

1)Public Program India, 26th December 1975

That Shri Ganesh – psychologists have not yet been able to reach to [identify] Shri Ganesh because they do not know this that to reach Shri Ganesh first we have to make our lives pure. Day and night those human beings who drink alcohol how will they we reach Shri Ganesh? Those who have not made their lives pure, those who have no balance in their lives, those who leave their wife and are interested in other women – for such felonious people will Shri Ganesh give [Darshan] – the one who is himself an incarnation of purity.

But the miracles of purity are so many – recently, I had been to a university – an agri university in [Rauri], some professor there are my followers/ disciples, they said to me that mother please give us some vibrated water by which the yield of crops increase. I said OK, and I moved my hand just like this on the water and gave them. Yesterday only they had come and were telling their tales. They told that they had put that water into the well and whatever crop that was grown from that water of the well that was hundredfold. They said Mother this we knew that it will surely happen from the vibrations, as it had happened in the past also, but we were surprised to see that a lot of crop [250 – 250 potyan ka anaaz] was eaten away by rats, used to get rotten, majorly was eaten away by rats and the godowns in which this crop was kept – we were surprised that there were holes in it in those sacks but the rats had not even touched it by their teeth. And near it a [pend] was kept, there is another kind of thing which is called [pend], that was of some other place, all of it was eaten away by them which the rats never ever eat and wheat – they didn't even touch, they were kept as it is. Now you would say how this is possible? Scientist are not ready to believe this that how is it possible, how can it happen. But this thing is there right in front of them. Now he is a scientist only of there who told me this – professor of rauri, Chauhan – he told me that mother we were astonished to see this. Now we say this thing in the university then our scientists say no this must have happened by coincidence. He said how can there be such a coincidence that not even a single rat touched it. When this was in context of God, it was a coincidence but if it is about science then it is sure shot. Because to accept God is a very difficult thing for the human Ego. Ego has clouded the head in such a way, that you pull ego a little to the side then there is a space created in the centre for my Sahaja Yoga. Because of this Ego they do not want to think that how is it possible.

2)Talk to Sahaja Yogis, 5th October 1978

It's such a wide subject that I cannot cover it in one lecture, you'll require many more; but the most important thing about Void is that that once you are

enlightened, you become dharmic yourself. The Dharma starts flowing through your hand. These vibrations have a capacity to establish Dharma.

So, when you put your hands now towards the five elements, say you put your hands towards the water, or you put your hand in the water – the water gets enlightened, vibrated. Then if somebody takes that water, it will establish Dharma into that person.

Supposing somebody is a drunkard, now you put this **vibrated water** to him, give him to drink. He'll feel nauseated after drinks. He'll throw away the drinks, then he will stop.

Some of you have noticed that when you came to Me first you felt a terrible nausea within you and you felt like vomiting, sometimes you felt uneasy, you see.

So these vibrations through the water now pass into your stomach and they establish Dharma there, the proper relationship.

It so happens that if you go on taking this water, the right-side is that physically you feel alright, and the water can give you such a power that you will never get cancer of the stomach, never get any trouble with the stomach.

But left-side side it has greater power, this water, that it cleanses you – your sins – and puts your attention, fixes it up on Dharma.

So, your attention doesn't do – you are not tempted, that's how you have seen people who come to Sahaja Yoga can give up drinks easily. Because it turns your attention towards Dharma.

Then if you want to take drinks you just don't feel like after some time.

You feel like vomiting, you feel like headache, and all that. And it happens so easily. Now we know somebody's reaction – he gave up with all his drinking in no time.

Otherwise, it's not possible to do it, but because of this happening in the stomach, now you cannot drink.

Just imagine.

This is the great thing about Void is that once you are enlightened you can give something to the nature. You have been drawing everything from nature so far. First time now you start giving something to the nature.

And what you give to the nature is so nourishing to it also. Supposing you give vibrations to, say, fruits, or to trees, or to flowers. You will find they will be ten times more, the growth will be much more, they will be lustrous. And they will be very juicy, very tasty and the whole atmosphere will be different.

Maybe after some time these trees, if they will be standing there, anybody will be passing that way, if he touches the tree they will get the vibrations also from there.

So maybe a tree may become a curer, something like that. All those waters and all that, we talk of «curing water», are nothing but **vibrated waters**. They are vibrated. So, if the **vibrated water** goes inside, you get cured. So, this is on the left-hand side it works, that it establishes your religion within you. All the problems you have had is all completely cleansed out by that.

3) Description of kundalini Delhi, 23rd January 1976

In Rahuri (Maharashtra state) there called university there they have experimented. In the University for first time they have experimented in agriculture university. With these vibrations they have found that the growth of wheat is 10 ten times more. They have found that the fruits that came out of it were beautiful and, they are so tasty and so (not clear). They found that when the cow was given **vibrated water**, Indian cow, started giving milk like an Australian cow. But I cannot write a guarantee check for you. That is one thing. So, all the miseries so called will drop out.

Now the overpopulation problem. That's very interesting. I tell you what it is. Why there is such an overpopulation. You see, the congenial atmosphere for the rakshashas and for the bhoots, giving chance for the bhoots to come as human beings. Once this congenial atmosphere for them will disappear, only the saintly will come and they are not so many. And they will also not need so many. I think a person does not need much. With very little he is so satisfied. He is a badshah. Its only the mental attitude that makes him bhikari. Otherwise we are not. We are very rich people. What else!

4) Release of Advent, FICCI Hall, 28th March 1979

RAS : RA means energy, S means with energy, it was ano ther kind of play for Sahaj Yoga because at that time there were no such halls, there were not intellectuals, there were not people who were over-read, there were not people who were willing to come to a hall and sit down and listen to Shri Krishna. So he caught hold of people who were playful, played with them. When Radhaji went to the river Yamuna and put Her feet in the river, the **vibrated water** from Yamuna was carried on Her head. He used to break the pitcher w'ith a stone to

allow that water to fall and vibrate and when the milkmaids carried that water on their heads he used to break it at the back so that whole water would fall on the Kundalini and Kundalini would rise. As a child when he played, Goptal Kala, when He tried to steal bread, butter which w'as kept in gifarr at top. It w'as a pyramid he created. On top of the pyramid he would stand, and the flow of Kundalini, with his feet, you see, he would press it on their heads. Now it was not possible in those days for any' one to stand like that to put the Kundalini in such a way that the flow comes to the Kundalini and the Kundalini rises. Even when his mother punished them for stealing butter and put them together, tied a piece of cloth from one naval to another and he started moving the energy of Kundalini through that. There was a gentleman who got his realisation in America and I think he was one of the gopes with Shri Krishna and he described this experience when he had never heard of Shri Krishna. This was the Rasa (rm), this was Radha (ttut), Ra is the one who sustain, dha is the energy.

5) Chapter 16 The Goddess Declares Herself- 1979

The vibrations of material objects

Shri Mataji gave me lessons on the importance of being aware of the vibrations of things. When I first got realisation, I had a necklace made of red Chinese lacquer beads. Shri Mataji warned me that it did not have good vibrations, and took it to Her flat to try to put it right. She put it in a bucket of vibrated water on Her balcony for some weeks, but it did not get ok, and She finally told me this, so we threw it away.

6) Sahaja Yoga -Jungian-Approach book by Jose Antonio Salgado

The harmonising irradiation of Shri Mataji or of her photograph can be used to practical ends in the fields of biology and medicine, which have both seen many successful experiments carried out. Agricultural experiments, carried out following the most rigorous scientific methods, in which the irrigation of crops such as maize or sunflowers with “vibrated water” (water which has in contact with a photograph of Shri Mataji) resulted in faster growth with higher and better quality yields. Similar experiments have also been carried out in animal farming and milk production. Shri Mataji has also achieved amazing cures in the field of medicine of which there is objective proof; but then the practice of Sahaja Yoga in itself cures illness, as all illnesses are related to imbalances in the energy centres (chakras), and the practice of Sahaja Yoga is geared towards freeing those chakras from any obstructions. Curiously, the irradiation of energy which can be perceived through its effects but cannot usually be seen, can sometimes be captured by the camera. In effect, the vibratory properties possessed by photographs of Shri Mataji lead Sahaja yogis to take many pictures of her, in which strange phenomena of the energy sometimes appear: luminous spheres in her hands, rays of light falling upon her from above, lights outlining the position of chakras; all inexplicable from the point of view of photographic techniques.

Manifestations and phenomena of this kind show that Shri Mataji possesses unusual qualities and powers, but other spiritual teachers of a dubious nature also sometimes display surprising abilities and powers. If we have achieved “self-realisation”, and a sufficient perception of vibrations, the feeling on our hands of “cool breeze” or “heat” is a good indication of whether we are in the presence of an expression of the “Plane of Truth” or of an involuntal force. This should be the definitive proof, but even here we can have doubts or uncertainties, and the best way is to accept as a hypothesis the idea of Shri Mataji as a representation of the “Plane of Truth”, and to experiment, to observe her teachings, her own attitudes and behaviour and to be aware of any transformations that occur within us. The conclusions and recognition will come by themselves.

We are speaking of “vibrations”, “irradiation of energy” and “sensations” because we are at present dealing with the practical and “external” aspect of Sahaja Yoga, but we must not forget that it is on the internal psychic plane that the transformation must take place. This transformation should culminate in the structuring of the integrating archetype of the psychic whole, the archetype of the Great Goddess, Supreme Mother

7)Puja For New Yogis,Toronto,Canada, 10th October 1983

Shri Mataji-First we have to establish the innocence and to establish the innocence the deity is called as Shri Ganesh and you will know about him much more, but you know him as Jesus Christ because he incarnated on this earth as Jesus Christ. Now this prayer that he is going to read to you was written about 14,000 years back and see how detailed it is described about Christ and it is described in a book called Devi Purana by Markandeya and is called as Devi Bhagwat. So you can see all these things written there. So to know about Christ we cannot limit ourselves to Bible, because he was such a great personality that you cannot contain him in a little book like Bible you see, so you have to go to other scriptures also and keep your mind open about it, so now he will read it out to you and with that they will wash my feet so this water will be vibrated and this water can be used for purposes like if you want to say use it for your baptism its very good because it works out faster if you put it on your head, on your hands, the vibrations start flowing. See it's a simple method that you get the **vibrated water**. And then another thing we'll do is to establish the power, the shakti, what you call the goddess and for that they will be washing my hands with some things that are prescribed (he should not be kept on a thing like that, it isn't proper, have you got another yoghurt? Don't use this)
SY- get some fresh yoghurt and put it into even a porcelain or something.

Shri Mataji- not in this, never use in a brass. So these things are, then the hands are washed and then the hands also have got vibrations so this water can be used for the clearing of the stomach and the stomach centers and all the problems of the stomach. Also if you have been to a wrong guru or anything, that clears it out.

8) Recollections,Chapter 2, 1981,March and April- Australia.

Vibrating our jewellery

After the Maccabean Hall meetings, new people were invited back to Burwood Ashram. Shri Mataji sat for eight hours giving a long queue of people vibrations. Certain items of jewellery were taken off and put into vibrated water in the old meditation room where She sat. Since then I put my rings and mangal sutra in front of Her picture every night to be vibrated after a day in the wide world.
Frances Henke

9) Recollections,Chapter 14, 2009, India and Europe.

One miracle after another

Cabella, 2009: last night when I was working in Shri Mataji's kitchen, arranging the flowers on the trays with Christina (Sakshi). We heard that Shri Mataji was heading back to the castle and I had a strong desire to see Her. Right before She arrived, someone poured a bit of vibrated water on my head. It felt so nice, dripping down all sides.

I ran outside to see Shri Mataji – She was just about to go to Her room when She looked directly towards me. I felt that was Her way of answering my desire to see Her. It made me feel so happy and full of joy!

As I continued to do the dishes, I kept feeling this water flowing sensation coming down my head. I felt my hair to see if it was still the water from before, but it was not. It was vibrations pouring out like a fountain, an incredible feeling that continued the whole time I was in the kitchen. Then an aunty who was cleaning out Shri Mataji's bag came up to me and stuffed napkins in my apron. I asked her what it was and she said Shri Mataji had just used them and I could have them. What an evening – one miracle after another!

Pragya Richards

10) Recollections/chapter-22-1983-may-and-june-london-paris

Take some vibrated water from the puja

In June 1983 my father had just met Shri Mataji for the first time, in Paris. He was a simple countryman, a very deep and loving soul. That year, Shri Mataji invited all the new French people from different parts of the country, about thirty, to come and meet Her in Her room. She addressed a nice word to each individual.

'I would recommend,' Shri Mataji said, 'each of you to take some vibrated water from the puja we had together and sprinkle it in your houses and everywhere around, where you feel there is some negativity. It will clear things out!'

My father went back to Brittany with a tiny bottle of vibrated water. The following morning, he decided to go and give a special treatment to the field he had planted with potatoes. A common disease called mildew had been developing amongst the plants, by which the leaves were turning yellow. If nothing was done, the crops were at risk. That morning was foggy and we couldn't see at two metres ahead of us. Following Shri Mataji's advice, my father added some vibrated water to the product he prepared to sprinkle around the field. At

about two or three in the afternoon, the sun came out and the fog disappeared. My father came running to me.

'Come quickly, this is extraordinary! Come and see! This is Shri Mataji for sure!' I rushed to the field and discovered the leaves of the potatoes had turned green again (normally it would take a few days before they could get back to their original colour). Most incredible of all, they had grown by four to five centimetres within a few hours! Our neighbour, a rather gross farmer, was shouting in a strong dialect.

'How come? I don't understand! This morning your potatoes were yellow and now they're green! On top of that, they've grown!' Also, a couple of months later all the village farmers were intensively busy discussing the amazing size of our potatoes compared to theirs.

Guillemette Metouri

11)Recollections/chapter-2-1998-july-to-december-uk-cabella.

Shri Mataji could write a book on flowers

Shri Mataji could write a book on flowers. Her knowledge of flowers was tremendous. She loved flowers and I've never seen flowers respond so beautifully with anyone. She is Adi Shakti, and it was amazing how the flowers responded to Her. In Mumbai it is difficult to get good flowers but somehow we managed to find one of the few good flower shops that sell lilies and so on. We would often carry two or three buckets of flowers for Shri Mataji when She came to Mumbai.

She told us that you must put a bit of **vibrated water** and a bit of sugar so that they will live longer. The moment She touched a flower, even one that had drooped, it again stood up with dignity. She loved them and automatically they bloomed.

We were at Vashi in the late nineties and bought some very good flowers. Mother didn't like Indian marigolds. She loved those good flowers we got. That time, I gave flowers to all the leaders to give to Shri Mataji. There was one man who gave a rose to Shri Mataji and She took it.

'There is not a single rose like this,' She said, meaning this man was very good. That evening, I gave my flowers and bowed down and Shri Mataji asked me where I got them from. She said they were very beautiful. We had got so many varieties, but She could name each and every flower and even where they were grown and found, whether in India or elsewhere. If anyone wants to make the Devi really happy — and the vibrations only flow when the Devi is happy — they

should give Her flowers especially ones with fragrance. She always said the Indian flowers are good because they all have fragrance.

12) Recollections/chapter-20-1986-july-and-august-europe

Shri Mataji at Versiliana

A trip to Volterra

Today (July 1986), we left for Volterra to prepare a room for Shri Mataji at the Hotel San Lino. The countryside was beautiful, with fields of sunflowers and maize, and as Shri Mataji has said, it is similar to Maharashtra. We decorated Her armchair, arranged some flowers and She arrived earlier than expected. After a siesta of a couple of hours, at about seven in the evening we went out with Her to go shopping for alabaster, which is a speciality of this area. Not only is alabaster found here, but also there are expert craftsmen who transform it into sophisticated artefacts. As we went into a number of shops, Shri Mataji noted the price and quality of many of these objects. This was in order to buy the collective present for Sahasrara Day, and also various private purchases, for Her new house in England and for one in India.

After a short walk around the main square and that area, Shri Mataji went towards a viewpoint at the edge of the countryside, from where we could take in the view in the direction of the sea. She told us that the Etruscans, who used to live here, were originally Egyptian, and were Zoroastrians, with the influence of the Egyptians and Greeks. She also said that the vibrations of this place were very heavy on the left, while at Marina di Pietrasanta She had spoken of the right side, and above all of the right Nabhi of the Romans. After our walk, we returned to the hotel, and while some of the Sahaja Yogis organised a collective supper, one lady and I stayed with Shri Mataji. While the other lady massaged Her Lotus Feet, I took the opportunity to show Her a photo I had taken at the Guru Puja at Gmunden.

It was a photo in which Her Lotus Feet are reflected on the gold which covered the wooden base on which they rested. In the middle is a painted Shri Ganesha, which is sending a luminous reflection. Shri Mataji very much liked the photo, and asked for copies for our centres, and to take to the Krishna Puja in Switzerland, and also to India. She said that the Indians preferred puja photos, because through these their faith and devotion can be expressed.

She said that She loves flowers so much, wherever She goes, and long ago Markandeya compared the Feet of the Devi to flowers, and described how the Trimurtis, (Shri Brahma, Shri Vishnu and Shri Shiva) worshipped Her toenails, which for them were like diamonds in their crowns. I showed Her the crown that we had almost finished making, in the form of the sun, with seven petals, and another twelve petals at the sides. She liked it very much, but said the colour was too uniform and to change some crystals for others which were lighter, and

then She said – a great blessing – that She would take it to India and have it mounted in silver, so it could remain permanently. What an honour – thank You Mother!

Then Shri Mataji spoke about magnolias, saying that the flowers on these plants in India had a much stronger and sweeter smell, without the bitter smell that ours had. She added that if we put **vibrated water** on our magnolias perhaps the scent would change.

In the evening we were all together, about fifty people, also the new people from Rome and Milan, in a restaurant just outside Volterra, on the road to Cedina – I think it was called ‘Da Stefano’. Shri Mataji was seated facing the group and replied to a question on the difference between the soul and the Spirit. Fortunately the talk was recorded.

Alessandra Pallini

13) Recollections Chapter 8 1990, November South East Asia

Shri Mataji put kumkum on my forehead

I followed a false guru who taught a particularly damaging meditation for ten years. Shri Mataji cleared me by giving me **vibrated water** to drink. She asked Saraswati Sreshthaputra to open the window and asked me to stretch my right hand out of the window, and to put the left hand towards Her. I could feel the negativity just shot out of the window and Shri Mataji asked Saraswati to close it. Shri Mataji put kumkum on my forehead after that.

John Wyss

14) Recollections Chapter 3 1984 April back to London

Growing rose bushes

In April 1984 we had a programme at the Temple of All Faiths, Hampstead, and afterwards a lot of flowers came back to Shri Mataji’s house at Brompton Square. I filled up a couple of bathtubs with them but there were quite a few bunches of roses that had drooped over and were dead.

‘Give Me some of those roses,’ Shri Mataji said. She took some of the roses and put the stems on the palm of Her hand. ‘We can bring these back to life with vibrations,’ and She showed me how to do it.

There was no immediate change in the roses, but I put them into the water and the next day they were upright and blooming. When they had finished flowering She told us to take some cuttings so we got some pots and soil, and then Shri Mataji put the stalks into the pots.

‘Because we have given them vibrations, these roses will turn into rose bushes.’

Every single cutting that Shri Mataji put in took root. She showed me how to put vibrated water there, and they turned into beautiful bushes with blooms of all different colours.

Alex Henshaw

15) Recollections Chapter 20 1996, May to August ,Europe

Farming is an auspicious profession

We have a farm near Grosseto, in Tuscany, Italy. Shri Mataji said farming is a very auspicious profession, and one of the best you can have. She told me a few things about it, and especially how to vibrate the crops. For the crops that are irrigated, She said to put one of Her photos into the well, which I did. I had a badge with Shri Mataji's photo on it, which had been made waterproof with a silicon treatment, and we put that in.

For crops which are not irrigated – such as wheat or sunflower – Shri Mataji said that to get the vibrations into the seeds, you have to take a small quantity out of the whole amount of the seeds and put them in front of Her picture. Then you must put it back with the whole quantity of seed and mix it and this will vibrate all the seed, which you have to put in the ground. If you can't vibrate the ground with vibrated water through irrigation, this is an alternative solution. So even if the farm is big, like ours is, if you vibrate only a small quantity of seed and mix it up, this is enough.

Shri Mataji also said we shouldn't use hybrid seeds, but only the F1, the first hybridization. It is not good to use seeds which are further hybridized.

Alessandra Pallini

16) Recollections Chapter 5 1981 Early Summer England and France

'That is My job! Doesn't he know? It is My job to wash away all the sins of the seekers from all their lives!' Shri Mataji answered really emphatically, almost angry, and then, laughing with Her characteristic humour, said, 'I am the Maha Dhobi!'

However, nothing would convince him to attend the London meetings where She was giving realisation. In a rather indiscreet fashion my brother and I had taken to rolling lemons under his bed, and watering down any alcohol in the house with vibrated water. He later confessed he knew of our tamperings but turned a kindly blind eye.

One day Mother came again to the Friends Meeting House in Hampstead, a meeting we were now helping to run, and he said he was still not ready to meet Her. After Her talk and realisation Shri Mataji was individually working on

numerous seekers seated on the floor in a semi-circle in front of Her, with Her 'Ha! and 'Hoo!*' taking out negativity with one hand, vibrating sugar with another – Her thousand arms in action. We were gathered around with our backs to the entrance so we didn't see my dad slip in – of course, She spotted him immediately – with Her thousand eyes. Mother suddenly looked up, as if seeing a familiar face who had just come back from a trip.

'Ah! How are you now?' She said. My dad bowed down to Her Feet in answer, She then tenderly took his hand in Her own and said smilingly, 'God is good!'

Danya Martoglio

17) **Recollections Chapter 8- 1985 January and February India.**

Brahmapuri, 28th January 1985 (diary entry)

Today was the fifth puja of the tour, at Brahmapuri, between Pune and Kolhapur. We spent three days at a marvellous camp in large tents, and the organisation and the food was excellent. In the morning Shri Mataji asked us to bathe in the Krishna River, just in front of the little house where She had spent the night. Shri Mataji sat at the side of the river with Her Feet in the water, and then asked all of us to bathe in this highly vibrated water. It was wonderfully joyous and we all sang Her a song while we were there.

The puja began in the late morning and was dedicated to Shri Adi Shakti, and was celebrated in the open, under an awning. Shri Mataji wore a pinkish red sari with celestial embroidery, and Her talk touched on various points, especially the need to enjoy the present, without thinking of the future or the past. The puja was offered by five young men and five girls, and the names of Shri Mataji were read.

Alessandra Pallini

18) **Recollections/chapter-12-1988-october-india**

Another saying of Shri Mataji is '19/20'. When trying to match things they should not be too close together, like two reds – but pink and red would be alright, also cloth and wood on the walls, but not cloth and tiles.

There were two stories about water. When they first started building, there was no water, but there was a farmer next door who had a well which gave water for only two days a year, during the monsoon. He would take water from it and by the next day it would be dry, so the Sahaja Yogis asked him if they could use it. He said yes, but there is no water in it. A Sahaja Yogi then attached a hand pump to it and started pumping, and it has not stopped giving water ever since. The farmer was amazed.

Secondly, Shri Mataji asked the contractors to drill for water. They had been asked to dig as far as 180 feet, so when they struck water at 30 feet, they carried on drilling, and the water which was there disappeared. Shri Mataji was very angry, so the well was left for a while.

'Why don't you put some vibrated water down the well?' She said one day. They did, and when they lowered a container down, they struck sweet water at 33 feet.

19) Talk to Austrian Sahaja Yogi, Bordi 13th February 1984

And secondly, that when you bring it to the Indian soil, they'll do ideas how to heat it themselves [? Unsure and inaudible].

And thirdly what you have to do, is to make it a Sahaja Yoga event. It's a Sahaja Yoga, how the Sahaja Yoga is worked through that, and how we are going to increase the input and all that.

For example, I've seen that hybrid cows. They are very bad and Indians didn't want to have their milk, because the children became very nasty, restless, this, that. So they won't have a hybrid cow. So I said: "All right, you give them vibrated water" and it all changed!

So you can have hybrid food produced, according to the western ideas, and give them vibrations. Like you people are hybrid people, that's why you have created so many things.

But now with hybrid, with vibrations, you've become perfectly all right, you've become greater saints than Indians are.

So that's how we are going to work it out. That first of all, we use all the western ideas and then treat it with [inaudible] with Sahaja Yoga. So this is the third thing.

The fourth most important thing for today is that you have to make statistics, you have to make data, how with Sahaja Yoga we have been progressing. Like we use to divide plants in separate things. And see how these have given different feature.

For example, supposing you have a hybrid, say a "papaya" all right. So it will be quite big inside but insipid in taste, you see. But supposing you add vibrations to it. It will become a very beautiful golden colour to begin with this and will not get bad very easily and thirdly it will have a delicious taste and fourthly it will be satisfying and fifthly it will be active inside. So it has so many qualities that it will cure [?] you. Alright?

So this is what it is to be understood, that the whole thing is for prone attack: one is your ideas, brought India, third is put the whole Sahaja Yoga on it and the datas and everything collected so that we make it acceptable to collective. This is my idea is and if you can help Me with that, I'll be very thankful. Now I've told

you to make a project so, I can break the heads of the scientific people also. They are very much guided by you, absolutely they are slaves to the western people, scientists.

20) **Arrival Speech, Founex, 11th June 1985**

Try to be in the ashram at least for two three weeks so that you learn certain disciplines and disciplines must be maintained. Do not challenge Arno for that. You must discipline yourself. There is an emergency and your disciplined life is to tell everybody else that it is going to work out. You should not side with your sister, brother or anyone. You must side with the Divine so that you can cure brother, sister, everyone. So try to work it out this way that the whole thing cleanses. Mother is cleaning all the time morning till evening I am doing nothing but cleansing. You also should do some cleansing, isn't it? That's very important.

So now I take your leave, and there's this **vibrated water**. You can use it for whatever you like. I will vibrate that with My hand.

You be careful with mixing up with people, you shouldn't come. She's not all right. Get somebody else. All right. I'm sorry, but it is so. Don't get angry with us. You see, it's a fraternity of bhoots. If there is a slightest bhoot in you, it will combine another bhoot: she will go down and you will go down. Try to keep it positively.

[UNCLEAR] you are not all right? What's the matter with you? Why? May be [NOT CLEAR] Then what? I don't know why it is so. You should improve, you should see your vibrations, work it out. You see, so many years you have been with Me, what will people think? Now next time I am not going to see such faces, all right? Everybody like a flower. What makes you look like that? Work it out, see your vibrations, you know it very well, work it out. Marie has improved so much, you see. What about you? You should improve also. You are such a nice husband. Are you quarrelling with him? Are you? All right. Perpetual work.

21) <https://www.amruta.org/1981/10/15/public-program-day-1-panorama-city-los-angeles>

Now you have to take to the living course, the living power within you by which you create living work. After realization you will be amazed. If you give vibrations to the wheat or to any such things, to flowers, you get such big flowers. We have tried this in an agricultural university and they have found out when you give vibrations to the wheat it can increase five times more in its growth. They have seen an Indian cow, if she is given **vibrated water** to drink, she can give quite a lot of milk. Not so much as we can say an Australian cow, but Australian cows

milk is not a good thing. It's too much on the right hand side. But she will give so much more than what she normally gives. You do not become too much. You become a Lakshmi pati which means you get so much money that you can receive people, you can invite them, you are cosy and you live in a house which is beautiful.

22) **Public Program, Vienna(Austria) 4th September 1983**

Question: Where is actually the seat of the Spirit?

Shri Mataji: The seat of the Spirit is actually on top of your head here. But the reflection of that, what is the Spirit in a human being, you can say, is in the heart.

Question: Every ten seconds one child is dying of hunger. Whether we are responsible for this?

Shri Mataji: Human beings are, not God. It is human beings. Now I'll tell you what is the solution. Only by worrying about it or talking about it you don't solve. The thing is, when you people get these cool vibrations in the hand and if you give back to the Mother Earth, now you can give back. We have experimented that the food grows ten times more, without putting any horrible manure in it. Cows if they take **vibrated water** start giving such a lot of milk to the children. Moreover the health improves so much that you don't need any doctor to pay bills to the doctor. The greed with which we are sucking out our Motherland also vanishes. We become very satisfied. Then the Mother Earth herself comes up in new forms, to help the human kind. The whole atmosphere changes, all the elements help you and you are blessed by God.
All right, one more. After all, I am the Mother, I said.

Question: What is the reason why we forgot this primordial force?

Shri Mataji: Very good question. Firstly, we should ask human beings about it. But the first one was at the time of Christ. In India they have not. At the time of Christ, His Mother was the Primordial Force. At that time He had to play this tremendous role of resurrection. And His Mother was the Holy Ghost. And He has got eleven powers of destruction. If He had directed His attention to the Mother, they would have done something insulting to Her. And then destruction would have been very premature. So He tried to keep it in a very camouflaged way.

Still in the books of Essenes they said that the Holy Ghost was the Mother. Martin Luther, who was a realized soul himself, had to act according to the times. That he thought that if he talked of the Mother at that time, the Muslims,

who are against such a proposition, will go away from Christianity and more people will become Christians, because that was a time of men. That means that time there was no feminist movement. It was only the men who mattered. So he played it down, just to suit the time.

When a tree has to grow, it has to see what kind of atmosphere, what kind of soil it has to face and accordingly it imbeds itself. But we can prove it now. This is the only time really we can prove it. They didn't have the power to prove it, so they had to take little adjustment. As it is, you know, people tortured all the saints and philosophers. It was not possible to have a lecture like this without being beaten up.

Now, how long will it go on? People are getting exhausted, so let us have the experience.

(A lady insists on asking her question.)

"All right. Don't get angry, what do you want?"

Question: The apparitions/appearance of the Virgin Mary. Today one hears a lot about the Virgin Mary which seems to prove, as You say, that the feminine principle will be more expressed now.

23) **Public Program, New York, 6th October 1995**

Like this one, if it's not connected to the mains has no identity, is useless. In the same way what's happening with us is this that we really don't know ourselves. We don't know our glory. This is the minimum that happens, minimum, I am saying why because when you grow into your awareness from thoughtless awareness you jump into another new awareness call as doubtless awareness where you have experimented with these vibrations. You'll be amazed, people when they give these vibrations to others, even to crops, if they are not high breed, they give ten times more. You can experiment and see, I am telling you openly. Apart from that you see animals also for example an Indian cow gives about two litre of milk but if she is not hybrid like the Australian, if you give it **vibrated water**, she can give upto ten times more milk than what she is giving. It is possible, these divine vibrations are the ones which look after us. They have created us, they have helped us, they have guided us, but now it's for us to rely upon ourselves and know for ourselves that you have not come on this earth to move pendulums. See a special understanding is needed for once own glory and for once own abilities. The ability of knowing yourself is built in within you. It's a living process, like a seed if you put it in the mother earth they sprouts, why, because the seed has a built in premule in it and also the mother earth has the built in capacity to sprout it. Now, how do you explain? We cannot explain living

process but we can feel it, we can understand it. Now, I don't know how many times I have been here before also, but I feel that somehow or other, money is so important but money which is important is also wasted all the time. Whatever they are is for wastage. Money is not important. What is important is your enjoyment. So, what happens to you that you jump into the ocean of joy. Joy is not happiness and unhappiness but it is a singular thing joy is something that is an experience which doesn't give you unhappiness but you just become extremely joyous and joy makes you forget all these nonsensical things which are for your enjoyment, which are destroying you. People I know overnight in England can you imagine. In England, people gave up drugs. This is solution for drugs. They will put all the military everything but will they listen to me. Will they understand that you can solve your drug problem completely with sahaja yoga. Now, openly I am telling you. You can challenge. They won't listen to me because perhaps they have a way of understanding anything which comes through science or some scientists. Now look at science, science is immoral. It doesn't teach any morality. Does it? It is an immoral thing. Moreover, science is limited. How far can it go science? See how far can it solve our problems. I asked them simple questions, they cannot answer. For example, I will ask them that in a human body, the science says that anything that foreign thing comes is thrown away then how is it when the fetus is formed it is not thrown away and kept till nine months fully and at the right time is thrown away.

24) **Talk to Doctors at Medical College, Sholapur, 31st January 1984**

Actually after coming to medical science, we have to analyze everything and know all the details about it. But in Sahaja Yoga, you don't have to. You need not be a doctor. Just by touching somebody it works out, you don't know how. But if you want to know how it has worked out, it can be related completely to your rationality also, to your medical science. But otherwise for a simple person now, we have some one here who has cured say, a five thousand people of, he has cured even leprosy. Asked him, how did you cure leprosy? So, he told Me [Shri Mataji speaks Marathi language]. That's all he said, teertha means vibrated water, you see he took from Me and he gave it him, he cured the leprosy.

25) **Raising Children in Sahaja Yoga from 2-6 years**

PHYSICAL CARE :

Massage the children until they are 6 years old :

Put oil in the nose and ears. Put oil in the hair at night.

If the child is overactive, use sahaj techniques and put ice onto his liver.

Put **vibrated water** in their drinks and use vibrated sugar.
Brush their teeth :

Rub the gums with your finger (with a drop of olive oil and a little bit of salt if you want).

26) Recollections Chapter- 15, 1982

Vibrated water

After the Cheltenham seminar, which I had arranged, but did not get to because my kids had measles, we went to Exeter and had a beautiful puja. Shri Mataji asked us to bring water to Her from the different rivers of the UK for Her to vibrate, so while I was driving there I stopped at the Seven Springs, the source of the Thames, which was on the way, and scooped up a jar of water. I did not know that Shri Mataji had put Her Feet in the springs after the seminar a little time before.

'But this water is already vibrated!' She said, when I offered the water to Her after the puja.

Linda Williams

27) Inauguration of the Advent, Versailles, 30th June 1985

Same with medicine. Medicine, whatever we know, is from outside. We do not know the inner sources which make us sick. Now the knowledge of the tree has grown quite a lot in the West. That's why they are miserable and they are waiting for a shock. But in India people have been searching the roots, and the roots are much important to them than the tree. So if the root and the tree is not separated and is understood as one thing, then we must look to the roots with open mind. Now why our Prime Minister put the water of the Ganges in the river Seine? We believe that the River Ganges has been specially blessed and is like the **vibrated water**, as Sahaja Yogis know. And to distribute that sacredness, that holiness, that auspiciousness for the well being of the France, he did it. The second symbolic thing that you saw was also very interesting, that the left side and the right side. The left side of the emotions and the right side of the mind, combined together and through which pierced the light of the Kundalini which has given you the complete integration.

28) Interview for Trouw Newspaper, 4th July 1985

Sri Mataji: Oh yes, Muslims. Oh yes, many Muslims; Sikhs, Parses; Muslims from Algeria, lots of Muslims from Algeria. In Paris we have Muslims, we have Muslims in every place; Austria we have. Do you have in Italy?

Guido: In Italy, yes.

Sri Mataji: In Italy also. We have also Muslims in England. There is a very great scientist, Mr Hamid, who is an agricultural scientist; he is also a Sahaja yogi. He is an Iranian and he has done an experiment with vibrated water, and he found that you don't have to use hybrid seeds anymore.

Journalist: You don't?

Sri Mataji: Hybrid seeds; hybrid seeds.

Journalist: Oh yes, yes, I understand.

Sri Mataji: But ordinary seeds which are supposed to be no good, if you vibrate them with the vibrated water... vibrations are nothing, just I have to put my hand in it like that; if you vibrate that then these seeds act like beautiful, rich seeds and produce better results. Because they can be reproduced also; hybrid seeds you cannot. And the food is very good. And to eat hybrid food is not very good because it creates problems in the brain I think.

Journalist: It was said in the papers that you have the power to give it, the energy to give it...

Sri Mataji: I have to?

Journalist: You have the power, the energy. You have the power in you, the power; you can give to other people.

29) **Public Program, Moscow 20th August 1989**

And you can save them from acid rain this one doctor Hamil from Austria who was agricultural advisor in the UN he experimented with vibrated water and the trees that were dying in Austria and he found out that all the trees that were more than 60 years old in Austria could not survive but all the rest survived very well. and this power appears like vibrations like a cool breeze and if you give it to the seeds then you don't need use hybrid seeds. they have experimented that if you give these vibrations to non-hybrid seeds and allow them to grow they do even better than hybrid seeds. and then you don't have to give too much manual. Also it works wonders on animals. If you give it to a cow and Indian cow will give 5-6 years of milk if you give them vibrations they give about 10 years of milk. Now you see the cows in the west are mostly hybrid. And their milk you see

gives you a funny brain. and sometimes it can make to become violent by nature. Because relative to the other cows Indian cows are very peaceful and kind and they are very motherly and very wise but if you see the hybrid cows they don't have care for the calves. Nor do they understand how to walk on the streets they are very aggressive but our Indian cows are not aggressive so we need not have hybrid cows or if you give the vibrations to hybrid sows also they ll become more peaceful and their milk will give us more peaceful brains. sahaja yoga gives you a very comprehensive idea of how our liver works our brain works all these ideas you can easily learn without much difficulty. In England we have a very good assembly of 7 doctors they are working research on cancer and many incurable diseases now what they are doing is to get some patients say of cancer and treat them with Sahaja yoga and then record how they are cured. Formally I used to cure people not writing their names or say about it. But then we felt we must have everything on record. Because people are very mental and they must have the record to see what happens to you. So there are so many advantages of becoming the spirit but apart from that, that is the destination of our evolution. The people who will become a realised soul will form a very powerful group. It will become one collective group as we are part and parcel of the whole like a drop falls into the ocean it becomes an ocean so with the pure intelligence that you have you can clearly see the advantages of becoming the spirit.

30) **Public Program, New York USA, 8th September 1992**

We just become righteous. Christ has said 'Thou shall not have adulterous eyes'; what a subtle thing he has said. Even the eyes should not have any lust and greed. Actually thats what happens. And these innocent eyes are so powerful, that even a glance can do a lot. This mastery I don't want to tell you too much because you wouldn't be able to bear it; what mastery you can reach. But, the greatest thing that happens to you that by knowing yourself you are absolutely confident of yourself but you do not agress anyone and do not take anybody's aggression. You develop such a personality that no body can aggress you. Neither you aggress anyone. And if anybody aggresses you, you take it just as a joke. You don't take it seriously. This kind of personality is within you which is trying to manifest. Some people who never used to sing started singing so beautifully. Can you imagine these English who stayed in India for 300 years, didn't know how to say one sentence of Hindi language. Its impossible. Now they are singing sanskrit songs. Can't understand ?? very beautifully. If you just close the door don't see them, you wouldn't believe. Even the Indians can't sing the way they are singing. Because you have become universal, you start understanding. The whole alertness helps you because one has to understand that there is divine power which is working it out everything. Whatever you saw

in this ?? is the work of divine power. And you feel amazed that at every step how they help you. How you get rid of your diseases. In Sahaja yoga no body gets sick. Very rarely. Even if they start getting sick, they know why this is happening, they can correct themselves. On the agricultural side we have experimented, if you give vibrated water or if a sahaja yogi does the cultivation, sometimes this yield could be 10 times more than normal and with non-hybrid seeds. Even with animals, with animal husbandry, so many professors have experimented. Except for this country everyone has taken Sahaja yoga very seriously. Scientists, doctors; in London there are 7 doctors who are doing recording of so many people have been cured of so many diseases. 43.42

31) **Public Program, Vienna 6th September 1984**

In your Vienna there is a doctor of agriculture. He has used vibrations to see plants and he saw that the of these plants, which were grown only on with vibrated water are much much more than the other ones which were supposed to be hybrid. Now these plants, which are only nourished by vibrations are not like hybrid which do not have reproductive capacity, but are very beautiful. They have a different colour, a lustre and a taste that is beautiful.

This hybrid double-upment will make all the farmers slaves of the people who produce this hybrid seed, because they cannot produce hybrid seed. So the aesthetics which is the essence of creativity, becomes so clear cut into the mind of a person that automatically, spontaneously he starts creating things, which are very much universally appreciated.

32) **Public Program, Rome 8th September 1983**

Now the greatest problem of this world today is poverty. Disparities. Now when awakening takes place within a human being the, the power starts flowing from his hand, he is empowered with a special power. Now we have done experiments in an agricultural university through some professors who have been awakened. They found out that if you use vibrated water, with these vibrations, then the yield of wheat or anything is about six to ten times more. The production of all natural things multiplies, but not artificially by hybrid or manure, which is dangerous for human body. Thus food problem can be solved. Now these vibrated yields itself are very nourishing and energy-giving. They are very satisfying. Even if you eat a little of that you feel over-satisfied and very energetic. Now then we have the other greatest advantage is that your health, physical health, gets completely cured. Sahaja Yoga has cured diseases like cancer, myelitis, all these incurable diseases, diabetes, innumerable diseases. For that no medicine is to be given and no expense is needed. Nobody has to pay for it, it's all free.

33) Informal Talk, Lake Road Ashram, Melbourne, 13th April 1991

Sri Mataji: There is one called Ganesha which is a very big one like that. It's very good. That they use, I think, **vibrated water**; they may use it to produce them. I used to call them "jumbo"; in the market they are known as "jumbo". There is also Ganesha pomegranate in India, so big, red absolutely.

34) Criticism, Ego, Rightsided dangers, Le Raincy, 17th August 1987

Guido translates: He tried to drink it yesterday, but he doesn't know what happened, it fell on his trousers. He could not drink.

Shri Mataji: He should have taken it.

But he can take now, you see, **vibrated water**. After some time he'll get over – all you allergies you can get over.

All right, now I think that we should give some time to the other people. I will [inaudible]

Are you all satisfied?

And alcohol, I must tell you about alcohol one point. They always come out with Christ saying that Christ created wine in the wedding. Of course, now, you see, the main thing is I have to explain all of them because there's no difference between Me and them. But it always happens that when a person lives, like Christ lived, nobody believed Him, and when He died we have so many Christians now. So now I'm living, better listen to Me. Be wiser than others. Now Christ didn't make an alcohol. What He made was the juice of the grapes which called also wine in Hebrew. The answer is it was made in a short time, you see – just like that, and alcohol has to be rotten. So it takes time.

35) Conversation on Traditions, Le Raincy France, 7th May 1984

Michel Cernay: Mother, you said that the river Thames was the Tamasa in England.

Shri Mataji: Tamasa river.

Michel Cernay: That is why the Guru puja was performed there. Are there other rivers connected with such Nadhis in Europe?

Shri Mataji: Actually, you see, I would say that Tamasa river I know because the Dattatreya meditated there. And all your rivers can become Ganges if you people are there. Naturally, they have to be prophets. But the trouble is that you have to become Sahaja Yogis of that level so that you really become Gods. And where the Gods reside [that's] what the river gets it. Even the bath that you take goes to the river, everything goes to the river and the **vibrated water** goes there. I've taken my bath here, water flows to the river. So, it's getting vibrated so it becomes Ganges, isn't it?

For example, when I came, Thames was not at all vibrating. Now, it vibrates, Thames river vibrates.

Moreover, people are not so cautious about it, how to keep it clean, sometimes. But doesn't matter.

For example, the vibrations of the river Ganges at say, at Haridwar, are thousandfold than there are at Benares. Because in Benares people don't respect it the way it should be.

They put all dirt in it, filth in it, and dead bodies so much that it goes and becomes even worse than it was through Calcutta.

36) The Concept of True love in Sahaja Yoga and Workshop, Nightingale Ashram, London, 18th August 1982

But after Realization, it becomes a complete understanding because you start feeling a little pain sometimes, in this finger [right annular], you feel a pain here and you know that you have got this Mister ego just coming out. So then you know how to twist it and take it out, how to bring it out. So you start understanding yourself and you start understanding others.

I don't have to tell you, you know yourself.

Now we have certain things, like we use **vibrated water** for clearing your Void. Now what is **vibrated water**? It's nothing that- but these divine vibrations are put into it. And they go and start bombarding that area and try to improve it. We have cured so many people of stomach cancers and all those things with it. Even, we can cure what you call blood cancers something with Sahaja Yoga, so many have been cured. You can cure, you can do it, no problem, you can do it, but, what one has to do [is] to be steadily moving about with Sahaja Yoga.

Now for example, you have a conception about Christ, say for example. Now, that conception may not be the real conception of Christ, may not be, may be. So keep your eyes opened. Now what I say in Sahaja Yoga, you can verify it. But do not deny, first verify.

Supposing you go as a scientist, you have to go and see for yourself, isn't it? You just deny [?]"no this cannot be true." Because whatever you know is your own conception.

37) Public Program Day 2, Nice -France, 22nd September 1980

But you cannot give realization, you cannot give baptism. That is all artificial. You can do artificial things but God's makings are real.

After realization you do living things, you can raise the Kundalini with your hand, you can give realization to people. If you give vibrations, say to a flower, it will sustain life for a much longer time. In India we have some sahaja yogis who are

professors in agricultural university, they have experimented with these vibrations, they have found out that if you give vibrated water to the soil and have the the proper [UNCLEAR] it is sometimes ten times more. It won't be twenty times – too much, but it would be optimum in the center. There they could not grow coconut, with vibrated coconuts they are growing.

We can solve our problem of poverty if we take to sahaja yoga. But we should not ask to realize Mr. Ford – he is too rich to enter into the kingdom of God, such people are mad. They go on collecting junk after junk, they have no beauty in them. So after realization you understand what is the extreme.

Within us there are other awarenesses also. For the left side of this Ida Nadi if you move there is the awareness of collective subconscious. On the right hand side, if you move to the extreme right there is the area of collective supraconscious. Kundalini is the unconscious and the door part in it is not discussed, it is the head. Above your head is the collective consciousness, that is the one we have to achieve. You have to become collectively conscious.

38) Nirmal Yoga Issue 3, 14th April 1981

When he broke a water-filled pitcher, the vibrated water flowed down the back of the gopi to the base of her spine and there, by contact, awakened Kundalini, the serpent power which is a fraction of the cosmic power in the human body. In other words, by his apparent mischief, Lord Krishna bestowed on the Gopis the bliss of the divine energy. This interpretation was given by Her Holiness Mataji Nirmala Devi in one of Her discourses in Delhi. The Kundalini Yoga is centuries old in India. But Mataji has given it a new interpretation and a scientific base. What is amazingly remarkable about her is that she awakens your Kundalini just by the grace of her glance or her mere presence, as though she is an inexhaustible reservoir of the cosmic energy awaiting you only to stretch out your hands towards her. This awakening of the Kundalini brings you all joy of life and enables you to live better, she says. In the presence of Mataji Nirmala Devi, the Divine Kundalini Shakti of the seeker is awakened to its glory.

39) Public Program Day 2, Perth Australia, 3rd March 1990

Sit down please, be comfortable. It's all right. Now take out your shoes. Now, put your hand on your [UNCLEAR] Just go on saying, "Mother, I'm my own master." Just go on saying. You can say it ten times. Inko dekhiye? Done. Better now? It's working in your hand Did you say it, "I'm my own master?"

Fever ho to balance karo. Inse sawaal poocho ki Holy Ghost ka sawaal poocho? Better? All right. [UNCLEAR] ask a question. – Yes, so? – [UNCLEAR] My brother's

an alcoholic. What can I do to [UNCLEAR] – Really? – Yes, he is [UNCLEAR] – He won't come to sahaja yoga? – No, no, can I help?

– Can you send his photograph? – Yes – I will give some vibrated water. You can make a shake in that and put it in the alcohol. – Thank You very much. Yes, thank You. – I meet You [UNCLEAR] – Yes, looking much better now. – Yes – So much better! – Yes. Feels good in my house – Okay – What say? – Aapse poonchna tha meri beti kuch khati nahi.

Sahaja yoga se kuch aise kar sakte.. – Haan, liver, liver hai usko. Haan, to aap center mein aao..

40) Shri Ganesha Puja, Madrid, 6th November 1987

But, in Sahaja Yoga, when you come in, you know how to do living work; like in the affluent countries, they use seeds which are hybrid. These hybrid seeds are of no nourishment to us, they are no good for our brains, they confuse us. Especially the hybrid animals, their milk confuses us. Hybrid animals themselves are very confused, but in Sahaja Yoga, you take the ordinary seeds and you vibrate them. If you vibrate them, then what happens that you start getting seeds which are even better than hybrid. I tried an experiment with a sunflower; so I developed a sunflower about 2 kilo weight, about one foot diameter and such big, big seeds, that you can't make them out to be sunflower seeds, so the collective was so amazed at it and they felt that this kind of seed will solve all of our oil problem. Same thing happens with the animals.

You take ordinary cow, Indian ordinary cow and you give her vibrated water to drink and she gives about the same milk as an Australian cow, but the Australian cow's milk can make you confused and mad, because we have seen that the Australian cows, when they are in India, they don't know where they stand, they just run amok, so what must be their milk? But an Indian cow, if she gets Realization through this vibrated water, she gives milk which is very good for the brain. So that is how we improve the quality of our animals by Sahaja Yoga. Now regarding matter, we have to understand that matter is only good for giving it to others, but if it is given by a realized soul, it has tremendous effects. Before Gregoire wanted to write his book, I gave him a fountain pen and he said I never wrote a book and he started writing so well. Same with Rustum, he became a scholar. So Sahaja Yoga gives you an additional power, by which you can neutralize the bad effects of materialism.

41) Talk to Sahaja Yogis, Moscow, 24th August 1991

This is only a partial transcription.

Galyna, the leader of Ukraine. (Offers a gift to Shri Mataji and says in Russian) This sheep is an ancient ritual vessel with live water which symbolizes family.

Dr. Bohdan Shehovych, the leader of the USSR (Translates). It's a sheep, Shri Mataji, it's a symbol which carried the living water, and this is the symbol of Kyiv.

Her Holiness Shri Mataji. You can put vibrated water...

Dr. Bohdan. And it is the head of a lion, Shri Mataji.

Galyna. This is the Sun. And this is the Ram. And this is Agni.

Her Holiness Shri Mataji. Agni?

Galyna. Yes.

Her Holiness Shri Mataji. Agni is fire.

Galyna. This is the ancient Rus.

42) Shri Lakshmi Puja, Alibagh, 29th December 1991

It's something like a cycle again, I said, that the more you give, the more you get. The more you use your vibrations, much more you'll get it. It's a very nice cycle that is acting as it has acted in the case of the sea, as I told you, that the water goes to the Himalayas, comes back at rivers. In the same way manifold, manifold your vibrations will be growing, and I would say that you should always use our vibrations for helping others, for giving to many things, to the plant, to the anything. I mean there were some people who brought a plant: "Mother, give vibrations to that." I said: "Why don't you give the vibrations?"

There's no need even to take vibrated water. You can vibrate yourself. That state has to come, that you can vibrate your own water, you can vibrate the whole waters everywhere, there's no need to take vibrated water from Me. Maybe Mine is a little more, but doesn't matter! (Laughter & applause) You are so many, so what - compared to Me, I'm only one. So all of you can work it out and do such a lot; but have faith in yourself. As the sea has faith in itself, you should have complete faith in yourself. You must respect your Self Realization. Tell every day to yourself: "I am a sahaja yogi. I am a yogi, I am a saint, I am a realised soul. I have to do this. How can I do these other nonsensical things? I have to do these good things. I have to talk to people in a sweet manner, I have to try to work it out this way."

It is actually your faith in yourself is going to help. Your faith in yourself - that you are a great sahaja yogi, that you are absolutely surrendered to your Mother, works very fast. That faith you should have, that you are a sahaja yogi. Nothing else is needed.

May God bless you all!

43) **Public Program Day 1, Ghent- Belgium, 19th September 1982**

So you must try to improve yourself – Vishuddhi – and there are ways and methods. Honestly, if you do it you can clear it out. You should be honest about it and work it out. It will clear out. There are certain asanas you have to do to improve this center and there are some gargling and all that with **vibrated water** and also certain mantras – everything we need to clear out our center. Once it is cleared out, you will have no problem. Also cracking the neck is very good. It is done at the physical level – cracking the neck. I think it works out wonders.

You know these small, small things can reduce your sensitivity. Small things can reduce the sensitivity. Of course, if you are smoking, if you are talking too much, anything can reduce your sensitivity. Once as you start practicing and you start giving it to others, you get an inner force and you overcome all the blockage of yourself because God also looks after those who want to work for Him.

Any other question?

For the Vishuddhi? See, Vishuddhi, the deity here is Shri Krishna, Radha Krishna. Krishna is here and the Christ is stationed here and you see, on this point, you have to say the Lord's Prayer. At this point you have to say Shri Krishna's mantra. This they will tell you how to say it, how to relate it to Shri Krishna and on the left hand side is because of your guilt.

Sometimes, you know, we have habit of feeling guilty. That's absolutely useless and nonsensical. There is nothing to feel guilty. And only if you say, "Mother, I am not guilty," it will clear out. You'll be amazed. Only thrice you say, "Mother, I am not guilty," it will clear out.

Or if you are a person who is using the right hand too much – say, you are an artist or you are a painter or you are a typist or something – then also it could be that you are using your hands too much in relation to your legs, feet and head. You can [unclear]. Luckily, I have come to Belgium at a point when lots of things have been already said. But in the beginning I used to be very careful, cautious and say very few things. So, now most of the knowledge is out, I should say. I said, I have come to Belgium at a time when most of the knowledge has been already [shared/said?].

There are four books written by four Sahaja Yogis now. But you must know that Sahaja Yoga door is open to everyone. Whether somebody is a doubting Thomas, whether somebody is against Sahaja Yoga or any sort of a person, it's

open to everyone. And you may meet people who are still not there, though maybe they might be here for days together or for months together, years together. Still they are doubting Sahaja and half-baked. You can get people like that because Sahaja Yoga is very tolerant and extremely forgiving. The only attitude is how many more people are going to get their realization. It's the main objective.

There can be stupid people also with whom when you talk you'll think, "How are they Sahaja Yogis?" you see. You'll be amazed. We do not bestow any or confer any degree on anyone that you are a Sahaja Yogi – never. It is they who have to claim that they are Sahaja Yogi. It is for you to become the Sahaja Yogi. We do not say that, "Now, you are Mr Sahaja Yogi. You put a badge here. You are Sahaja Yogi."

We have no organization and we have no such arrangement. So anybody can become a Sahaja Yogi. If you claim [unclear – sounds like pray OR claim] you have to come up to the point. So everybody is given full chance.

We don't even openly say what is the criteria of a Sahaja Yogi. But you yourself know after some time that you are a Sahaja Yogi now, that you have become a Yogi in full way because you realize you are empowered. It's a state where you reach, you see, doubtless awareness, after your thoughtless awareness. Then you start feeling, "Oh, I am a Sahaja Yogi definitely now." You have to certify yourself. It is for you to judge.

What is your question – you want to ask anymore? No?

Yes, you see this TM fellow – he has a name. You all know that. You know what he was and how he [has/was] disturbed once upon a time. So if you know the mantra of what was his name and how he was destroyed you can just take it up. There are so many TM people who were treated. They are all completely cured.

In Sahaja Yoga, you know the past is full of all these gurus. [Unclear- of fake Gurus] you see the past is full of thousands of years. And you know how they are finished off also.

[Question Unclear]

It's dangerous.

[Question Unclear]

They will [unclear] on the contrary. [unclear] not only that [unclear] but will give you problems, you know. I've seen people who after going to TM, their muscles start twitching. This is a simple thing which you call as possession, when you put a spirit on someone. Now it's very simple, you see. They will give you a name say of Rama – that's all right – but they also give you a horrible name you see, which [unclear]. If you will tell an Indian, he will laugh. And those people on the [unclear – sounds like – run] ask you more money, more money. So, you are paying them more and more without understanding why we are running.

Now if you are taking the mantra of Rama, you'll ask them, "Where is the situation of Rama in your center? Where is He?" They won't be able to tell you anything, nothing. They'll just go on saying, "Rama, Rama, Rama."

44) Questions by Doctors to Shri Mataji, London, 1st September 2000

Doctor: And, Shri Mataji, asthma in children – [is it due to the father?]

Shri Mataji: [It's the same. Fix their liver.]

Doctor: [Child's liver?]

Shri Mataji: [Yes. Give sugar to the child. You know the treatment of liver: sugar,] vibrated water, all that. He'll be all right. It's very simple, it's very simple.

Doctor: [Shri Mataji, You told us that eczema is due to the liver. Shri Mataji, what is the reason for the peritoneum drying out, and what are its symptoms?]

Shri Mataji: [That's also liver, son.] Liver is the giver of heat. So if the – of course, not the other one, but the one which is overactive. [It's due to that one.]

Doctor: [Shri Mataji, what are its symptoms?]

Shri Mataji: [In that] you just put ice, ice there. Put ice here, ice there, and it's very good. And cold-water bath which you can give.

Doctor: For hot liver, drink vibrated water, and cold-water bath. [Shri Mataji, this is about fungal infections, especially women tend to get these.]

Shri Mataji: [Again] that is for this ajwain treatment.

Doctor: Vaginal thrush – ajwain.

Shri Mataji: Put it on the fire, some sort of a utensils or vessel, and put some charcoal in it, and then on that, ajwain, and put it in the WC. So it will come up, and you sit on WC.

Doctor: In front of the WC? [No, no – over it. Over the bidet.]

Shri Mataji: Then put it on bidet or on that.

Doctor: [Shri Mataji, what about haemorrhoids or piles?]

45) **Public Program, Nice- France, 22nd February 1980**

After Realization you do living things: you can raise the Kundalini with your hands, you can give Realization to people. If you give vibrations, say, to a flower, it will sustain life for much longer time. In India, we have some Sahaja Yogis who are professors in agricultural university. They have experimented with these vibrations. They have found out that if you give **vibrated water** to the soil and have the crop of it, it is sometimes ten times more! It won't be twenty times — too much — but it would be optimum in the centre. Where they could not grow coconut, with vibrated coconuts they are growing.

46) **False Gurus & Conditionings, Delhi, 29th January 1983**

To understand Shri Krishna, one has to have Realization too. All His sweetness and all His greatness can only be understood if you understand that he was Virata, Akbar and Shri Krishna when he played Raas, what is Raas? Raas is energy Sa means sahit. He used to hold the hands. Radhaji is the energy, is the Mahalakshmi and all of them used to hold the hands. Even now if you hold My hand you will get the pulsation passing through. So Raas- with the energy. And that's what He played. In those days, there were no [UNCLEAR-... HALLS?] There were no people like you, who would sit down and listen to lectures. Because now we are becoming very lecture minded. That time people were in Lila, in just joyous way. So He used to hold the hands of people and put the Kundalini through. When He made the people climb up to do the Gopala Kala then also the same thing, that from their Sahasrara He made the energy to flow down. When He broke the pitcher of the gopis, what He did was to pour the **vibrated water** on their back, so that their Kundalini could be awakened. All in His Leela – see how His Leela is, that is the way He played Leela. When He was a little boy of four years, He climbed upon a tree and hid their clothes, then they had to say, hands to Him, "Give me my clothes, Shri Krishn.". These are the vibrations. Just see how beautifully He did, those people very few, that time I should say, compared to today got Realization. And that's how He could establish Realization of many people at that time and He did the Krishi means He sowed the seed of Realization.

47) **Press conference & Scientific Discussion, Mumbai – 13th January 1990**

Shri Mataji:

Thank you! Uh.. there's another facet which uh.. one could see, it works in sahaja yoga, is the agriculture. We haven't got Dr. Hamid just now here – he's gone away. I wish he was here because he has experimented with **vibrated water**. I have also shown the experiments uh... in Poona that I sowed about 60 kilos of rice in one acre of area and we got about 1400 kilos of such beautiful rice that I sent it to the University, at Phule University in Rahuri and they said they have never seen such rice. Then they came all the way to see what I was experimenting with and also the uh.. Sunflower we got was about say two, two feet at least minimum and so full of big, big seeds – I mean, they never looked like the seed of the Sunflower and you had to at least two persons had to lift it, it was so heavy. Now the, here the main thing is that we have not used uh.. hybrid seeds because if you use hybrid seeds you get a, you have to uh... take them from some organization and sort of can be a enslavement but this is non-hybrid seed, ordinary seeds. Once we vibrate them – now this is how we can increase our capacity to produce much more, much more variety of crops. Also things like olives, they said will never grow but I have, I have grown that olives, lot of olives I've grown. Then they said that tulips will not grow – I've grown them. All kinds of things that they said will never grow in Poona and they are all growing very nicely. I don't know how they just said it cannot be grown.

Put yourself into bandhan and see. I don't know, I better go – Mere bas ka nahin. – [UNCLEAR] Mataji, tell us something about ... – About what? – [UNCLEAR] U.N. – U.N.? – United Nations Organisation – Kya bataein? Nahin, uspe ek Mera – [UNCLEAR] Nahin, Maine ek, I've, I gave a lecture which was relayed in Australia about para-modernism, about para-modernism how by the recession, by the, by the behaviour of the Russian policy, that we are now, we are now finished, we are now finished as far as the political problems have concerned quite a lot because you see one side is gone – you clap with both the hands and the one hand is gone like Gorbachev was really, definitely, objectively and sincerely has shown his interest in all kinds of military thing to establish peace so now Americans have to do something about it – so that problem is over but also UN has another problem is Fundamentalism. Then we have got another problem is of, as he told you, of the ecological, ecological imbalances. Now, ecological imbalances, as he said, has will only come when there's a transformation of human-beings and the awareness that of course, you can only achieve through sahaja yoga but also you'll be amazed that – Dr. Hamid is not here but he was asked by his government – he was a, I think, was an Advisor in Agriculture in some country by the UN but later on now he's working in Austria and the Austrian government requested him to help the trees because they were dying out with acid rain so he took **vibrated water** and put it to these trees and he

came and told Me, "Mother, 60 years old trees have died away but all the rest have come up and they are doing all right." So they have, they have developed such [UNCLEAR – TREG?] that they can even fight the acid rain also.

48) **Sahasrara Puja, The Ghost of Materialism, Australia, 3rd May 1987**

Just like the proof is here. All the flowers were dead last night, finished with the heat of the people who were carrying them. Then, I just put some vibrated water on them, and you see how they are. Brahmachaitanya has revived them, but their personality is there, they are all vibrated, and they are looking so fresh and beautiful. Same thing with you, you all look so fresh and beautiful, anybody can make out a Sahaja yogi.

49) **Public Program Day 3, School for the Humanities, New York (US), 5th June 1985**

Now when you come to Sahaja yoga, we actually tell you everything. There is no secret in Sahaja yoga about anything. Like the other day, a lady asked Me a question of vibrated water. Now for you it is a new thing, a vibrated water, but not for us. Actually, we know also that they say that in [UNCLEAR TEXT/loots], there people go and get cured, and things are there. Now the Chaitanya, the all-pervading power which is a subtle power can be permeating into everything, like plastic. Can permeate into everything.

One hair of Mohammad Saab! And I caught Him about five-six miles away. So you can imagine how the vibrations the Chaitanya can go into everything. Now we have as I said that New York is the place where due to these hopeless people our work is the least of all and it's not so good as it should have been. But in other places like Vienna, we have an Agricultural expert, a scientist, a great scientist, who has tried these vibrated water on seeds which are what you call not hybrid. Now non-hybrid seeds have one power that they can be regenerated. When he gave vibrations or vibrated water to these plants he found that non-vibrated once came up to this and the vibrated ones came up to that. He has got the record. He has written it down. And he has given it to the United Nations. And then, now they feel that he should look after the acid rain. He has been appointed to deal with the acid rain. At that level today our Sahaja yoga is. There are many scientists who are working with vibrated water. But in New York, I don't know what to say about New York. Is one of the places which I don't know how it is that we do not find so much of understanding of Sahaja yoga. Not sensitivity to Sahaja yoga. But this is happening in Austria and this fellow has published his papers. I was interviewed by the television and all that and then they said that this is such a remarkable thing that this fellow if he can stop the acid rain by his vibrations we'll be achieving such a great thing that all

the trees of Germany are falling down. I said, "But, Germany has to pay for its sins also. It has done so much harm to Jews also. It has to pay for it. No doubt." But still, let us see now how it works out. So he is going to experiment with that. So this is what it is that the **vibrated water** is the one where the vital power is there. With that vitality whatever your problems are they get cured. They just get cured. If you have a mental problem they are cured, if you have a physical problem they are cured if you have a spiritual problem they are cured. If other people do not interfere and do not trouble the patient we can cure most of the incurable diseases.

50) Shri Krishna Puja, New Jersey, 18th August, 1984

many rakshasas and He used His samhara shakti, His killing powers, and His destroying powers to achieve that. Simultaneously at that time He was doing Sahaja Yoga with the gopa and the gopis in the way it was just a play, a leela. "Ra Dha. "Ra" is energy and "dha" means the one who has sustained it. She's the sustainer of that energy. Radha. And She would go and have a bath in the river Yamuna and the ladies would go and fill up their pitchers with that water, **vibrated water**, and He used to break that pitcher, at the back, from the back with stones, little stones, and make a hole in it just like we make a hole here, He used to make a hole in the pitcher and that **vibrated water** used to flow down on the back of the gopis to give them awakening.

51) Puja for New Yogis, Toronto Canada, 10th October 1983

Shri Mataji-First we have to establish the innocence and to establish the innocence the deity is called as Shri Ganesh and you will know about him much more, but you know him as Jesus Christ because he incarnated on this earth as Jesus Christ. Now this prayer that he is going to read to you was written about 14,000 years back and see how detailed it is described about Christ and it is described in a book called Devi Purana by Markandeya and is called as Devi Bhagwat. So you can see all these things written there. So to know about Christ we cannot limit ourselves to Bible, because he was such a great personality that you cannot contain him in a little book like Bible you see, so you have to go to other scriptures also and keep your mind open about it, so now he will read it out to you and with that they will wash my feet so this water will be vibrated and this water can be used for purposes like if you want to say use it for your baptism its very good because it works out faster if you put it on your head, on your hands, the vibrations start flowing. See it's a simple method that you get the **vibrated water**. And then another thing we'll do is to establish the power, the shakti, what you call the goddess and for that they will be washing my hands with some

things that are prescribed (he should not be kept on a thing like that, it isn't proper, have you got another yoghurt? Don't use this)

52) **Shri Krishna Puja, Cabella, 1st September 1991**

Now communication with the Divine has to go to the whole world. Whole world has to get this communication that you have received. For this part, Shri Krishna arranged something in His lifetime in a very simple way, as a child. Very childish it looks, very child-like. Like when the gopis were taking their bath, He hid their clothes. But Indian women are never fully nude. Never. Hid their saris and all that and He could see their back, this little boy. What is for little boy? He's sitting on a tree and He's trying to raise their Kundalini. They're coming out of the river Yamuna, which is being vibrated by Radha. Already there are vibrations here, there's in their Kundalini. Then they are taking the water and He breaks their pitchers from the back, which has also got vibrated water. So the vibrated water falls on the back of these ladies and He tries to awaken their Kundalini.

See the play of a child, how He tried to play in His childhood, just like a child and then He shows later on His child-like expertise in dealing with politics, with dealing with people, with communication and everything. And His power was Radha. "Ra-dha." "Ra" means "energy." "Dha" means "the one which sustains." "Ra-dha". So the: "Dhare dhi sa-dharma ha" [??] as they say, in the same way, Radha, the one who sustains energy.

53) **Shri Krishna Puja, 16th August, 1992**

Also Shri Krishna's own style was that He can never believe in caste system. He Himself was born in a caste which is a, what you call is a milkman's caste, and then He became a king, of course; but to begin with, and He lived like an ordinary person. He used to take the cows outside, look after them and bring them home. Now if you see His life you'll find He is absolutely very human, the way He used to tease His mother, tease other ladies. All this is extremely human and childlike, and extremely sweet. But behind that also there was a great significance. For example, Shri Radha – as you know, She was Mahalakshmi – and as Mahalakshmi She used to put Her feet, take bath in the river Yamuna, and the ladies would take water from the same river, carry on their head the pitchers. Now Shri Krishna wanted to raise their kundalini, so He used to hit them from the back so that the water falls on their back, and that vibrated water would raise their kundalini. This was His childish trick, but it had a meaning.

54) **Day before Shri Krishna Puja, 15th August 1987**

So he established a new way of expression of joy, now his power was Radha, Ra is the energy, Dha is the one who sustains the energy, but she was the source of joy, as they say in Sanskrit Alah Bedinigh. She was the power who started a new style of understanding God and the child Krishna used to sit on a tree when these ladies would be bathing, he was about hardly four or five years of age, and when they would come out of the water, of the Yamuna, he would just break their pitchers from the back, because she would put her feet in the water while filling the pitchers, the water would be vibrated, and then the same **vibrated water** would flow on their back, by which their kundalini would be awakened.

55) Seminar, Sheffield- England, 21st September'1985

Gavin Brown: He's asking what is to be done with the water that is used in puja, afterwards? When we wash the feet, what use is to be made of the water or how is it to be disposed? Say at home when we do a little puja and we just wash your feet in the photograph, then what's the proper way to dispose of it?

Shri Mataji: The photograph or feet? Photograph, that becomes **vibrated water**. You can use [it] for any purpose, you can put it for trees, you can do all these things external use, you can use for anything. But if you have cleaned the photograph and all that and if it is a clean photograph then you can use it for drinking also, is alright; can be used for drinking also. Because vibrations are such that they kill all germs, everything. Because now for Ganges water we just drink like that, no problem. It never gets spoilt. You keep it for months together never gets spoilt. Because falling from the head of Shiva never gets spoiled. That's the sign of the River Ganges.

56) Second Public Program, Jaipur, 18th February 1986

In the river Jamunaji, where Radhaji put Her feet; Radhaji was Herself Ra-Dha. 'Ra' meaning Shakti (Power) and 'Dha' meaning carrier of the Power. The feet of the Shakti was in the water, the water itself became pure as 'Gangajal' [the water of Ganga]. The water was vibrated. When the gopis carried water filled pitchers and walked, which when hit by small stones and the water fell on their back, their Kundalini were raised by the **vibrated water**. That's why He was called Leeladhar [playful].

57) Public Program Day 3, Geneva, 31st August 1983

here is a farmer today here from India. He had land, but he was never successful as a farmer. And he never thought, he could be an ideal farmer one day. After his realization, one day I was going near a village, I took a turn because there

was some problem in the road. And I saw a very beautiful field of a kind of a maze we get in India. And I have never seen such a colour of a maze, the way it was. I was surprised, I said, whose field is this one? And they said, this belongs to this gentleman. So I asked the gentleman, "What did you do to get such a nice crop?" He said, "Mother, nothing! I put some vibrated water in my well, that's all!" Then I have met some scientists from the agricultural university, who were practising Sahaja Yoga. And they were surprised at the different things they have discovered out of Sahaja Yoga. They found out that if you give vibrated water to drink to an Indian cow, if she is giving 6 litres of milk, she starts giving at least 14 litres! And if it is an Australian cow, imagine! She gives say, may be 16 litres. But in India, we have found out that if Indian kids drink Australian cow's milk, then they start misbehaving towards parents. When they take Australian cow's milk, means they misbehave towards parents, they become very turbulent. No, no, the Australian milk if you take, the children become very turbulent, you see it is not like Indian cows! And it is true also, if you see the cows in London, our England! My granddaughter, once said that why the buffalos here are so white? There is not that sweetness of an Indian cow. So whatever it is, the same cow which was giving so little milk, starts giving so much milk. And good nourishing milk. Then he told me so many things that one lecture won't be sufficient to tell you the whole thing. But the scientists told me that if you have a wheat produced by vibrated water, it is at least four times more! But when you put it in the store room, then even the rats do not touch it! And if you see the shape of the wheat, it is so beautiful, and the colour is so nice that one can't believe, that without any manure, without any artificiality, how one could produce such good wheat! And the taste of that bread is so good that I felt I have never eaten such food! It is so fantastic to believe. For people who have not gone through Sahaja Yoga, they can't believe that it is such a fantastic thing that happens! That for the first time, we start giving back to the nature! And nourishing the nature. So far we have always exhausted it. But you must know that the vibrations that are flowing through you, are the vibrations of the "Brahma Shakti", the power of the God's love! We say the God is Almighty!

58) **Public Program, England, 22nd June 1982**

So the whole priority, the attention, goes to things which have good, Divine vibrations. It is not bothered about things which have no good vibrations. Whatever has good vibrations, it will go to that. Like a person who is a holy person, he touches anything, it vibrates. He touches water, it vibrates. Anything you touch, anything you feel, it vibrates it. For example, water, if you vibrate it, it can be a medicine. River Ganges is nothing but vibrated water! You get vibrations from that. These vibrations are Divine vibrations, are the vibrations of the power of love of God.

59) Talk to Sahaja Yogis, Kuala Lumpur- Malaysia, 13th March 1995

Shri Mataji: No, we should be careful, at least as far as we are concerned you should be concerned about nature and we should be worry about it, no doubt. But as Sahaj Yogis, you will be amazed that environment clears, it clears out as Sahaj Yogis and you won't be so much affected by environment so much. It clears out environment also. There is one experiment Hamid has done, He's done it in Austria, where many trees were, had become dwarfed and burnt away, with this acid rain that comes from the environment. So he went there and experimented with some vibrated water. But [with] so many trees, he didn't know how much to put vibrated water for them. It worked a little bit. So then what he did, he took the badges you wear and pinned them on every tree; not every tree but every ten trees. So he said that he went after two months and he found the whole thing had come up except for the trees which were about sixty years were not responding so well, otherwise, every tree had become great. So you just can imagine what happens.

He also experimented for growing more wheat. So he couldn't put the vibrated water to the whole field, because [it's] very difficult. There's a pipe going like this. So what he did, in the pipe he put the ring that he was wearing with my photograph, and he experimented with that! Can you imagine? So it is very effective. But I think it's more your shraddha in that photograph [that] works out. But in India we get a kind of a doser, we call it, like a funnel it is, it has two sides in which you can fix the two sides of a pipe and you can put vibrated water in there. It's so remarkable that one of our fields had been put with the raw cow dung by somebody, and all the small little, all kinds of insects, they crawled up to the leaves and were eating them. So we put the doser and put the vibrated water — they all ran away!

Vibrated water is very good. Tomorrow I am going to leave vibrated water in NG's house, everything vibrated. But it depends also how you treat it, it's very important, with respect. Respect is very important in Sahaj Yoga.

If you do not respect that vibrated water it may not act because it thinks, vibrations can think. It loves and it thinks. You must understand this point, it thinks. And I have seen people who try to make some money out of me and they are absolutely in big trouble. I didn't give them trouble, myself. They are in big trouble. Anything they try to do to Sahaj Yoga, immediately they have some sort of trouble. I think these deities, when my attention is not there, try to do something to them.

So one should not in any way be disrespectful. And nobody should think that they have a special relationship with me. Some people think like that, that they have a special relationship with me! Such people will go off in Sahaj Yoga in no time. Nobody has special relations. I am alone.

So this idea, also, that, "I have a special relationship with Mother," all these things can be very detrimental to your growth. Now you have, in your houses, say a little gardens or one tree or something is a good idea, and put vibrated water. Also you can drink vibrated water. Take a little vibrated water and you can increase it in another bottle with other good water. But never put your hand into it. Just take out with a spoon which is kept separately for that. It's very important because everything has vibrations, bad and good.

What other question?

Question about havan.

Shri Mataji: Yes, havan is very good. Apart from the three candle treatment you can do also an aarti with the camphor, you can do havanas — it's very good — but this is for the left-sided people, not for the right-sided people.

60) Interview with Greek Journalist, Talk with Yogis, Melbourne, 4th March 1990

Well, in a country like India, we don't have all these problems. – [UNCLEAR] there're so many more people. – I think, they are good people, they are religious and they don't indulge into all these nonsensical habits, perhaps. We have never heard of an allergy coming like that or anything. Why do they grow here so much? It's site is claiming Mother, that it's the leaking of the uh... fertilizers into the waters that are doing it. but it seems also to do with heat – that on the days when it gets hot – it doubles with 100% per day – We too have, you see, heat, much worse but I personally think also you used all these uh.. seashores and the river-banks for your resorts and you insulted the rivers, if you see basically, that's why you are, you see this, you uh... new civilization of tourism, you see, tourist; You have insulted the sea, you have insulted the rivers – you do all kinds of dirty things there – that might be the reason. – [UNCLEAR] – speed-boat racing, water-skiing and head-on steamers, everything like this tourists – tourist things. But if you put vibrated water, the allergy will die immediately – it will die, it will go away. In America, in New Jersey, I was there.

He could be invited here by some University and he could give lectures – will be good for you, I tell you, from every angle and with vibrations all these things disappear all disease [UNCLEAR] everything. We have no problems in Pratishtan at all, of anything; We don't use insecticide – nothing. Little bit they did put something, very ordinary. I think, they put the uh.. tobacco water – soaking tobacco in the water and put that little bit – that's all I know. Vibrated water solves the problem, you know. What they were telling that, that they wanted to sprout some seeds and when it was to be, they said it will sprout after six days – it sprouted and the lid also came out in two days. [LAUGHTER] They can believe into it, they can see it for themselves. I'm going to see somebody –

the principal, the vice-chancellor of Rahuri University, who wants to do experiments with it. Our garden was nothing one year back and this time you come and see the whole thing is so good. Oh, I thought you had all kinds of angles.

Should be. – Should be – but we can have a look. – Yes, Mother. – You see, because now I told them not to give Me any silver, nothing, I will not take and just I put down My foot – nothing doing – so now, they want to have some ivory [LAUGHTER] then I'll bring them down to stone [LAUGHTER] I have stopped for silver because is now very expensive in India so Vido went down with Me to Turkey and the silver there is so cheap, so cheap. I don't know how he planned it, he bought all that silver this time – you must have seen it – it's his whole doing. Without My knowledge he bought all that. He said, "This is the last time Mother," but it is cheaper, cheaper than brass [UNCLEAR] I don't know what to [UNCLEAR]. I said, "You always get somethings like that." Such beautiful birds you have, annh? Very beautiful!

[UNCLEAR – THEY'RE NAMED LAILA AND MAJNU?] – Annh? They should be realized. Give them some vibrated water. – [MARATHI] Laila, Majnu – Annh? Laila, Majnu. [MARATHI] [MARATHI] Why don't you keep the name Laila, Majnu? Couple, a romantic couple. But they are of the same kind? Different types they are.

61) Revival of Indian Spirituality, New Delhi, 14th December 1998

When I was studying medicine, they had to learn each and every medicine and we had to write a proper what you call a complete serial number of all these and a compounder had to make it. But now you see this, all these companies are making what you call antibiotics. For everything happens to there's an antibiotic. They are not bothered as to how it affects you what if it bothers you. And it has become like that now. We have become so industrialized you see, doctors...that it is difficult for people to get out of it. Sahaja yoga we don't give any antibiotics. We don't give any antibiotics. Not at all. We don't give any. Only kundalini rising and vibrated water and all that. Diagnosis also is such a big one overall. I mean if you go for diagnosis you come out half dead out of that diagnosis. Such a person... In sahaja yoga you can get it on the finger tips. Even children can tell you what's wrong with you, if you are a realized soul. So such a great science is lost in this country because of a British rule we had. They never bothered to find out what was deep down into this country, such a knowledge, such a treasure of knowledge.

Shri Mataji: That's why I am saying that your kundalini has to be awakened. First that has to happen. Then you must have faith in yourself that you can work it out. If you are diffident or oh I am ...See all there are all kinds of people there. They are people who are very guilty. Like, how can I get it? I have done this thing, I have done that thing. That's one type which catches this centre. Another kind are very arrogant. They catch on this side you see. So this has to be corrected.

Man: The vibrated water.

Shri Mataji: Huh?

Man: The vibrated water. You spoke about vibrated water. Where does it come from?

Shri Mataji: It comes from people who have vibrations. Those who are realized their souls have vibrations. They can feel the cool breeze in their hands. Even if they put hand in the water it is vibrated. All such people, saints and all that, whatever water comes from them is vibrated. For example the river, Ganga here, Ganges is, has got vibrations. I mean, you have to become that then you can feel it, right? Unless and until you have that, subtle within you, you cannot feel it. To you everybody is just the same. Every bottle is just the same.

I'll give you an example. I went to Kashmir and suddenly I felt. We were going out somewhere actually [UNCLEAR Nibwel]. Lots of vibration. So I asked the driver, What do you have a temple here, something? How do I feel the vibrations? He said we don't have any temple here. I said, "Alright, I will tell you, go this way." That's the (side) vibrations were coming. We went that way. There were some Muslim houses some very poor people. So I asked them, "What do you have here?" So he said, "It's the Hazrat Bal." One hair of Mohammad Sahab was kept. [UNCLEAR]...I get vibration. But these stupid people, they did not know anything, what it was. They are fighting for it and they..also the driver didn't know what it was. And for five miles, before five miles I felt the vibrations. So whatever I say has to be tested on vibration which is your own, which is your own testing capacity. The capacity otherwise is blunt, it doesn't give you the real picture. But supposing have vibrations you can feel it. Who has got it? Where you have it? It's a very subtle thing but once it is there it works.

62) Puja, Bestowing of boons, England, 9th October 1982

Shri Mataji: Maybe a chance. [UNCLEAR making a joke]

Work has started, in all earnestness. You all have to prepare yourselves, and everybody must see that they learn Sahaja Yoga very well: how to give realization to others, how to talk about Sahaja Yoga, how to improve yourself. All these things must be done. Otherwise you'll have

to face a crowd and you will not be prepared and they'll be frightened, they'll think, 'These people don't know anything' and they'll just [deny??]. For all the newcomers, and those people who have come now, especially people of, say, Northampton or Bedford or Cambridge – where this news has spread. All have to be very well equipped and prepared for it. You see, unless and until you are prepared, I cannot attend to them. So you should try to get all the books – all the small little books – then all the... what do you call... pamphlets, photographs...all these things should be collected. And you should be prepared. Let some things vibrated by Me, like water – you have got now **vibrated water** – you can put it into another water, it will be alright. Then [get/let?] sugar vibrated, other things vibrated. And for this [Chanda?] that you've got now, better have it for your Nahbi. Keep yourself clean, first of all, and when you talk to others, show that composure and that peace that is now residing in you. The more you show, the more it will express itself. Alright? And be wise, because you will now face **many** people, and if you are doubtful and if you are still going up and down, they will not be there and you'll be responsible for driving them out. Alright? So have people who are positively there and you can attend to them, talk to them properly; now you have become saints – saints must behave like saints, responsibly. Alright? So I'll leave it to you.

63) Presentation of Dr. Rai - Medical Session, Cabella Italy, 7th May 2016

And the clearance technique basically the left side we know, it is the – we do the three candle clearance. When we meditate we put our left hand to Shri Mataji, right hand on the mother earth to balance the left side. And the three candle or when it is a very strong catch then we do the camphor clearance. So those other clear and the shoebeat is to work out any badhas that are there, so that is also a left side, the shoebeat techniques is also effective. We use lemon and chilly's, we do the lemon-chilly treatment, the matka clearance it is also a left side. It has done for seven nights. Here in the west we do not get a clay pot. In India we get a clay pot which is called the matka in which we put seven lemons, seven chilly's, vibrated kumkum and **vibrated water**. So here we can do it in a paper bag, you vibrate and – we have to first raise our Kundalini, take a bandhan, keep our left hand to Shri Mataji, right hand you keep on the lemon and chilly's and to vibrate it and we read Shri Mataji Nirmala Devis 108 names. So we read mothers 108 names and then we pray to Her to vibrate the lemon and chilly's so that it helps to clear out all the left side imbalances in our subtle system.

64) Talk to Sahaja Yogis, Taipei, 21st April 1994

Hamid's idea. He wants to have My birthday, imagine, 21st March! What will be the temperature? (Shri Mataji laughing)

Aside: How many things like that?

Yogini: To drink?

Shri Mataji: It's all right. It is all vibrated.

Yogini: Mother, Mother can I ask some vibration-water for the [inaudible].

Yogis: Yes. Okay, we have it.

Yogi: She wants to have vibrated water.

Shri Mataji: Eh?

Yogi: She wants to have vibrated water. We have that.

Shri Mataji: Yeah.

Yogini: To clean the house.

Yogi: Yes.

Shri Mataji: That's very good also for liver. What you can do: put the vibrated water; add up more of your own, shake it nicely. If you don't touch these things with your hand it's the best. Use spoons always.

And I have to change My sari and I think, I hope to see you again, very soon.

65) Holi Celebrations day, New Delhi, 28th February 1991

Later on He even found a beautiful way of playing Holi – mix the color in the water. The colors were not bad colors like these days. You know that from 'tesu' [flame of the forest]

flowers they would make fragrant colors. Purifying them thinking it to be purity, they were made. Every festival, whatever was made during festivals in the past, even in our days also, they would all be pure things. Now impure things are considered good. People don't see, if it is slush or anything, they just throw; such disregard. So pure things were made and the water which was vibrated water was thrown on everyone so that every body part gets vibrated. This was His game. It's not that you throw such stuff on people – I heard that one person lost his life as someone hit him with a water balloon. Such a shameful thing to do.

Even the beautiful things made by any Incarnations, how to distort it, how to junk it, how it can be made into an absolutely insignificant thing – only people can do. Even animals don't do that. Only humans have this specialty. Don't know what happens to them, while playing if the colors got over, then they picked up slush, if slush got over they picked up cow dung, if cow dung got over they picked up tar. The reason for which Holi was played, its essence was destroyed. The beautiful message – that it encouraged love among people, throwing holy vibrated water on people. Even greater, whatever ill-feelings we have towards

one another, to forgive that and become pure and engrossed in one another and play Holi. In that there should be no sinful feelings, no hard feelings in the heart. Like this such a beautiful thing was made but now I see it distorted then I am surprised.

66) Talk to Sahaja yogis, Canberra-Australia, 13th February 1992

Luckily, with Sahaja Yoga, Hamid has done some research and he has worked on the trees near Austria. There's a very beautiful mountainous area, much higher than this, between Germany and Austria. There used to be some sort of wasps, were really fatal. Now they have all disappeared and the trees are crumbling down with this acid rain and getting completely destroyed. So the government asked him to do some experiment with them. So, he took My **vibrated water** in a puja and he mixed it with other water, put it everywhere.

So he said, "All the trees about sixty years of age didn't react much. But below that, they all reacted and they started looking healthier." But he said still, the speed was not there. So there were lots of these badges from America left over. So he went and pushed them into every tree.

And he said, "I went there after six months and the whole thing was changed, vibrated. And it's all green, so beautiful." It's a remarkable thing to happen.

So I think My picture must be giving balance or something to this acid rain, or it nourishes these. The vibrations after all, vibrations do nourish everything, and I don't know what happened to the acid rain. It's very different. We can try that everywhere, **vibrated water** and these badges. Even the rings have done great work. He had a problem because they don't have well as we have in India. They only have those stamps. So he removed the joining ring and put his ring inside that, and then he joined it. With that ring only, it worked wonders, can you imagine? Ah, just imagine. Maybe the ring was emitting the vibrations and the water which went over it carried the vibrations. Unbelievable things have happened. Unbelievable.

So the neighbour said, "My well is lying here, you can use it, but it only can work for a few days. You'll have to arrange for water to build that house."

I said, "All right." So the first thing Sahaja yogis did was to put My **vibrated water** in that well and one coconut. Suddenly that well started getting filled up. And while building, you see there's a big ball kept there. The ball was hanging in the air but still the water was coming. And the whole of Pratishtan was built with that water. We never had to buy any water and everybody was amazed. How can it be?

But the water from, I don't know from where that source, but just sucked it. Till we finished the house there was water in that well.

Then the fellow said, "I want this well for my own use.. We'll use it." Immediately it dried up. Touched the bottom.

So he came to Me and said, "I don't know what has happened. There's no water. Not a drop."

67) **What have you to Surrender, Lonavala, 24th January 1982**

Now lemon has a coefficient. Now you know that we have cured many people with lemon and chillies, of their mental problems. We have seen it. So we have vibrated lemon and chillies, and you have got and put them in the water. Now what happens [is] the lemon and chillies have a capacity, have a capacity, to suck my vibrations, or suck the vibrated water into themselves, as vibrated ones. They become vibrated themselves, what is called as jagrut — they become awakened. So in the night, when you open them, the vibrations travel out and create an atmosphere in which you start becoming one with your centre, and you lose your left and right side movement and you become the sane one, you can say, because you have taken away from the left and right, and you come in the centre.

The question is whether the thing has got vibrations or not, like this. What is vibrations? Is the Brahma. Is the Divine Power of God, is the Divine Power all around you. Now this Divine Power is in everything, but is not under your control, as yet; you have not touched it. Once you are awakened you touch it, you awaken that in everything. Once you awaken that, then you start feeling the vibrations. Say I have stayed this house, in this place, even on the seat, anybody who is sensitive Sahaj Yogi will know where Mother has put (been).
