

"Before our physical birth we experienced a continuing sense of nourishment, connectedness and security. After our physical birth we then experience our selves as separated, and so it is only natural that we seek and long for that sense of connection, nourishment and security.

This seeking finds expression in many ways. Sometimes we seek for gross, physical pleasures and external and material satisfactions in the world. Yet, these invariably do not fully satisfy us; they prove to be stormy, transient and therefore illusory. Perhaps this leads us to understand that the means to really satisfy ourselves, the Kingdom of Heaven, lies within us and so we may begin seeking in earnest for our inner or ultimate fulfilment.

There is a gap, between the separated and conditioned sense of self we experience ourselves as, and the eternal, spiritual core of our being which is completely secure, connected and joyful. This divide, between the illusory and relative nature of the world and the ultimate Reality, is manifest in a physical gap in the central channel, within the para-sympathetic nervous system. This gap actually exists physically between the sacral outflow and the vagus nerve, encompassing the Subtle area called the Void or the Ocean of Illusion. To cross this gap, this Ocean of Illusion, we need to develop balance, self-mastery and pure desire. We also require the help of a true Guru—someone who will awaken the Kundalini so that we can discern the correct Path and cross the Void to the heart, wherein lies the true Self, the eternal Spirit.

It is in this state of disconnectedness that seekers may search for a guide or Guru to help them to find the Way, a Path or process to cross the Void, the illusions, and connect with that Source of all satisfaction, joy and fulfilment—the Divine, the Source, Tao, or God. There have been many great incarnations of the principle of Guru or Spiritual Teacher who have incarnated to guide groups of sincere seekers towards their Self-realisation. The personifications or incarnations of this principle include Abraham, Moses, Muhammed, Zarathustra, Lao Tze, Confucious, Sai Baba of Shirdi, Guru Nanak, Raja Janaka and Socrates. Also, there have been false gurus who have plundered and damaged the seekers. The goal in Sahaja Yoga is to help the true seekers to find their Self-realisation so they can become their own gurus.

Most often for the seekers, so far, the only assistance has been to receive a set of guidelines, or rules, a dharmic way of behaving, that will help maintain individual and collective balance. So, we have sets of rules in the religions such as the Ten Commandments. Moses, as an example of the Guru principle, led his people out of slavery, across the ocean and to the promised land. Shri Mataji in this modern era holds a unique place in the tradition of Gurus because She has created a method for en masse Kundalini awakening and so facilitated the creation of so many potentially enlightened Gurus.

Only the Kundalini can bridge that great divide between illusion and Reality. On first awakening, Kundalini ascends the Sushumna (centre) nadi up to the Agnya chakra. It covers the lower plate (moordha) and then descends like melting clouds on the Ida (left) and Pingala (right) nadis to the Void. It fills the Void area, and then the three combined powers re-ascend the Sushumna nadi to open the lotus petals of the Sahasrara. The Spirit, which is said to be watching through the manifold subtle auras of the heart, has its seat at the top of the head in the centre. When the individual spark of the Spirit is raised and reunited in Union, or Yoga, with the all-pervading and all-powerful Source at the apex of the Sahasrara, then the Reality of the essential core of existence is realised. This enables a person to start to become his or her own Guru, based on a new enlightened awareness."

Some Quotes by Shri Mataji on some qualities of the Guru Tatva (Guru Principle).

*“So the body is to be brought round properly. It has to be disciplined. It’s no question of becoming thin or fat, but the body should be such that you should be able to use it for your purpose as a guru. Sometimes, you will find you can’t sleep on the ground: then you [should] sleep on the ground for three, four days, then the body will be very happy. It will pain [for] one or two days. But do not insult your body. This is the other side of the discipline: we don’t take our bath, we don’t keep ourselves all right. Then you are insulting your body. Look after it. You may have to look after its softness, the gentleness of the body. Treat it with respect. By becoming barbaric you are insulting your body. So the body is very important, this is made of five elements, and all these five elements within us, as gurus, has to be sparkling.” – Discipline.*

*“The Wisdom or the Essence of Guru Tattva is a Balance. Like when you maintain a plant, if you do not give it water it will die, if you give it too much water it will die.” – Balance*

*“So, one has to develop that Detachment to be a Guru. One requires Courage to Enjoy the Truth. ...Gradually you do develop it because you find that unless and until you develop that detachment, you are not receiving vibrations in the full way. All kinds of detachments have to be developed, means your priorities change. Once your attention gets fixed up with your Spirit, the catch or the hold on things which are of no importance starts reducing by itself.” – Detachment*

*“So the word Guru means Gravity, that the Mother Earth has gravity. In the same way a person who is a Guru has to have the gravity. But how do you develop this gravity? Some people just artificially become very grave and sometimes show that they are very serious or something like that. Gravity is within yourself. In the second state, we should say, of guru Pada (status) is your gravity must manifest. As you become the witness your gravity starts expressing itself. It will not show as temper or seriousness or anything like that. But it will manifest in a way that the whole thing will become extremely dignified and majestic. It will just manifest by itself. So the state in which you rise, now becomes effective. Before this it was not. You had to all the time manipulate, say this, say that. But in your silence you can manifest your gravity, and this gravity is extremely... it acts like a magnet. As you know there is a magnet in the mother earth. That we call as the gravity by which people are attracted. We are resting on this mother earth because of her gravity. Everything is attracted to Mother earth because of her gravity. So you get a magnetic temperament, magnetic character, magnetic personality. And this magnetic personality that you develop, immediately shows that it is manifesting its power, try to understand. Like the light now is coming on me it is just giving light, but it is not manifesting anything.” Gravity*

*“But we are much above all these ordinary instruments, even the most complicated, even the most advanced and developed by science. Because we reach a state where we ourselves become the science, science of truth, an absolute truth. So what is needed for a Guru is self-esteem. This is a very important point people don’t realize, the self-esteem. To achieve the self-esteem we have to introspect and know that today I am not what I was before. I am a realized soul; I have got powers. Of course I have powers. Powers of love, powers of compassion, powers of grasping things, powers of creativity, powers of giving realization to others. Nobody had these powers, but somehow or other in Sahaja yoga you are not self conscious, and we should not be self conscious because that can give you ego, but we should have Self -Esteem. ” Self esteem*