

BASICS NUMBER 3

**MOVING  
WITH YOUR  
REALIZATION**

from the pages of The Divine Cool Breeze

**BASICS 3:  
MOVING WITH YOUR REALIZATION**

from *The Divine Cool Breeze*  
volume 20 number 1

# 3

**BASICS  
MOVING WITH YOUR REALIZATION**

# Basics

# Moving with Your Realization

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*You have to move your hands and not your brain.*

To know where you are, as far as God is concerned – that's the main thing.

We are here for that, to be one with God, to be in union with His power, to be His instruments. And how our connections get loose and how we can correct it, we should try to understand that.

**Sahaja Yoga Basics**

**7 September 1980**

**Chelsham Road London**

**It is not in the thinking**

You are not to think about it. If you start thinking too much about it, then you have seen that you do something funny which you should not have done. Do not plan out too much about it.... If people start planning out, they'll get all the planning done. For example, they have to go for a walk, then they must have proper shoes, they must have proper sticks, they must have this, they must have that and they must have gloves and they must have everything and they never go out. They are so exhausted with the planning itself....

It very much happens the same way with Sahaja Yoga. I have seen that though I have told you not to plan it out, not to think about it, still you go on doing it and that is how you get into problems. By thinking you cannot correct yourself. What you can do is to know that you can put bandhans or you can give yourself a balance with your hands.

You have to move your hands and not your brain. Our brains are moving and the hands and feet never move.... This is the society which H.G. Wells has described.... You have more brains than your deftness and than your understanding. Your fingers are not so sensitive and the brain leads you to artificiality, so you are not to use your thinking for correcting your chakras.

Now should I write it down in golden words, that you cannot think about it and sort it out?



Whatever you  
have to say,  
you say it  
from your heart.

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#### **A mantra for each chakra**

We have got mantras for different chakras. Every chakra has got a mantra which you know. If you do not know, you should find out. Now if one chakra is catching, then you work on that chakra only and develop your mantra on that. For example, supposing you have to say something for your heart, then first of all you must ask for forgiveness from God. That means your attention has not been so much as it should have been on the spirit. Or, if you have done any mistakes, ask for forgiveness....

Even doing with the hand can be artificial. It could be just ritualistic.... Whatever you have to say, you say it from your heart. Ask for forgiveness from your heart, not thinking about it.

You see, this is the trouble: if I say something, then you start thinking about it.... With your brain, you cannot take out your attention from anywhere. It's only through your hands or the movement of your hands or by saying mantras that you bring it. Do you understand that point? It is absolutely clear-cut....

When you are saying the mantra, put your attention, without thought, to that particular chakra, so you master that chakra ultimately. The one which is a weakness can become your mastery. But if you think, then you are catching again on the Heart much more. You have known that by thinking you catch your right side in the sense that it starts overacting, it gets over-activated and the left side gets frozen up, by which the Heart is catching. Your ego develops, which engulfs your Heart. So the more you think about it, how to correct your ego, the worse you are. You fight it.

### Giving vibrations

You have to give a balance. Bring down your ego. With your hand, with massaging, you can bring it down because in your hand it is flowing. Whether you are catching or not catching, it is flowing from your hand. The flow from your hand is there. You may not even receive from Me, but there is flow already started. It's germinated. A little bit is always there. Use that to massage your head, bring down your ego.

Then for the Heart also, do not think about it, but give it or you put your hand towards it. Direct the vibrations, but don't think at that time. This is the important thing. If you are thinking and directing, it cannot be directed because your attention is engulfed in the thinking process. Do you understand that point?

The problem is people think too much and talk too much. They talk about everything. They know everything. It is such a wasteful habit of thinking and then talking about it. Everybody is a monarch here because of ego.

So now please tell your ego, "You please keep shut. Now we know you too well." Try to push it back as much as you can. With force sometimes, bring it back. Try to bring it to its normal position and you will be amazed. Once it goes to its normal position, you'll feel very much lighter.

So this is to be done with your hand. You can use oil to rub on your body. If you have to rub, you can use even powder or anything for having less friction, but it is through massage, through giving bandhans by taking it out or through lemon or you can use even an orange or something like that.

Try to take out these vibrations through these mediums and not through thinking. Through thinking, you cannot do it. Once you think, you have no power over yourself. There's a barrier between the spirit and you because you are thinking through your ego.

## Do everything in silence.

### Identify with the spirit

You must have noticed many a times, when I tell you that this you should not have done, you say, "I know." You see, this is something I can't understand, when you know that this should not have been done, then why are you doing it? Now which is that "I" which knows? It is your spirit. Or which is that which is doing it against it? It is your ego. So identification should be with the spirit and the spirit does not think. It manifests....

People can tell Me a lot about art, but if you tell them even to hold a brush in their hands, they cannot. In any art, any deftness or anything, they think. That's how the creativity, the spontaneity is finished – by thinking.... The real modern art can only be done by a person who has got his spirit manifesting like Blake. The one whose spirit is not manifesting – whether he's a poet or whether he is an artist or anything, whatever he is doing – is going to finish in no time, has no value because it cannot give happiness to the spirit. It can only give happiness outside. So do everything in silence – not thinking – in thoughtless awareness. That's the main point....

Fighting your ego, you are not going to achieve much.... Just do not accept its existence. It doesn't exist for you any longer. It does not exist. Ego is only existent in God because He does something. You do not do. That's why it's a myth. Your ego is a myth. You have no ego. It's a myth and you are carrying on with the myth. Now ego in a man is nonsense. Ego in God is all sense.

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## How to meditate

When you are facing the photograph, just to check up yourself, humble down yourself. First of all, humble down like a person who wants to perfect oneself. Before the photograph, you humble down yourself and try to find out what's wrong with you. Best thing is to give yourself a bandhan. Don't think again. Humble down means try to bring down your attention to your Heart....

Put attention to the photograph without thinking and see for yourself what chakras are catching. One should not immediately jump to a conclusion.... You need not take it to a rationality to judge it. Why you are catching? That's not important for us. It is catching. ... so do not go on a trip of thinking....

You are pure because you are the spirit, so don't condemn yourself for that. You are not to bother. For example, if there is a defect in the instrument, there is no defect in the electricity. Electricity is pure. It is not carried out because there is a defect in the instrument, so we have to correct the instrument.

Now, if you think you are the electricity, you can correct it, but if you think you are the instrument, you can never correct it.... It could be from your previous lives. Also it could be you might have caught it by saying something very filthy which you do not remember.

So do not tax your mind. We are not psychoanalysts at all, to find out psychologically what is wrong with us by asking questions and then troubling yourself too much with ego. Psychologists only think of the left, but they don't know when you try to do that you develop your ego....

Try to attach yourself to your spirit, then you clear it out. I see like that. Supposing I am the spirit and you are the body. I see My spirit and I see your spirit. I am not bothered what you have got. In the same way, you see yourself in two ways, that you are the spirit and you are not the body or the mind or anything. So we have to clear it. They are *varoksha*. They are different. They are another. We have to correct it.

As electricity is separated from this instrument [a microphone], in the same way you are separated from your spirit, but this separateness must be understood in meditation. That's why meditation is necessary.

For meditating, you should say, "Mother, make me the spirit. I am the spirit. Mother, I am the spirit." You start seeing through the eyes of the spirit everything, then you do not feel bad. You laugh at yourself, make fun of yourself and then you enjoy yourself, only with yourself. You play with yourself, you joke with yourself and the whole thing becomes a joke.

But for this, when you meditate, you find out first of all what is the matter with you. But not mentally do you resolve it. It is through your vibrations and mantras. Mantras are very important for Sahaja Yogis. If these mantras could be said loudly, it is better in the beginning. That is why, in privacy, you can do all these things. In your room you can work it out.

Now you can use lemons, you can use water, you can use light, you can use ether ... you can use the sea. All these things you can use to cleanse yourself.

Once you start facing yourself through your spirit, you won't be so frightened. Because you do not want to face yourself, you are all the time in that mood of fear. But once you start facing, you will be amazed that really you are beautiful and all these things will drop out.

So there is no need to condemn yourself in any way or to elate yourself, but just be your spirit. The best way to be with your spirit is to forgive. Forgive because then your thoughts will go away....

The best way  
to be with  
your spirit is  
to forgive.



The less you think,  
the faster you move  
with your Realization.

Now when you meditate, how much time? Again you are thinking. All this meticulousness, if you try, then again you are thinking. You just take the proper place to sit down, keep the photograph before you and just feel your vibrations, where are you catching....

Remove your catches without thinking. Try to do that. Say the mantras on different chakras, wherever you are catching, first of all asserting them. You need not say all the mantras. Only say the mantras in that part with your heart. Remove your baddhas with your hand and movement and it would work out.

The less you think, the faster you move with your Realization.

### **Becoming**

In the same way, if you have to learn how to be the spirit, do not argue it out. Do not think about it. Just try to become – to become. You have to become....

Your basic problem is that everything you want to sort out with your brain and you don't want to use your hands and that's why the inertia is setting in. People are becoming lethargic. Unless and until you move physically, how is the inertia going to work? Not through your brain.

So reduce your thinking. Do not try to sort out things through your thinking. It will give you a serenity, a kind of a peaceful existence.

While talking to each other, it is better to whisper, talk slowly. In My presence, you shouldn't shout and talk loudly. In a very whispering way, it's the silence in which you are here.... Try to because you are saints. Do not quarrel and argue. Reduce your arguments to a minimum....

Moreover, find out all the ways by which your mind goes out and stop it. Try to stop that because now your mind has thought for at least seven lives ahead. You don't need any more thinking. You have done enough.

Whatever brain God has given you, you have so much bashed it that now better leave it alone and don't think. Then the inspiration will come to you from within. And when the inspiration will be coming, then you will find it will be very different. It will be very beautiful, absolutely beautiful.

We have to be one with ourselves.

Without knowing the atma,  
you cannot know God.

#### **Silence and simplicity**

If you read Zen, you won't understand. Normally, people won't understand. They'll just describe like a little flower standing, lonely, alone in the woodlands. They go see and enjoy it and see that identification of loneliness, that God is alone, He has no companion, He cannot share.... You will think about it, put words on it and make something nonsensical out of it. But they'll enjoy, just enjoy. They'll make a pattern out of some stones and some sand. It is a pattern to neutralize your thoughts, that you go into thoughtless awareness. You just see the pattern without thinking.

You try to see, at least, My face, without thinking. My face itself makes you thoughtless.... On the photograph, you can watch My face without thinking and it will work out.

Have you seen a child being nursed? It doesn't think. It's just sucking and enjoying. What they say is to take attention inside. But if you tell anybody here, they will say we are pulling our attention inside. With your brain, you will be trying all the tricks and doing nothing. It is to silence yourself, silence your mind and a serene atmosphere is there which you feel around.... Sometimes it sets in within you during puja time....

The main thing is that we have to be one with ourselves. Without knowing the atma, you cannot know God. You have to know your spirit. Once that beautiful personality is developed within you, people will know that you are the spirit.

If you think less, every work you will do will be good.... Try to stop your brain acting any more and just make it humbler. Sahaja Yoga is the only way – and balancing yourself.

Also, there are many other things which help you – for example, physical things. You must learn dieting. What diet is needed for that? What exercise is needed for what kind of thing...?

Unless and until you impress others whom you are addressing or whom you are going to meet with that kind of love and that kind of serenity, nobody is going to believe.

Secondly, what impresses people the most? Simplicity.

What impresses  
people the most?  
Simplicity.

