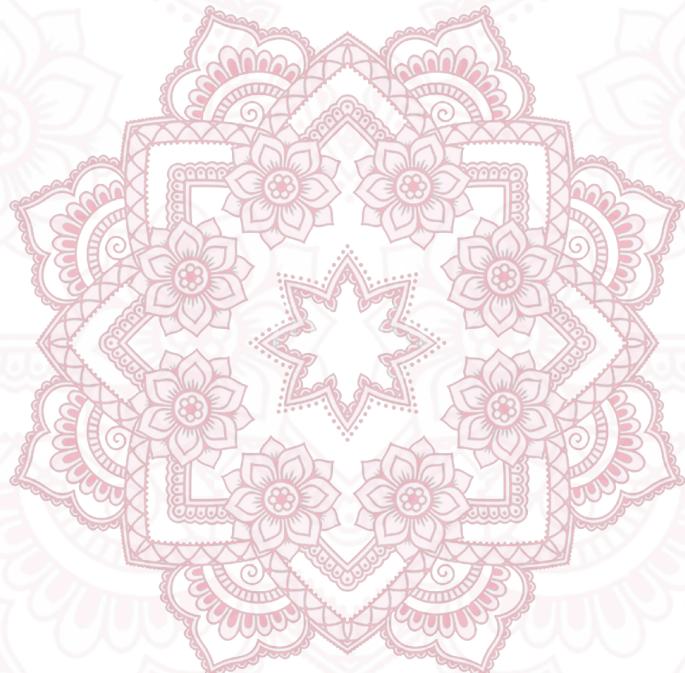
Also, it is not easy to be my children because I know what you do - I know everything about you.

I also correct you - you know that. But when you are sticking to me, it also shows that you belong to a category of people bent upon evolving and being better people through inner transformation.

To be a Sahaja Yogi is not an easy thing – that you can pay some money and become members and become Shri Mataji's disciples.

Even when you have become my disciples, you have to pass certain tests and you have to work hard for it. You have to do a lot of tapasya, living in your family.

Jan 1981



We must not react if corrected

If someone speaks about you and what they say is not true what is there to worry about?

But if what they say is true then you had better do something about it!

Whether I get angry with you; whether I scold you.

Whether I pamper you; whether I say "Don't do that."

If I tell you "Don't come very close to me, keep away" anything I do like that is benevolent to you.

And to me, the benevolence is only one – that you should be emancipated.

That you should prosper out of me.

21/05/84





We must participate in at least one public program each week

On the one side I find such stupid people and on the other, a host of genuine seekers.

How to reach them? They are like a diamond covered in the mud. So much mud! To find out the diamond in the mud, one has to dive into a mire of ignorance to get that diamond that is lost.

It concerns me so much that I feel this mud is going to cover their brains and their eyes, whatever else they have, so that they may not receive their realisation.

They may miss it.

19/01/84



And the subject of Sahaja Yoga requires the maximum, the maximum penetration. Because Sahaja Yoga, if you have understood or you are aware of it or not - but it is learnt through experience and through nothing else.

You have to experience and then believe into it. It is not that what I have told you is conditioning your mind - nothing. You experience it yourself and learn.

21/05/84



Sahaja Yoga is not going to work by advertisement, nor by my photographs. It is going to work by your work; by your responsibility; by your shouldering Sahaja Yoga.

It's your responsibility to spread Sahaja Yoga and to establish it.

Shri Virata Puja



Actually for me it's not necessary even to come. But without talking, who will come to Sahaja Yoga? Nobody.

So I have to talk and I've talked and talked.

So much talk you can't imagine.

I've got at least a thousand lectures in London and they all feel it's something great. I don't know but I wish I could stop now talking.

The other day, someone was talking. I was so happy that that person can talk very well.

I said, "Now I will retire from talking. I will just do the raising of the kundalini. You better see to the talking."

So may be that some of you might come up as great speakers in Sahaja Yoga and you might be able to relieve me of this too much talking.

27/05/85





We must not make excuses for our own shortcomings

When you do something wrong, many people are there who will say that, "It is my left Swadhisthana." Some will say, "I was possessed - there was a bhoot." Somebody will blame something else. Whatever you are blaming, actually who is asking the explanation? It is only you asking yourself. So the devotion to me means actually facing yourself first of all and see for yourself what you are doing.

28/07/85



You may ask any Sahaja Yogi, "Why did you do it?" "Must be a bhoot." If you say that "How is it you have done such a thing?" then they will say, "I do not know. It is a bhoot who has done it." They are never - there - all the bhoots are there.

27/05/85



Try to be in the present. Do not escape the present. Face it. Don't feel guilty, nor blame the bhoot. Both things are going to take you away from the present.

Now just see the whole nature, the whole Divine power, your ardent desire of ages. Everything is on your side.

The time has come. You are just there. What have we to do?

When you see yourself misbehaving in any way, punish yourself. It is better that you punish than the Divine punishes you, because that is a severe punishment.

But do not feel guilty, because you have not done anything wrong.

27/05/85



We must refrain from being judgemental

Why not see to the better side of man. By seeing bad side, if you can cure it well and good. But if you are not going to cure it, you are yourself are going to get bad. If you can cure it, nothing like it. But you cannot.

Also people always say, "I would not do that"

But you would do something else that the other person would not do! When judging others, one has to know one should judge oneself first of all. Because with what are you judging? With your ego and your super ego. I have seen it is a very common failing, which should not be there anymore

But you people are not going to see the faults of each other, but to the good points of everyone.

28/07/85



When I find Sahaja yogis criticising Sahaja Yogis, I am amazed! Because you are part and parcel of the same. I can criticise alright, but why should you? Only thing you have to do is love each other. Christ has said it thrice. I must have said it 108 times already that you have to love each other.

That is the only way you are expressing compassion. If I have given you any love any time, you have to have patience with others - love for others.

07/85



Judge not, that ye shall not be judged. For with what judgement ye judge so shall ye be judged.

Shri Jesus





We must not gossip

You must not pass sarcastic remarks about each other. Somebody's like this, somebody's like that!

I don't like it at all - passing remarks about anybody. All of you must respect each other.

If a person is very conceited or selfish - it will stand out. It will get corrected. So you don't pass remarks. Even in the public sometimes I hear it. It's very bad.

24/03/81



Some of the Sahaja yoginis have a bad habit of talking...tut-tut-tut-always.

It's a very bad habit. It shows they are still very much lacking. Just wearing saris or wearing bindis, you do not become a Sahaja Yogi.

First of all what is the gravity?

You should only speak when it is necessary!

Some women are talking all the time - stories - but won't get up and give speeches on Sahaja Yoga. But if it comes to murmuring souls - you are there!

So that is one thing you have to be very careful about. If somebody is trying to criticise - just keep quiet. This silence has to be established. I have seen also when I am there - just people talking amongst themselves and it is very wrong.

To discuss somebody - to discuss about others' characters we have no business. Do we discuss the character of one hand to another hand?

To discuss what has happened about marriages - things like that. You are not married people in a way. You are married to Sahaja Yoga.

08/07/90



We must be generous with our time and resources

So just try to keep your aim clear cut.

You must try to understand what your aim in life is as Sahaja Yogis. Now you are changed people. You are no more people who have to deal with possessions or worry about them; about mundane things; about your livelihoods.

You are no more people who have to worry too much about your healths and things, or your personal lives.

Then if you have career mindedness and you are very ambitious - "how my job will remain this, that." You better get out of Sahaja Yoga. It is not going to help us at all. Thirdly, there are people who believe that, "This is my wife, this is my beloved, this is this" and all that nonsense.

Why are you here? For what?

Or "My children, my household, my mother, my father." All sorts of wretched people around.

If you cannot rise above that, you cannot help me.
I'm sorry you cannot help.

You have to be very strong people. You have to be people of very great valour and great idealism and noble ideas.

28/07/85



How canst thou say, "I have kept the law and the prophets?"

For it is written, "Thou shalt love thy neighbour as thyself." And lo - many of thy brethren, sons and daughters, of Abraham, are clad in filth, dying of hunger and thine own house is full of many good things and naught at all goeth out of it unto them.

Shri Jesus





We must not put personal things before Sahaja activities

You must all the time remember that we are realised souls; that we have got vibrations that we can know others. This is the way we have to judge. This is the way we have to understand. The vibrations - it is the only way that we can know others. Not by something, - something you will feel that a person looks very sweet and nice and maybe a snake comes out of that person. So best is to judge a person through vibrations.

Judge everything through vibrations. Not through your own understanding or superficial methods of judging others.

Now also, there are so many conditionings we have got by which we judge others. These conditionings can also bias our judgement. So best way is to see the vibrations. Through vibrations you will have the real knowledge about what is happening.

16/05/87



Your Mother is good at speaking and She speaks to you. But it should not be your mental attachment. Like, "Yes, Mother says so" and everybody discusses with such great enthusiasm this is that. But it has not become part and parcel of your being.

But it is a very common attachment nowadays, with all the people knowing about everything and having nothing. This mental attachment is to be really attacked. Becoming is seeing. It is experiencing.

Like if I have to come to this place, I must come and see it. If I only have thoughts about it and mental ideas, mental pictures, it is no good. It is not mine, it's not the truth.

So when you become aware, actually what happens that you see it yourselves. So let us 'see.' Get out of that mental conception that you know already about it. You do not know, because what you know is just mental. That should be part and parcel of your being.

27/05/85



We must always remember we live in HH Shri Mataji's house

There should never be complaints about the ashram.

The ashram is your Mother's temple - is the place which is to be just like a temple. Ashramites must look after it and others also who meet there.

For example you may bring your children. But they should not be allowed to go to every room.

Must keep this place like a temple.

And those who live there should know that we are living here because we are getting a training - not to make a convenience out of it.

25/03/81





We must not put mental concepts before vibrations

But now I find, we have another kind of slavery. A slavery of selfishness, self-oriented.

"This is my comfort. I must have this. It should be enjoyable. I am enjoying. I'm this. I'm that"

You should enjoy, otherwise it is not something great. I mean, the whole thing should provide you some sort of a feeling, instead of you providing the feeling.

Because people, I think, do not know what they are doing. What sort of work they are doing. They do not want to come up to that level - of that height - to see 'what are you up to?' You are trying to save the whole world.

So rise now. You must rise above your petty, small mind. Rise up to a point where you should know you are going to save the whole humanity.

If you cannot feel that, it is better to leave Sahaja Yoga. Sahaja Yoga is not meant for people who are lousy. In Marathi, the word is 'gabale'.

Tukarama has said: "Yerya gabadyache kama nohe."

"It is not the work of the lousy."

27/05/85



If we do not accept our responsibility to maintain our Lakshmi, it will be hard for Sahaja Yoga to penetrate the material universe.

For who will build the ashrams and hold the programmes?

Often in Sahaja yoga, one is asked to pay for this and that and people grumble.

But they see only the gross drama - and not the deep subtle meaning: that one is being asked to pay attention to the Lakshmi Vishnu tattwa so that the Virata can be enlightened by the Atmas we all possess by Mother's grace.

For the enlightenment to have meaning, we should enlighten the universe and enter gross matter regardless of the consequence, for we are pure Atma.

21/05/84



We want so much, yet we need so little.

The illumined man needs nothing.

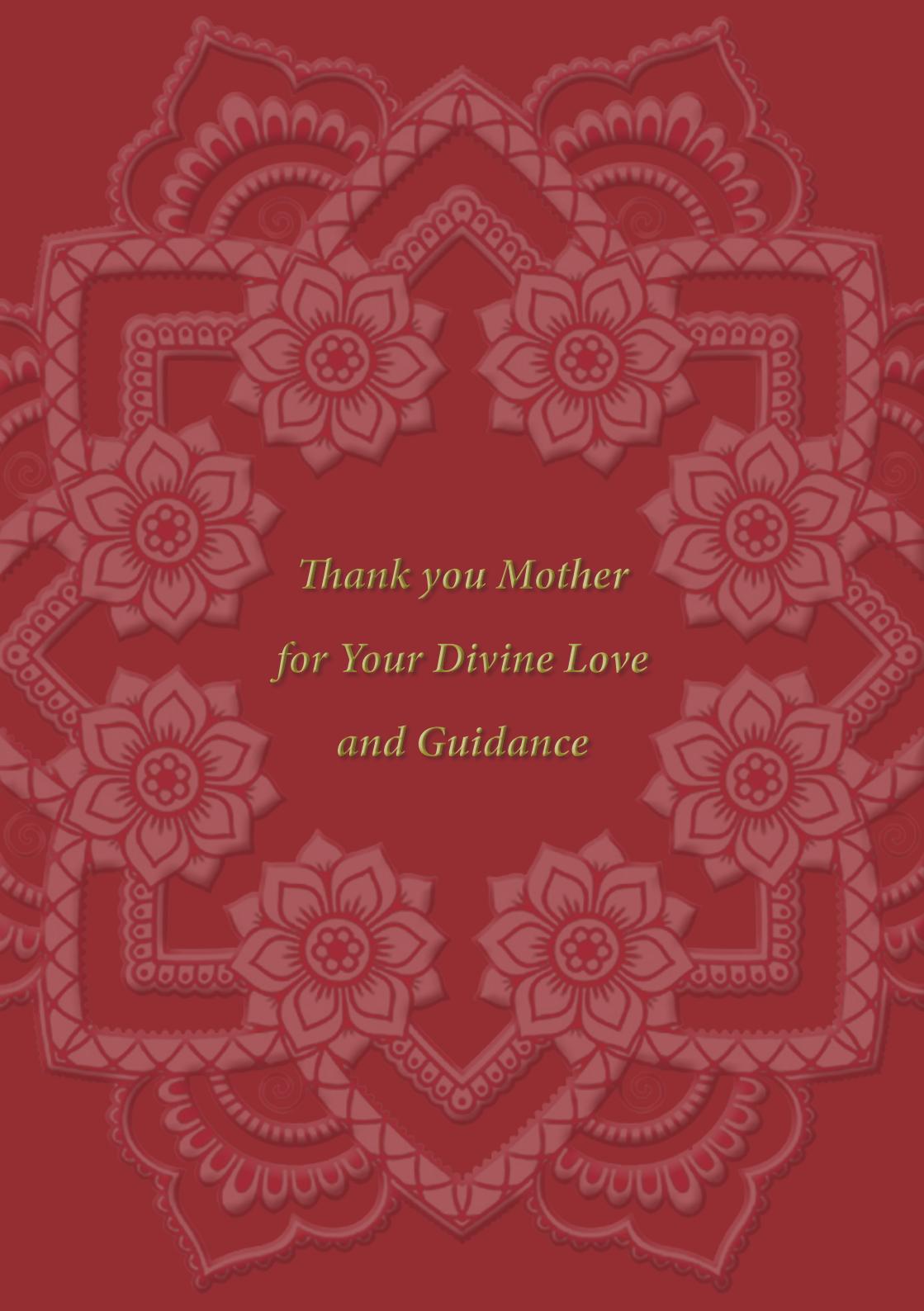
Shri Buddha



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*Thank you Mother
for Your Divine Love
and Guidance*