

The Spirit Meditation & Introspection



The Spirit & The Kundalini

Spirit

- reflection of divine light
- pure being
- flame
- witnesses



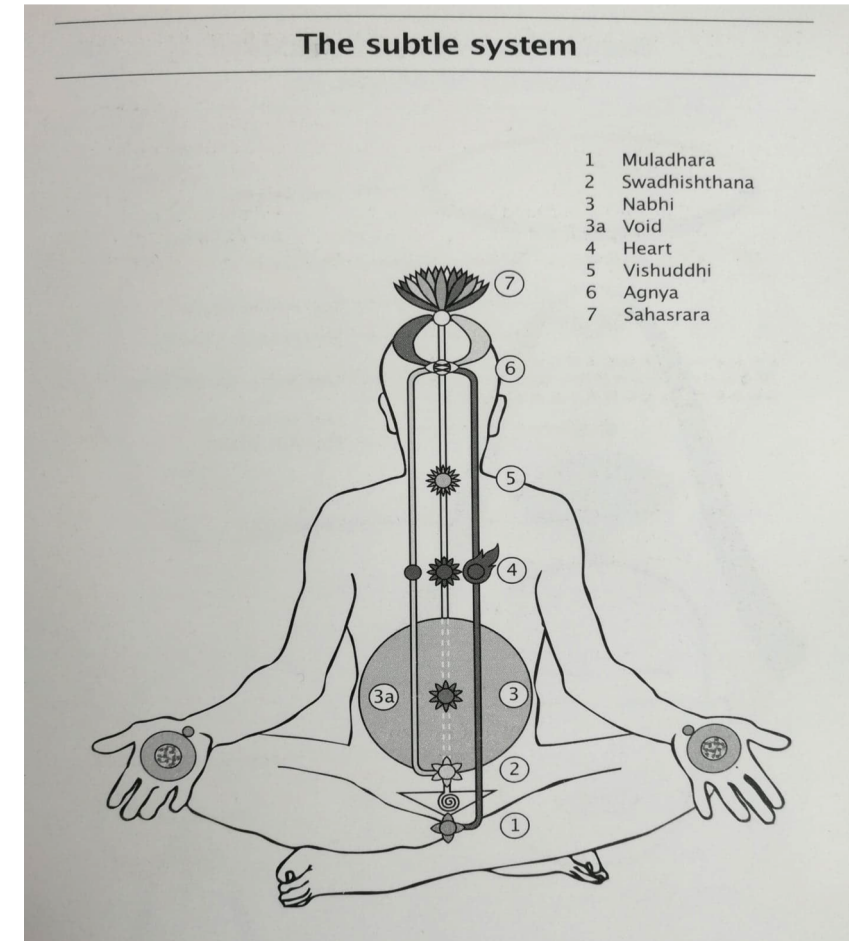
Kundalini

- innate, motherly energy
- first dormant
- carying, cleansing
- helix
- acts



The Spirit | Atma

- resides in (physical) heart
- `pure being within` - the Self
- detached
- flame, light, reflection
- JOY (Sat Chit Ananda)
- witness | observer





TALK

QUESTIONS
AND ANSWERS

SUBTITLES

MOOLADHARA ~ VOID
JULY 10TH, 1987, BIRMINGHAM

SHRI MATAJI NIRMALA DEVI
SAHAJA YOGA WORLD FOUNDATION

Shri Mataji on Spirit and Soul



The Spirit & the Soul

Shri Mataji: ...then it [the light] comes in there. This [the glass] is the body. All the 5 Koshas, the 5 auras, Koshas, are there. So these 5 Koshas are managed by the 5 elements, the essence of which can be called the causal element, the causal of the causal of the five elements. Jivatma is the soul but Atma is the Spirit. Jivatma is the soul. Means with these five elements. And these five elements give you your own identity, your own character, your own particularities etc. These five elements; the way they are placed in you. That's the causal element, the causal of the elements that are within you. Then these causals act on the chakras and through the chakras these causals act on the grosser side. So from the subtle to the subtler to the ...you can say the subtlest. The subtlest we can say is the Spirit, supposing. Then the subtler is the soul. And the subtle you have the chakras. And the gross is the body.

Gregoire: So in a certain sense the soul is the support of the Spirit?

Shri Mataji: ...Yes, of course. And both put together is the Soul actually. The Spirit and the causal put together is the Soul. You see, like a mirror and its reflection on it. Both put together is the soul. The causal of the five elements and the Spirit put together make the soul. Now the vibrations that we feel are the reflection of the light of the Spirit. The Spirit does not vibrate. It does not vibrate. It is those elements, they vibrate. Like you can say that if you put a sound on top of this (a glass of water) it will vibrate. You can put a stone in it, the stone won't vibrate. But this will vibrate.

You are the ones who can reflect the Spirit. You can reflect the Spirit. The spirit doesn't do anything. The Spirit doesn't do anything; it reflects. Then all the waves spread.



The Spirit & the Soul

spirit

- Reflection of Light = Atma: most subtlest → reflection of Sadashiva

soul

- Essence of water = Jivatma: → subtler combination 5 elements (air, water, fire, earth, ether) = personality (individual)

chakras

- Water = Subtle: subtle system

body

- Glass = gross: physical body

Different Dimensions

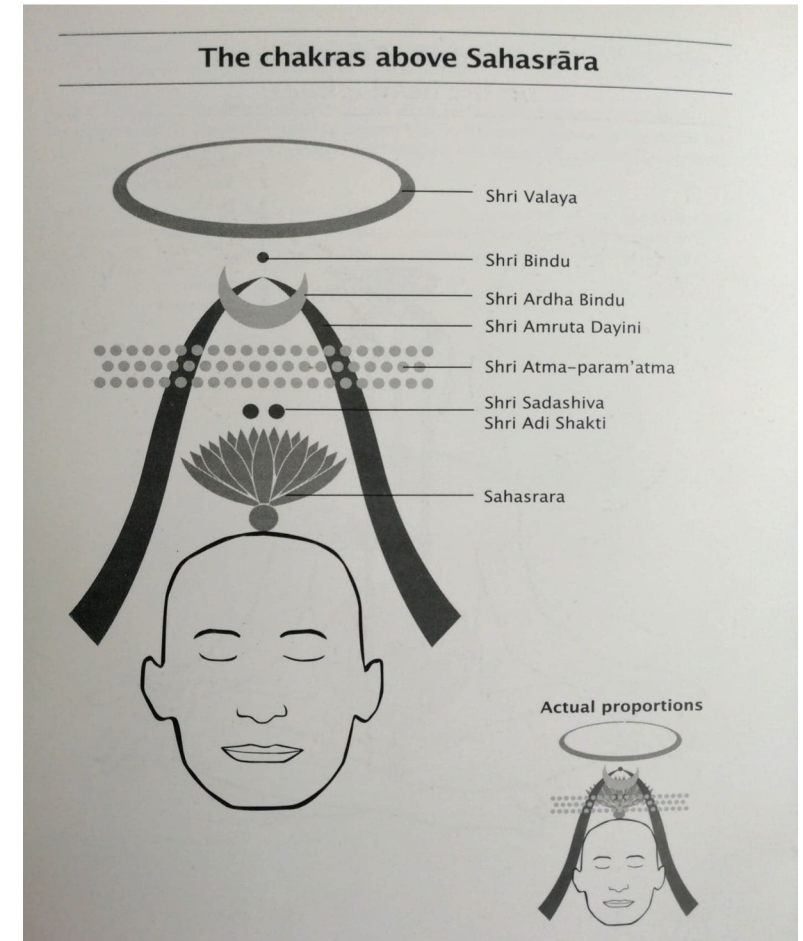
1st: self-realization, awakening of the kundalini (thoughtless awareness)

2nd: collective consciousness (feeling kundalini of others)

3rd: awakening Kundalini in others (bhandan)

4th: integration (Sahasrara), all the 7 chakras

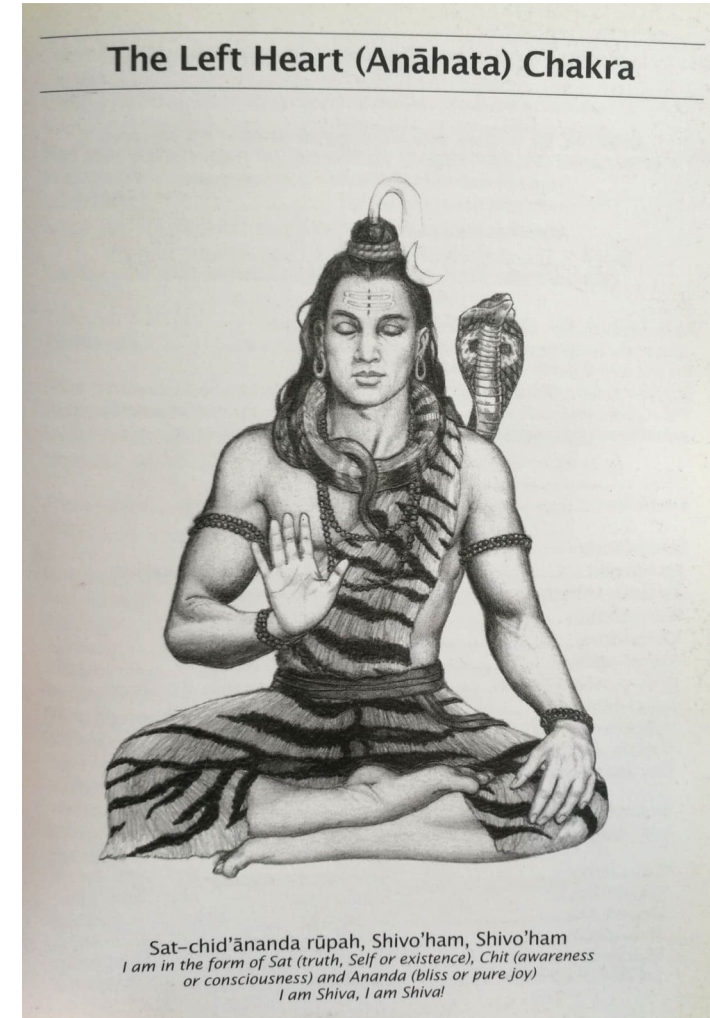
5th: bringing Spirit into brain – Kundalini - brain becomes enlightened



Shri Shiva

- Atma
- Sat ^(1st) Chit ^(2nd) Ananda ^(3rd)
- complete detachment
Doesn't need / want anything
- Complete, eternal bliss

- Shri Sadashiva (& Shri Adi Shakti)



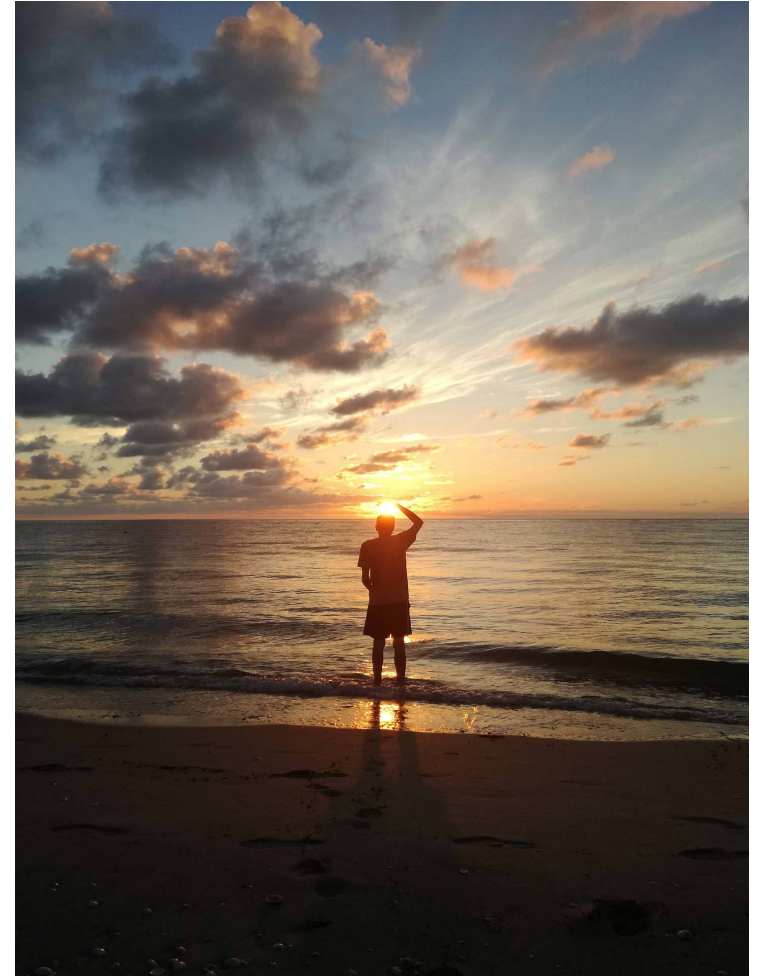
Meditation & Introspection

- Introspecting is done in meditation
- When you understand that you have ego, you start looking at yourself (introspect)
- Cleansing through introspection (very important)
- Should be very honest, a very honest effort
- What have you been doing?
What are you?
How far have you come?

BUT introspecting doesn't mean thinking, it NEVER means thinking.
Introspection means meditation.


Through Introspection...

- develop a quality of pure understanding.
- will find a solution to things.
- grow spiritually.
- get to *Know ThySelf*.
- get closer to your Spirit.



Talk Shri Mataji

- Only meditation will give you this state, along with this, introspection. No need to criticize, just be in witness state. Only you can assess yourself, and remove all the obstacles. Keep your attention within. How loving am I? Am I pure? Am I away from ego? Am I able to forgive others? What am I doing? Why am I thinking this? If a bad person comes to your house, and your gaze falls on him, he will run away from your presence. Even intruders will not attack and will go away. But all this, only if you meditate and introspect. If you are egoistic and say that I'm alright, it will not work. Have attention within and have love for others. Look at others with love. Do I have love for others? So there are two important things. One is meditation and the other is introspection. With these two things, there will be progress. With meditation, you absorb vibrations and go ahead. By introspection, you remove obstacles that are within you. Like when a river is flowing, the flow is not smooth if there are stones. When you remove these stones, the flow of the Kundalini is faster.



Vreau să vă vorbesc despre natura Spiritului.