

# ASCENT

IS THE POINT

from the pages of The Divine Cool Breeze

# **ASCENT**

from *The Divine Cool Breeze*  
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Ascent is

**It is not what you think is important in Sahaja Yoga.**

**Not at all. You may think that**

**“I am doing very well in Sahaja Yoga. I am very good.”**

**But it is not so. It is what you actually achieve. Your**

# the Point

*Delhi, 1 February 1983*

***We are going to start this pilgrimage of travelling together.***

The journey is of a very subtle nature and, if you realize why we are here, you'll understand that all this creation is watching you all, is trying to help you, that you should ascend and that you feel your depth and, thus, enjoy yourself. The travel may not be very comfortable. The roads are so very filled with speed-breakers and all kinds of obstructions. It's a journey like our ascent.

Alibag 17 December 1989

If you see who is Shri Ganesha – He is the child of Adi Shakti. She created Him from the Aumkara. Now Aumkara is the Logos, as you call it, is the first sound when Sadashiva and Adi Shakti separated for creation. That sound is used as Aumkara, which is vibrations, which has light in it. It has all the causals of all the elements – only on the right side. Then left side, it has the power of your emotions. In the centre it has the power of your ascent.

*Shri Ganesha Puja 1990*

## *Look upwards and not downwards.*

If you look upwards, only then you will ascend. Don't look down. You have to ascend and go higher. At every step, every place, I am with you. Everywhere, wherever you are, wherever you be, everywhere, I am with you – with mind, speech and action fully. This is My promise. But those who want to go to hell, I am dragging them downwards also. So beware, look to the path of ascent, not of descent.

*Bombay, 27 May 1976 (translated from Hindi)*

If you are here to gain lots of ascending steps, you have to have your eyes upward and not downward. You must see what steps there are. You have to climb up those steps. And with these steps, where do you enter I'll tell you – in that beautiful garden, fragrant garden of your Self, which is so beautiful.

*Birthday Puja 2001*

## *Kundalini is your mother*

We have understood a lot about Kundalini and also we know that through Her awakening only, through Her ascent only, we have ascended into a very higher realm of consciousness. It's not only that we have risen to a very higher realm of awareness, but that it has granted us so many powers that never before in the history of spirituality people had this power of awakening of kundalini.

*Kundalini Puja 1992*

You should become your Absolute. That is what She wants. She is your Mother, born again and again with you. She has recorded all your problems you have created for yourself, for Her ascent. She knows everything about you and She judges you on this point, how much you are sincerely wishing your ascent. That's all.

*Kingston England, 11 June 1980*

The ego and the conditioning of a person gets dissolved by the ascent of the kundalini and he becomes really a free bird. Absolute freedom is achieved in reality and his behaviour changes tremendously with great faith in himself. He becomes a witness of the whole drama of life.

*United Nations Conference, Beijing, 1995*



## *We are here for ascent and joy*

You have not come here just to waste your time, but to ascend and, for that, it is important that whatever I am saying you have to obey implicitly. But I never say anything that will be uncomfortable for you.... You are here for your ascent and for nothing else. And that has to work spontaneously only by just finding out joy and joy-giving things. It is not so difficult if you allow the spontaneity to work it.

*Hamsa Chakra Puja 1991*

We must know that we have the natural capacity to ascend. It is natural to go higher. It is natural to be *stitha pragya*. It is natural to be a Sahaja Yogi. This is also built in us. For example, a seed is a seed. When it is a seed, we call it a seed. All right, natural is to be a seed, but then it sprouts and becomes the tree.

*Shri Krishna Puja 1994*

We are in Sahaja Yoga to ascend, to go higher and higher.

*Shri Adi Shakti Puja 1997*

# *The ascendance is individual*

Everybody is ascending individually, though you are collectively contacted with each other and in communication. But the ascendance is individual – absolutely individual. *Gudi Padwa Puja 1976*

You have to ascend alone, yourself. You don't have to depend on others. And those who do not allow you to ascend have to be thrown out. Nothing is more important than your ascent higher and higher because it has a very great, divine purpose, the ultimate climax where the whole humanity is to be saved through your efforts. You have to work it out. And at this situation we see the thousand petals. These are the powers of the Virata within you....

Gold has to be tested. The diamond has to be tested. All that is valuable has to be tested. Without that, how can you certify.... All these things are to be understood in the right perspective. They are for our ascent, for our benevolence, for our higher state. But for that, you must know, we have to fix up our whole will. When people climb, say, the Himalayas, what do they do? They take a big nail, nail it at a higher point, then tie up a rope and climb up to that. They don't look down. Then put another nail up there, climb up to that. And that's how they climb the Himalayas....

As soon as you get Realization, if you are intelligent enough, then you decide, "How should I fix up myself?" Decide like this – supposing you are very fond of milk. Now you should say, "Till I achieve a certain state, I'll not take milk." But that should not be treated as a sacrifice, but as a joyous ascent. Do the people who nail upwards to go to the top of the Himalayas, do they feel they are sacrificing something? If you start thinking that "Oh God, I've sacrificed milk," then you're finished. Downward movement starts. But if you like something, then you have to say, "All right, if I like it, let me like my ascent more than this. Till I have ascended I will not have." Such determination should be there.

Without that, how do you think you can get over the horrible, monstrous mountain of ignorance that you have got? Actually, in Realization I have put you on top of the mountain. But you start slipping down....

I am taking a vow that for us our ascent is the only concern, is the only idea, nothing else, and it will work out. All the rest will be taken care of. You have all the mechanics to do that, but first give it to the mechanics to work out. All will work in a reflex action. Clear out your chakras.

*Sahasrara Puja 1988*







The pure desire is  
your kith and kin.

You start introspecting yourself. Then you know on your vibrations also there's something wrong with you. Then you don't try to see others, what's wrong with others. You start seeing yourself. Because it's your own ascent you have to achieve.... Sahaja Yoga is the ascent of the whole. These kind of singular achievements did not lead people anywhere.... You have to emancipate the whole world. Try to understand your responsibility. You are not only here for one ascetic ascent – no. How much wisdom you must have, how much love you must have and how much discrimination you must have to understand that you are chosen for the emancipation of the whole world.... We must know that we are bound to each other by love – and the love that is for our benevolence, for our ascent. And then you just start enjoying everyone. Then you don't think what race you are, what country you are, what this thing you are, nothing. You're a Sahaja Yogi, finished. So you become a universal being.

*Shivaratri Puja 1991*

For your ascent it is important, first of all, to have no desire. The pure desire is your kith and kin. This is the first principle of establishment of the Mahakali power. Specially in India where people are too much attached to their family, it is a very big problem.... But if you want to have the ascent fast, first of all one must remember that these are relations which are absolutely worldly relations and this is not your pure desire. So try to separate your pure desire from your worldly desire.

*Mahakali Puja, Lonawala India, 1982*

Whether he is your son, brother, sister, wife, friend, you must remember that you are not responsible for their ascendance. You cannot help them towards their ascent. Only Mother's grace and their own desire, their own effort to give up all that is three-dimensional will help them. *Gudi Padwa Puja 1976*

# *Collectivity is the basis of your ascent*

If you are seekers and if you are ascending, you are definitely unique, you are specially blessed and you have to pay special attention to yourself.... Ascent is where you really rise above. Not only that you rise, but with you, you make others rise. In your ascent, you develop tremendous powers. The higher you ascend, the better it is, but not by thinking that you are perfect.

*Dorset England, August 1981*

Unless and until you become deeper, we cannot save other Sahaja Yogis. And we cannot save those who are not Sahaja Yogis. You have to rise higher and higher to pull the whole curtain up. Those who try to rise higher pull the whole thing upward and they give a pull to everyone who ascends with them.

*Sydney, 14 March 1983*

Collectivity is the basis of your ascent. If you do not come to the centre, if you're not collective, if you do not meet each other, then you are like a nail which is cut out of a finger and the Divine has nothing to do with you. You are out of the tree. Like the flowers which have come out of the tree can exist for a while, no doubt, but after a while they are dead and finished.

*Virata Puja 1991*

We all have to ascend and ascend with equal strength. There's a story about some birds who were caught in a net, so they decided that "we should get out of this net." And they tried. Everybody tried to get out. But nobody individually could work it out. So they all decided to fly together, "One, two, three and go." And they took all that net with them. And they say they then requested the rats that "Please come and cut our net." And they were freed. So if it can happen between the rats and the birds, why not between us?... You'll be amazed in the collectivity how we could be helpful and joyous with each other.

*Shivaratni Puja 1995*

You have come here for your ascent. And if you have come for your ascent, you have to keep a watch, how is your mind working?... You should have a good married life, but not at the cost of losing your ascent.... One must understand that purity means chastity. Innocence means chastity – not only physical, also mental chastity. You have to have mental chastity. If you don't have mental chastity, you cannot ascend.... You're not like ordinary people. You are saints and for the saints, the main thing is their ascent, not their family life, not their material possessions, nothing – nor their children – but their ascent. Once they ascend, everything will ascend with it.

*Mahakali Puja 1990*

Actually the people who ascend, there are certain qualities that show on them. The first thing is your collectivity, how collective you are, with how many people you can carry on, at how many things you can laugh. That is one of the biggest qualities. The second quality is that how much you accept another's domination who cuts down your collectivity. You must have your personality separate from everyone.

*Dorset England, August 1981*

Ego is the greatest hurdle for your ascent. You see that ego is at a place where you have to just cross to go to Sahasrara. And to break Sahasrara is very easy otherwise. But if there is ego, you are already lost in that ego.

*Sahasrara Puja 2002*

Ego stands up and you start thinking you are great, you are better than others and there is something special about you. This ignorance is more dangerous than the worldly ignorance because in the worldly ignorance, you do feel the consequences of wrong things. But when you are half way, when your ignorance is that about yourself, when you are going to a higher realm, then one should always understand that you cannot have ego.

*Guru Puja 2000*

If you ascend, you'll become humbler. It is just the other way round that people understand. You see, when they ascend, they think we have achieved some special powers.... Suddenly self-certification starts, you see. "I'm very good in spirituality. I'm very high up" and all that. This self-certificate starts and then it can reach such a point that suddenly you find that you are on the Earth again. This kind of thing is not the way it works out.

*Dorset England, August 1981*

It is difficult for people to really believe in themselves, that they could be the reflection of God Almighty. They have some sort of complexes about themselves I think, that they cannot understand how they have suddenly become a reflection of God Almighty. But they have a capacity and they can become the reflection of God Almighty, for which they have to have faith in themselves, faith in their ascent, to believe that we have become that. The confidence in Sahaja Yoga is very important. Without the full confidence you cannot achieve your ascent.... But confidence doesn't mean by any chance your ego, your aggressiveness. If you are confident, you are the least aggressive.

*Shivaratri Puja 1995*

*Ego is  
the greatest  
hurdle*



# Detachment

Matter can never give you joy. It's the spirit that gives you joy. And when the ascent takes place, then you become the spirit. Then matter takes another value system within ourselves.

*Hove England, 13 May 1982*

You must ascend, otherwise whatever problems I solve, you get into another problem.... Unless and until you are detached, you cannot ascend. Supposing you have all the tentacles down here on the Mother Earth and you say, "Let this plane fly," how will it go?

*Raksha Bandhan Puja 1984*

## *and all the time introspection*

Human beings can do all kinds of wrong things and can justify it. This justification doesn't help you in your ascent. "I did this because of that." It never helps you. One should try to introspect and see for yourself what is the justification.

*Guru Puja 2001*

In Sahaja Yoga, when you enter, we have to know that slowly and steadily you are climbing up a very steep road. Because it has to be very quick, so the rise is very steep. And when you are climbing up that rise, you have to know if you don't go further you'll slip down. But if you move sideways, you will fall down. You may say that "Mother, we are moving sideways, so there is a movement." Because of falling down, one may also feel the movement. That is the movement of destruction. So you must have proper discretion about yourself. Are we ascending or descending? Are we losing our steps? Are we going higher in our steps? Sometimes we do not realize that we are amidst the worst possible negativity in the history of this universe. In the older times there would be only one rakshasa at one time one had to deal with. It was so easy to deal with one rakshasa. But to deal with so many of them already needs a lot of work.... To develop this force we have to meditate with sincerity, with understanding, not just words before the photograph to say, "Mother, I surrender myself to You," but sincerely because the deities know who is sincere, who is innate, who is the one who is really trying to rise and ascend. It is a struggle in a way. It is a struggle, but it is not a struggle which will not bring you any fruits. Otherwise all other struggles give you no fruits, but this struggle is so simple and so already explained and worked out that you don't have to worry too much.

*Ekadesha Rudra Puja 1988*

You have to understand that your purity is very important and your surrendering will definitely help you to ascend faster and faster.

*Mahalakshmi Puja Sofia 1993*

You have to guard yourself all the time and see for yourself how you are progressing. It's a very beautiful journey.... What you have to do is to all the time introspect yourself. That's what meditation is for, to see for yourself, how you are keeping up your spiritual ascent. No one else can do it. It's your own individual work.

*Easter Puja 1993*

If I'm pleased, then you have done the job. But I cannot be pleased by mundane things, by any arguments with that, but only by your ascent. So you judge yourself on that. Whether you give Me a flower or anything, I'm only pleased when the essence of that doing has that height, has that special manifestation – you say, "I love you very much, Mother." All right, you say. But I must see, that love that you are saying or doing has that essence that gives me joy.

*23 July 1983*

# *Dedication, desire and meditation*

You have to dedicate yourself completely to Me – not to Sahaja Yoga, but to Me. Sahaja Yoga is just one of My aspects. Leaving everything, you have to dedicate – complete dedication, otherwise you cannot ascend any further.... I am illusive, no doubt. But I'm illusive just to judge you. Now the dedication is a very important part of the ascent.... All these blessings are for what – for your higher ascent, for getting out of the mire completely.... That's one side, as I said, the nourishment. But now your ascent has to come from you. Your rising has to come from you. That has to be worked out by you and you alone, not by any other Sahaja Yogi or by Me. I can only give you suggestions – not only the suggestion, but the warnings.

*Cowley Manor, England, 31 July 1982*

Self is absolutely self-satisfied. It does not need anything to satisfy itself. Actually it is satisfaction personified. It just sees things. It just watches things. It just witnesses. And while witnessing anything, it knows. It knows. You don't have to tell, "This is this or this is what." You don't have to express too much anything. It's just self-expressive if you are a clean person, your desires are clean and that you just have pure desire to ascend.

*Birthday Puja 2001*

With humble devotion and meditation and true desire to ascend ... it works out so beautifully – so beautifully you'll be amazed. Now we have to know our destination – first of all, what we have to achieve. Secondly, we have to know to achieve it, the achieving coefficient. We have to have devotion. It's so simple. We have to have devotion.

*Navaratri ninth day, Pune 1988*

It is not how many times you read something. It's not how many times you talk about Sahaja Yoga. It's not even how many times you just go on reciting names, but how many times from your heart your pure desire is to ascend.

*Gauri Puja 1991*

The more you meditate, the better it will be. No excuses are to be given or to be convincing to yourself. Everything is unimportant. Your ascent is very important if you really want to save this world in this Kali Yuga.

*Navaratri Puja 1997*





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## *The balance of dharma*

The first principle of dharma was to create balance. If a person doesn't have a balance, then he cannot achieve his ascent, as simple as that. If you don't have a balance in your airplane, it cannot ascend. If you don't have a balance, say, on a ship, it won't move. In the same way, first the human beings had to achieve the balance.

*Shri Krishna Puja 1994*

Why to have the religion? It is to ascend. They must ascend. The balance has to be established through religion. Like we have airplanes fixed in different, different shops ... to get the balance because they have to fly. What's the use of just balancing without any flight. So you have to fly. All the freedom of the spirit, you don't have to say, "Don't do this, don't do that" – nothing. You are ready to fly. Now enjoy your full freedom. *St. Petersburg, 20 September 1995*

Without the dharma you cannot have the ascent. And as I've told you before, that cleanliness of your being depends on how much dharma you follow religiously.

*Guru Puja 1983*

Unless and until you have dharma, by which you get a balanced wisdom, you cannot ascend.... Sahaja Yoga is so great. I've seen people who were quite adharmic and all that just get Realization. If you ascend, then dharma trickles down. They become dharma.

*Shri Vishnu Puja 1994*

We should worship [Kundalini] within ourselves. We should respect Her and understand Her. She is your Mother. As Kundalini, She is your particular Mother. She's the one, Amba, who gives you your second birth. And as the left-side Goddess, She gives you a very good support in your ascent, a very good support in Her. Without Her, you could not balance yourself.

*Navaratri Puja 2000*

## *Joy bubbling within*

To get your peace within, to get to your witness state and to feel your vibrations all right and to be in the centre all the time ascending is the real blessing because, with that, you get everything else. The completion is only possible when you have the complete joy bubbling within yourself. After all, everything is just a means to achieve joy, to feel the joy. It is not the end....

All these blessings that come to you, all these changes that come to you, all these new menus that open to you, one has to know that it is for your benevolence, everything for your benevolence. And your benevolence is your ascent, nothing else but your ascent. The rest of it is all useless and fruitless. Once you understand that this is what you have to achieve in life, that is what you have to enjoy. Then it works out.

*Shudy Camps, 18 June 1988*



## *The central path is evolution*

In the evolutionary process you have to ascend and you can never be satisfied with yourself unless and until you have achieved it.... The central path is evolution, has brought you today to this level of human awareness.

*London 1984 (Experience the Truth)*

A wheel has the central point and the wheel moves all the time, but the central point has to be fixed, otherwise if that central point also moves, then the cart cannot move. The cart will also start rolling down. So the central point has to be fixed, otherwise the wheel cannot move. So you go to that central point and the movement is on the central point, where there is no movement in a way because there is only ascent. There's no revolution. It doesn't revolve any more. There's just ascent on the centre. I hope you try to understand that all the movements come out of ignorance. All the outer movements come because we are not yet on the central point. But that achievement is not difficult because you have jumped onto it.

*Easter Puja 1984*

Shri Krishna had to come Himself. Shri Vishnu came as Shri Krishna to tell us about the ascent and that all this is just a play. But only a person who is a master of the play can do the play.

*Shri Krishna Puja 1991*

I don't know at the time of Christ if this alpha and omega were known to the mathematicians, but definitely [it was known] to Him when He said, "I am the alpha and the omega." His was an incarnation very remarkable and very important for our ascent. If He had not resurrected Himself, we could not have achieved our ascent at all.

*Easter Puja 1993*

Our purpose is to ascend. And what is the Mahakali Power doing for us? She's giving you your ascent through kundalini. She is purifying. She's giving you all the powers. She is protecting you all the time. She is giving you joy. But what are we doing for Her? Her only, only desire is that My children should be saintly, that they should have the beautiful qualities of a saint.

*Mahakali Puja 1990*

# *Ascent*

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I have to take you to a very subtler side of life and that subtler side is that, with the blessings of Shri Lakshmi or Mahalakshmi, now you have achieved your Self Realization. The Mahalakshmi Principle has given you this ascent and the Mahalakshmi Principle is that you rise much above your mundane life into the realm of Self Realization, so by Her blessings you become like lotuses.

*Diwali Puja 1992*

By the ascent with this principle, you achieve a personality by which you become a universal being. You understand the problems of your country and of your race and you transcend to see what's wrong with them and how to correct them. When the Mahalakshmi Principle is awakened, you realize that outside we may be different, inside you are just the same.

*Mahalakshmi Puja 1993*

We had incarnations on this Earth and they were sent with a particular idea that they should achieve a particular type of ascent in that particular time. They were all part and parcel of the Primordial Mother and they all had a very powerful kundalini built within them.... If you really want to achieve full results of your ascent and if you really want to transform the world, then you have to know you have to be ideal people. You cannot be problematic people.

*Shri Adi Kundalini Puja 1990*



*Whatever is the solution for your ascent,*

you should do it because the responsibility of the whole world rests on Sahaja Yogis. This you know, that there's no way out without Sahaja Yoga. To save humanity from all kinds of problems, Sahaja Yoga has come on this Earth.

*Shivaratri Puja 1995*

So all the problems which are faced for the journey of ascent are finished and you get drenched in the bliss of heavenly peace and joy. That's why it is called as *kaywalya*. It's only, only the blessings. See, that means there is no other word to translate it. There's no other way of explaining it. It's a state, is the *sthiti*. It's a state. In that state you have to rise and you know that you are in that state. It's a very remarkable thing that once you've reached that state you don't have to ask for anything. It's all there and you are so satisfied.

I can go on talking about this special power, but I think whatever I have said, please meditate on that. And you are all capable of reaching that state, that state of complete peace and joy. May God bless you.

*Mahashivaratri Puja 2004*





*The kundalini has to rise  
like the tree has risen.*