

BASICS NUMBER 2

**CONSOLIDATION  
THROUGH  
INTROSPECTION**

from the pages of The Divine Cool Breeze

## **BASICS 2: CONSOLIDATION THROUGH INTROSPECTION**

from *The Divine Cool Breeze*  
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# 2

**BASICS  
CONSOLIDATION  
THROUGH INTROSPECTION**

# *The Basics*

## consolidation through introspection

**Shudy Camps UK**  
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The consolidation of Sahaja Yogis is very important. The first thing, to consolidate yourself, you must do introspection. You must do introspection. It's to reflect the light within and see for yourself what have you done so far in Sahaja Yoga. Where are you? How far you have gone and how far have you to go? What is the thing that is lacking in you? You'll be surprised when you start seeing yourself in a very unbiased manner, not justifying yourself, not blaming any bhoots or not blaming any badhas within you or somebody else. If you start with yourself – what has gone wrong with you that you could not consolidate yourself properly – you'll be amazed that there has been problems still lingering on, which must be corrected. Now these problems you can see very clearly. In the light of the spirit, you can see them very clearly that “This has gone wrong with me.”

# *The Basics of Sahaja Yoga*



Everything is  
just a means  
to achieve joy.

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### Early blessings in Sahaja Yoga

One of the most interesting things I've noticed is that Sahaja Yoga is all the time covered with some sort of a maya and this maya is ignorance – complete ignorance sometimes, sometimes partially.

Now when you get into Sahaja Yoga you get blessed. You get blessed, maybe your family gets blessed, your children get blessed. You get some sort of a blessing for your physical being. Also for the financial – you get jobs, you get money. You get something exceptional, which is really miraculous.

Now people get very much lost in those achievements and start drifting, thinking that “Oh, this is the blessing we have got now. We don't have to do anything any more,” that you are being rewarded sufficiently for whatever you have done so far. That's not so. It's just a sort of a support to you comes so that your faith should be fully established in Sahaja Yoga – especially so you should know Me, what I am.

But if you go on still drifting, then maybe some of these blessings may turn out to be curses and you might feel that “what a curse has fallen upon us and how it has gone in the wrong way.”

For some people it takes time to get to the feeling of the blessings. For example, mostly according to the modern ideas, we think that to get more money is the biggest blessing, so many get that also. But actually, it is not. 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. If it was, those people who have money, those people who have good health, those people who have all the so-called success with them, they should have been happy and peaceful, but they are not. They are suffering. They are suffering too much. And they are, in a way, destroying themselves day by day because they hate their lives. They can't bear it. They cannot understand why they are on this Earth.

So all these blessings that come to you, all these changes that come to you, all these new venues that open to you, one has to know that it is for your benevolence. Everything is 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.

### Introspection

In Sahaja Yoga, as you see, it's compassion and love. It is not so much restrictions. You're left to yourself to develop yourself. It's your spirit which has to guide you. There's no coercing or correction going on all the time, but it is left to you to understand yourself, to see for yourself and work it out.

But one of the criteria should be “What have I done for Sahaja Yoga? What have I done for Mother?” These two things are very important to understand. Whatever small thing you could do for Sahaja Yoga is important because, if you are intelligent, you can see that this is the greatest thing you have to do, to work for God.

This is the most important thing so far human beings have indulged into. It is the highest type of enterprise that human beings have ever had a chance to indulge into. And what a chance it is, too.

You may say that “Mother we are mediocres, we are no good, we are useless,” but you are chosen. You are the one chosen, so there must be something about you. You might not have seen that part within yourself which is going to work out this great work of God.



So you have to locate and find out “Why am I selected for Sahaja Yoga, what can I do in Sahaja Yoga, what can I work out in Sahaja Yoga?” This should be a constant reminder to you that “I have been chosen for Sahaja Yoga, I want to take full advantage of Sahaja Yoga....”

This is another point of introspection. It is very important to see that we have to do something for Sahaja Yoga. It's not money. It's not work. It's not thinking. It's not any kind of a support. But one of them, the most important thing, is how many people you have given Realization to. You have to count how many people you have been able to give Realization to, how many people you have talked to about Sahaja Yoga.

You may think that you give Realization to some people, they come, they disappear. It doesn't matter. They will ultimately come to you. Today you'll try on some. They'll be lost. Again tomorrow. You have to relentlessly work for it.

### The role of Sahaja Yogis

As Sahaja Yogis, you are powerful entities. You are very powerful people. We have got problems in the whole world. You know that very well. It's not necessary you have to be great intellectuals or you have to be people who are some sort of politicians or something. But you must be on the lookout for the problems which are troubling this world. You have to. You cannot live in your own world, that you are a saint.... You can't just be in *nirananda*. You have to know that you have to live in this world. And you have to know all the problems of this world. And you have to think about them, not only your problems.... “You have to think, “What's happening in the world? What are the problems of the world?” You are responsible for that.

Not only that, but you have to pray. In your prayers you have to say, “Mother, solve this problem.” Collectively, individually, you have to take your attention from yourself, from your smaller life to a much wider thing. Then you are a saint. And you have to think that it is your duty to ask for divine help, that all these problems should be solved. This is your job for which you are selected.

Your asking is going to work it out because, as you know, I am desireless. You have to desire for it. Whatever you desire will work out. The protection, the affection, the compassion of Mother is with you. But you have to look after this world and show the concern that you have, not to live with very limited areas and with very limited ways.... Your problems extend to all the places wherever there is Sahaja Yoga. And you have to worry about all of them....

As soon as you spread your attention outside, your problems are solved in the house, in the smallest circumstance. You have to pay attention outside.

There are important things that are happening which you can see for yourself. You can scan it out, what are the world problems, and you can see for yourself where you have to put your attention. You should become aware of your personality. It's not a personality that can be completely involved into a very small area. Your personality should get involved into all the problems of the universe, all the problems there are and you'll be amazed that everything can work out in a very collective way....

So stretch out your vibrations. Stretch out your attention and you'll be amazed that all other stupid problems that you have will be finished....

Stretch out  
your vibrations.  
Stretch out  
your attention.

You are the  
saints whose  
feet were  
washed by the  
River Ganges.  
Try to under-  
stand your  
glory.

So the attitude toward ourselves should be to be aware of our own glory of our own position to know that we are saints, that we have reached a stage where we are at the highest and that now we have become the light and we have to give light to others.... You have to put the light on a pedestal ... at a very highest point to give light to others. And this is working both ways if you start understanding what you are, what you have to be aware of, what is your situation, what are your powers, what you have achieved in Sahaja Yoga, what is the debt you have toward Sahaja Yoga and what you have to give for Sahaja Yoga, how Sahaja Yoga has made you so capable, so good, so nice.

Are you righteous enough? Are you behaving properly? Are you doing all the right-ful things which are necessary? Because it is only you who can do it. You are the people with very, very special energies and special contacts with the spiritual life. And if you start behaving like all other mundane, nonsensical people, limiting yourself to a family, your children, your nonsensical previous lives, you'd be lost – lost to yourself and lost to everyone.

The problems are much more than what you know about. That is the understanding you have to reach, that “Mother has made us yogis. We are saints and we have to show to the world the right path. She has told us that we are the light and we have to show to people which way to go, how to go further...”

Now it is for you to understand. It is for you to decide about yourself. It is your own desire. It is your own bigness, your own magnanimity which has to come forward, to see for yourself what you are capable of, what you can do.

### **One mind and one heart**

I have brought My children back to normal conditions. I've taken them to the kingdom of God. You have to do the same. You have to take them to the kingdom of God. But if you yourself are involved into your own mayas, you will be every day going down and down and down and down. I may shout. I may say anything. It will not go into your heads. It will never click with you. You'll be all stranded wherever you are because you don't want to see....

With your intelligence, you can understand that this is such an important work our Mother is doing. You'll go down in history, every word you say, everything you say, every way you behave. Everything is going to go down in history – not how many children you produced or what sort of a wife you have, but what you did for Sahaja Yoga. Remember that. History is going to record everything, whatever you have done and whatever you have achieved in Sahaja Yoga.

It's not showing off. It's not just a demonstration. It's not talking big. It's nothing of that kind. It's actually, really, totally what you have achieved that is the point. It will be recorded. At least God knows hypocrisy and God knows bombastic temperaments. It's God who knows where you are and what you are up to. You cannot befool God. That is one thing you must realize. But when you are befooling God, you are befooling yourself, your spirit, your Realization, your own ascent. So we have to be careful.

As a mother, I would say try to be introspecting yourself very carefully. “What have we done for Sahaja Yoga? What have we done for other people who are drifting? What has been our behavior towards other Sahaja Yogis? How much peace and love and compassion have we given to others? How much understanding and tolerance have we shown to others...?” You are the saints whose feet were washed by the River Ganges. Try to understand your glory. Try to understand your own powers, your own position as saintly people, Sahaja Yogis who are above all the saints because you know how to give Realiza-tion. You know everything about the kundalini....



It is so obvious that it's a very precarious time we are passing through. It's very important we have to fight it out. It's much more than any wars you have fought. It's much more than any struggle human beings ever had. It's such a horrible world that has been created and we have to transform it. It's a tremendous task. For that, you have to work it out in a very sincere and an innate manner. And I'm sure one day will come in the history of this world that Sahaja Yogis will have their names written with golden letters. I'm sure this will work out. I'm sure this has to work out. And that you all have to achieve it collectively, with one mind, with one heart. "What should I sacrifice? What should I do? How should I help? What is my contribution?"

I wish I could see those days in My lifetime.



