

# Sahaja Yoga Daily Meditations

## Week 2 (Revised July 2008)

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### **Meditation 1** **9m 46s**

*Transcript of the part where Shri Mataji talks:*

Now the people who are left-sided are sort of...they are not straight-forward and they are sly, they talk ill about others.

Because talking ill about others means that first of all you get the ill within you. The second is the way you propagate stops Divinity (?). Thirdly you grow into negativity yourself, and to whosoever you talk, that person also gets infected. It`s like a disease.

So when you try to find faults in others, know that we have too many faults ourselves. Not to feel guilty, of course, that point is there. You should never feel guilty about it. If you have faults just see, "what faults do I have, how will I correct it, what chackras am I catching?". Instead of seeing the chackras of others, if you see your own, then you will become purified, you will be very clean, and wonderful, everything will be fine. But if you cannot see your own faults, that means you haven`t got your self-realization. Self-realization means that you know about yourself.

Only in love you can learn about others, not in hatred. If you hate someone, how will you know about that person, the beauty of that person? So then you start seeing the beauty of that person, and you start enjoying that person, this is what Sahaja Yoga is.

### **Meditation 2** **10m 01s**

*Transcript of the part where Shri Mataji talks:*

When you are aggress you don`t see that you are agressing. This is the problem of the egoistical person. Though he may be a seeker, thoguh he may be a very genuine seeker. But if he is in the area of ego he never feels his own catches, because the ego is between the reality and inside. So he cannot see his own catches, he cannot see how he is agressing others and he doesn`t see how he is hurting others, troubling others, torturing others. Such a person can be extremely arrogant, extremely strangulating.

All these people are say, they are aggressive and destructive. This nature is still within us, some people, because they are right-sided. All right-sided people had this problem - temper, aggression, controlling others. The growth stopped and there was no spiritual growth. They wanted to have spirituality. But with this kind of behavior they developed, spirituality ran away. We had so many incarnations, they all were killed, crucified, or finished. There was no possibility of saving human beings in general. One bad man came and he ruined the whole world. We had one Hitler, who really hit all the people, all the countries, all the nations, and we were all finished. All this is because we have taken to right-sided movement.

### **Meditation 3**

#### **10m 13s**

*Transcript of the part where Shri Mataji talks:*

Today I would like to tell you the three methods, the three ways we have been seeking, and the results of that. The first one is on the left-hand side, which you see here, is the path by which they had devotion to God, what they call "bhakti". They sang praise of God, without seeking. They called Him, they asked His help. In the beginning, they thought that the greatest challenge they had is from the elements. So they tried to overpower the elements. And in that overpowering of elements, the movement was on the right-hand side, in which they used many methods by which they could excite or innovate, as they call it, the deities, or the subtle principles of the elements. The first one was that of the devotees and the second one was that of the people who were trying to find out the way to master the elements. The third one was in the center.

Now the middle path of evolution is the one we are going to discuss here.

We have to understand that we have to have our own power. What is the use if I am very powerful, what is the use? If the sun is very powerful, what is the use, unless and until it does some good work. If I have the power, say, to move all this, what is the use? You must have your own powers. You must feel your powers. You should be able to exercise your powers. That is what you must ask for. This is the main theme of Sahaja Yoga that it is your own power which starts manifesting.