

Sahaja Yoga Joke Book

We would welcome any additions to the SYJB;
please email contributions to: **email@symb-ol.org**

Humour, we can say, is a quality of the Central Channel where we witness the world in a detached way.

Her Supreme Holiness Shri Mataji was not only wonderfully humorous in Her observations of human nature, but also enjoyed a good joke. This small book is a collection of some of Her humorous sayings and jokes, as well as witticisms and stories from other Sahaja Yogis.

“Shri Mataji’s quotes are all in Maiandra font with double quotation marks and referenced in the text.”



The Sahaj greeting; ‘Hello, you’re very well, how am I?’

####

Someone once asked Shri Mataji at a public program in London;
‘Isn’t Sahaja Yoga brainwashing people?’

Shri Mataji looked thoughtful for a few moments....

“Brainwashing? Yes, it’s a very good idea. I think most people’s brains definitely need washing.”

####

A Sahaja Yogi in India was driving along and saw a hitch-hiker, but did not stop. As he drove on he thought 'Why worry, we are all the Spirit? What bad can happen?'

So he stopped and reversed back to the hitch-hiker. As they were driving along the hitch-hiker asked the Sahaja Yogi why he had driven past and then changed his mind.

The Yogi replied 'I am a Sahaja Yogi, and we are all Spirits, so what harm can come to us?'

The man was so frightened that he jumped out of the car at the next traffic lights and ran away.

####

CSK- Common Sahaj Knowledge... things everyone seems to know in Sahaja Yoga but which Shri Mataji may not have ever actually said.

This comes from a time when one of the early SY's was driving Shri Mataji down Oxford Street in London, and commented to Her, ' Ah! Shri Mataji, here we are on Oxford Street, where Shri Adi Guru Dattatreya used to sit meditating on the banks of the river Thames (Tamas)'

'Really?' said Shri Mataji, ' I didn't know that.'

'Oh, yes, Shri Mataji, it's Common Sahaj Knowledge!'

####

*Country boy: I find people from London tend to analyse everything.
Londoner: Really? I wonder why that is?*

####

'What did Shri Mataji say in Her talk?'

'She said we should introspect ourselves and not criticise others.'

'Yeah, I can think of a few people who need to do that!'

####

Q. What's the difference between a new Sahaja Yogi and an old one?

A. The new Sahaja Yogi knows much more.

'I am not young enough to know everything'. Oscar Wilde

####

In Bengali 'Sahajjo' means 'Help!' In Calcutta some Sahaja Yogis were going around houses giving realisation during the daytime and knocked on a door. 'Who's there ?' came a voice from inside. 'We're from Sahajyog' (in modern Indian languages the a's at the end are dropped)

'What was that?'

'SAHAJYOG!'

'No, I'm sorry, I can't help!'

Finally the misunderstanding was sorted out and the man opened the door and got his Self-realisation.

####

If two people are in a room together and one is feeling better than normal and the other is feeling worse, who's got the better vibrations?

####

Ego

The Ego is, of course, the greatest source of humour, and an ability to laugh at our own stupidity is invaluable.

####

“A man was going up the stairs, and another one was coming downstairs. The one going up was a wise man and the one coming down was not a wise man.

So he tried to be aggressive, and he told him that ‘I will not move for you, because I don't move for fools.’ So the other one moved on one side and he said, ‘That’s alright, I do.’

Now, I will give an example how in nature you can find this very easily. See the root has a little root cap - it's a very, very small, minute thing; you have to see through the microscope. Now this root cap is a wise thing. It goes in the soil, it sees there are some stones, so it goes around the stones. Then it finds there are boulders. It goes around the boulders. ‘You are a boulder? All right, doesn't matter, I am not going to fight with you.’

And then he finds that he has tied up around these boulders to support the whole tree. This is the wisdom of a small little cell.”

12-10-83. Boston

Moral: Always let the person with the bigger Ego win the argument.

And again: ‘Two persons were going, one going up the staircase and another coming down.

So the one who is going up in his ego, he says, ‘You’d better move; I don't move for fools.’ So the other one says, ‘But I do’, then he moved.

So this is the sign of a sensible, wise, self-respecting person - he doesn't go into fights, he doesn't go into unnecessary discussions and arguments and assertiveness; but when it comes to protecting the truth, he stands up and he can fight with a lot of courage for the truth. I think self-respect is the first beginning for Sahaja Yoga; is to develop self-respect in their inner being as well as in their manifestation.”

27-05-89, Istanbul

####

‘I feel my Ego’s in better shape than most people’s.’

####

I used to catch a lot on Left Vishuddhi and Ego, but now I’ve really cleared out my Left Vishuddhi.

####

“Ego makes a person stupid. There’s a nice story written about this in the Ramayana, by Valmiki.

Nârada, once got into the realm of ego, and he started saying, ‘I am such a great celibate person. I have never married. Even Shiva had to marry. I’m such a great *Bhramachari.’ And, when he was walking on the road, he met two people who were sent by Shri Vishnu to befool this fellow.

* *Nârada, a Sage devoted to Shri Vishnu, was performing Tapas – ‘Penance’ in the jungle which became so fierce that the forest started to catch fire. The Gods were worried and sent a beautiful and seductive Apsaras – ‘Heavenly Maiden’ to tempt Nârada and disturb his meditation; but Nârada was unmoved by her singing, dancing and ministrations, and finally she gave up. However he became very pleased with himself for his detachment....*

So, these two persons started telling him, 'You are such a handsome man; such a great person, greater than Shiva, greater than any of the Gods.' So he became a greater fool. Ego, you see, swells up like this, starts floating in the air; it's like a plastic, you can't see the reality; you think no end of yourself.

Then they said, 'We have come to tell you that there is a beautiful woman. She's the princess and her Swyamvara – 'Choosing a husband' is going to be performed, for which you are the most suitable man, because she said she will marry the most handsome and the most intelligent, and you are the most intelligent and the most handsome man.' So he said, 'Where is the wedding?' They said, 'In Maya Nagari.' (Maya Nagari actually means a 'City of Illusion'.)

(Narada became enamoured of the beautiful princess, and prayed that he might have a 'face like Hari (*Shri Vishnu*)' to win her hand; however Hari – 'Brown coloured' also means a monkey!)

So they took him there, and he saw a big pandal, and every arrangement made, music was on, and all that. They all sat in line waiting for the princess, who came out with her garland, and she went round and she was very shy. And when she faced Narada she just laughed, she laughed aloud; not only giggled, but laughed; and then she went ahead.

So he asked them, 'What's the matter?' They said, 'We don't know. She might come back. Let us wait. She must have been very happy to see such a handsome man.' But she never came back.

So they went out and he wanted to wash his face in the lake. When he looked into the water, he was amazed he was looking like a monkey.

So he got very angry with these two persons, and He said, 'Why did you befool me like this?' They said, 'Sir, we did not befool. You were sitting there, criticizing everybody, saying he's ugly, he's useless, he's good for nothing; while you were the one looking like a monkey. And even when we told you this is Maya Nagari you did not think that Maya Nagari's just an illusion; you lived an illusion about yourself, and there was no princess. There was nothing, only your imagination created all those things.'

So this ego cannot give you anything but illusion and stupidity. Now this has to be understood very clearly, that you have to be prepared to face yourself." *Paris, 17-08-87.*

####

Rather dominating Yogi leading meditation:

'Let's put our right hand across the forehead and ask: 'Shri Mataji, please remove my ego'.'

Others: (with hands across foreheads) 'Shri Mataji, please remove his ego'.

####

"Somebody went to see the minister and the private secretary was there, attending to the people. He was getting very angry with them, so some villagers said to him, 'Who are you?' He said, 'Don't you know? I'm P.A.', 'Ah, Piye (That means you are drunk *(in Marathi)*) All right, we have nothing to say.'

So, a person with ego behaves like a person who has ego, like a drunkard, or like a lunatic. Sometimes you have to meet them with a barge-pole." *21-03-96, Birthday Puja, Delhi*

####

'I'm not caught up! It's him that's making me angry and upset'.

####

"There's a very great writer called as Princhan, he wrote about two Englishmen going on the road of Benares when they were hit by a Lota –'water-pot', that they use for their bathrooms. It fell on their feet - and he jokingly says on the feet where all the bureaucrats fall; means, all Indian bureaucrats used to fall at the feet of the English at that time.

Then the English looked at that thing and were very angry; immediately they took to law, 'You have to come to the courts, you have to come to the police and we're going to report this has fallen there, it has hit us'.

So there was a clever man, he knew the English, the western mind, he said, 'Sir, do you know this Lota is very valuable.' They said, 'Why?', 'Because this one was used by Akbar the Great. So ancient it is.' They said, 'Really?' 'Yes it is and, you know, you just don't quarrel with them and ask them for this Lota.'

And he told in Indian language to them that, 'I've befooled this people, I've told them that this Lota belonged to Akbar and you have to take this Lota and use this Lota to just to befool them.'

So then they asked, 'But all right, we'll forgive you, we'll not take you to any courts or anything, but you just give us this Lota.' They said, 'No, we can't.' They said, 'Why?', 'Because it's such an antique piece, you see.' In India you won't find anybody respecting antique pieces, especially in Benares nobody bothers.

So they said, 'Really?', 'Yes, it belonged to Akbar and, you know, my forefathers worked with him, so he gave us this Lota, we can't give you, we are sorry.', 'No, no, no, no, please give us, and we'll not take you to the police. You

charge us, whatever money, you charge us'; So they paid one thousand rupees; this is equal now to one crore –'Ten million', I think. These English paid them and bought that Lota, which had nothing to do with Akbar or anyone."

France, 08-07-90.

####

A. You know, it seems that if people are brought up with too much discipline, it tends to develop the Ego.

B. But I was brought up with a lot of discipline and it hasn't done me any harm.

####

One day, in Africa, some tribal people get on a small aeroplane, carrying many belongings. When it was explained to them that their baggage was too heavy for the plane to take off, they replied:

'No problem, we can carrying our luggage on our heads'

Told by Shri Mataji to demonstrate the illusion that 'we are doing something'.

'Like some people they are travelling by plane, they were from villages they did not know what was a plane, they were told to take less luggage, because it should not be a weight for the plane, so they got into the plane and put all the luggage on their heads and they said that we are trying to reduce the weight of the plane, in the same way we are also doing, actually the All-pervading Power is doing everything but we think we are responsible.' **01-08-89, London**

####

The biggest joke in Sahaja Yoga- 'Leader'.

“It's the greatest myth ever going, is this leadership. There's nothing like leaders in Sahaja Yoga, it's just a joke. And your Mother is very good at playing serious jokes.” France, 08-07-90.

“Leadership is a joke, you see, and if you know it's a joke then only you'll work it out better.” 09-02-92, Ganesha Puja, Perth

Actually being a leader in Sahaja Yoga is a lousy job – you work really hard and in the end all you get is criticised!

The novelist Somerset Maugham (a writer recommended by Shri Mataji) was recruited into the British Secret Service after the First World War. The man who recruited him said:

'If it goes well you won't get any praise and if it goes badly you won't get any help.' – hmmm, sounds familiar.

####

At one time Shri Mataji used to ask a Swiss-Argentinian yogi to get up on stage before a Puja and do his impersonations of the leaders. One of the memorable skits was an impersonation of the Bolivian leader of Milan who had a rather gravelly voice:

(At a Sahaja Yoga program) Leader: 'OK, we have to concentrate on the quality seekers – like this one here he is a quality seeker.'

Yogi: 'How do you know he's a quality seeker?'

Leader: 'Because he arrived in a Mercedes Benz'.

####

Before Sahaja Yoga I was my own false guru. (K.F.)

####

Yogi to very busy Australian Sahaja Yoga leader; 'Hey Chris, how are you?'

Chris: 'Gosh, I'm completely exhausted and run off my feet. I need to find myself a meditation group or something!'

####

After meditating at one of the Ashta-vinayaka temples (Ganesha Swayambhu) in Maharashtra:

1st Yogi: Wow! The Kundalini was really pushing up hard when we were meditating.

2nd Yogi (famously head-strong) 'Really? I only felt a headache'.

####

Shri Mataji quotes a story from 'Three Men in a Boat', by Jerome K. Jerome:

'I read a book of Jerome... he had described that one fellow went to a doctor and said: 'Sir, I have all the diseases that are described in the Materia Medica except for one, that is the housewife's knee.' He said: 'How is it you don't have that?' He said: 'Because I am not a housewife.' So he said: 'How did you get all these diseases and how do you know?' He said: 'Because I read Materia Medica and I found all these diseases are with me.'

He said: 'Alright, I'll give a medicine but just now you don't take it you have to go out from here, about five miles and there you can take it.' So he took the medicine in a piece of paper; he went there and he opened it one after another and he found no medicine. But the last paper was there, on that it was written: 'You stupid fool, don't read Materia Medica, nothing is wrong with you.'

Barcelona, 20-05-89.

Shri Mataji mentioned once that She and Her family used to enjoy sitting around together reading such humorous writings as the above and also mentions P.G. Wodehouse. If one of them came across a particularly funny passage the others would stop reading and listen to it being read out.

####

“My father was a great realised soul, and he never used to close the doors or windows in the night. And one day a thief came, and took away the gramophone that he had.

So he felt very sad that ‘He has taken away the gramophone now, what about records, he can’t buy. How will he play?’

So my mother joked that ‘Better give it in the newspaper that the thief who has taken away our gramophone, please come and take away the records also.’

This is a sign of Lakshmi principle. One who is satisfied is happiest when he can give something. If you give with one hand, you’ll get from ten hands.”

16-07-96, Shri Mahalakshmi Puja, Moscow

####

How many Sahaja Yogis does it take to change a light bulb?

Ans. Five... one to change the light bulb and the other four to give bandhans and say the mantra to Shri Hanuman.

(After an incident at Shudy Camps when we were clearing up after an international Diwali Puja. One Yogi was pushing a ‘Porta-loo’ (caravan) that was stuck in the mud while four others stood watching and giving bandhans. (and it did actually move!)

####

A Sahaja Yogi is walking through the forest when he comes face to face with a tiger. Frightened he closes his eyes and starts saying the mantra to Shri Durga for protection.

To his surprise he hears another voice saying a mantra and, opening his eyes, sees the tiger also sitting in meditation.

'Ah! So you're also a Sahaja Yogi?' he asks.

'Yes, yes' says the tiger.

'Really!, and what mantra were you saying?' asks the man.

'Shri Anna-purna', replies the tiger.

"Say your car fails. So it fails, get down, enjoy yourself nicely till somebody comes along, takes you. Or, if supposing you don't get some lift, all right, stay there overnight. What is it? No tiger is going to eat you. And if the tiger has to eat you, it will eat. Where is the problem? Still I can't see. I can't see the problem. If tiger has to eat, that's already destined that the tiger has to eat. In any case, nobody dies; you'll be born again. If you look at it from that angle then you'll be surprised, most of the problems do not exist."

04-10-87, Shri Rama Puja, Switzerland

####

A. *'Oh, no, my name got announced for marriage in Cabella.'*

B. *'What's the problem?'*

A. *'I'd just got really surrendered to getting married in India!'*

####

When staying at the Shudy Camps house near Cambridge Shri Mataji once commented that the cleaning compounds we used in Her bathroom were too strong and stung Her eyes.

'Use something milder like....sunlight ...with lemon', She said.

'Yes, Shri Mataji' we said, and wondered 'How does that work? We open the window to let the sunlight in and clean it with lemons?'

Later, still puzzled, one of the Yogis was standing at the kitchen sink doing the washing up and noticed that the washing up liquid was called 'Sunlight – with lemon'!

(As far as we know Shri Mataji had never visited our kitchen and must have seen the bottle of washing-up liquid in Her mind's eye)

####

Q. How many street turnings are there in London?

A. Only two, left and right!

Quoted by Shri Mataji to illustrate that there are only two ways of getting off-centre.

'We have only two problems. As I say how many turns are there in London - only two, left and right. In the same way we have only two problems - whether left or right.'

08-04-87, London

####

There's only one thing worse*.....

There's only one thing worse than being in the leader's bad books, and that's being in his (or her) good books.

####

There's only one thing worse than people in ashrams not emptying the vacuum cleaner and that's people emptying the vacuum cleaner and throwing away not only the dust bag but the plastic basket that holds the dust bag in place (so the machine becomes useless). (true story)

####

There's only one thing worse than having a small ropey old television, and that's having a large shiny new one. (except to watch Shri Mataji's videos on, of course!)

(Assuming that watching TV is a terrible waste of time and a source of lots of unwanted images and ideas; and that having a better TV is more tempting)

####

** With respect to Oscar Wilde (a realised soul!) who once remarked, when informed that everyone was talking about his new play:*

'There's only one thing in life worse than being talked about, and that's not being talked about.'

He was a master of such quotes:

'There are only two tragedies in life: one is not getting what one wants, and the other is getting it.'

'Always forgive your enemies; nothing annoys them so much.'

Ashrams

Ashrams are another great source of humour. We can't be on our best behaviour all the time and eventually the cracks start to open up!

Many of you will have experienced the lack of collective responsibility that comes with collective living - the consistent stream of empty jam jars put back in the cupboard; the squishy mess that remains on the stairs for days; vacuum cleaners that never get emptied; freezers that get unplugged, etc., etc. Of course the joy of collective living outweighs all these small niggles (once you've forgiven!).

####

You are probably familiar with a humorous piece of writing about four people – Anybody, Everybody, Somebody and Nobody - which goes:

'There was an important job which Anybody could have done and Everybody was sure that Somebody would do, but Nobody did it.

Somebody got angry because it was Anybody's job, but Nobody realized that Everybody wouldn't do it.

So in the end Everybody blamed Somebody when Nobody did what Anybody could have done'

(Everybody knows Somebody like this but Nobody wants to admit that that Somebody is them (although Anybody could)

At the Chelsham Road Ashram in London we kept a piece of paper on the notice board called 'Mr. Nobody' and wrote on it mysterious things which happened, but which, it seemed, nobody

had done; the empty jam jars put back in the cupboard, of course, 'clearing up' the meditation room by placing the Sacred Basil plant, which had been brought with loving care all the way from India, outside in the garden in the middle of winter where the frost killed it; or storing all the altar cloths at the bottom of a box, so no-one could find them, or putting the carpet Shri Mataji had given the ashram in the basement where it got damp and started rotting, or.....

Eventually someone took the notice down on the grounds that it wasn't really fair to Mr. Nobody – after all he was a busy chap like all of us - had a lot of things to do, and plenty of worries and he couldn't help it if he made a few mistakes occasionally!

####

In 1984, Shri Mataji bought a new upright Hoover for the ashram in London and two months later there was a puff of smoke and it stopped working. On taking it apart it was found that it was solid dirt and dust from the front brushes, through all the pipe-work, the dust bag and right into the motor!! It had not been emptied once since it was bought.

Actually this isn't a joke, it's really sad.

####

One Ashram inmate doing the washing up to another who is passing:- 'Do you ever feel that you're the only person who ever scrubs the underneath of the tea mugs?'

Second inmate:- 'No, I can't say that I do.'

First inmate:- 'Oh well, perhaps I am the only one who ever does it.'

####

(At an ashram meeting to discuss housework)

1st inmate:- My job is cleaning the shower.

2nd inmate:- But the shower never gets dirty.

1st inmate:- Well, I'll take that as a compliment then.

####

In the early eighties Shri Mataji asked the English to get up at 4 o'clock for meditation (presumably to help fight the Left Side pull. She also asked the Sahaja Yogis to stay awake one night a week – Her suggestion was Sunday but when everyone protested that they had to go to work on Monday She allowed Saturday)

So in the Queen's Park ashram in the early eighties we got up every day at 4 o'clock. One ashram member used to prop himself against the side of the fireplace and his chin would descend to his chest. However he always maintained that he was not sleeping and knew exactly what was going on.

We often did a small Puja, washing Shri Mataji's Feet and when it was his turn someone would give him a nudge and he would spring forward to wash Shri Mataji' Feet.

One morning (when we weren't doing Puja) he was snoring a bit with his chin on his chest so someone nudged him. He immediately sprang forward with his hands ready to wash the Photo, only to discover that we were all sitting quietly in meditation.....

However he was undaunted and still maintained that he knew exactly what was going on!

####

Language can be a great source of confusion (Tower of Babel!) as well as humour:

A French Yogi staying in the ashram wanted to make himself useful and the ashram gardener suggested he could prune a tree in the garden which had become over-grown. He readily agreed and was supplied with a saw, gloves, a ladder, etc. and it was explained what to do:

'Cut off every other branch on both sides up to three metres, OK?'

'OK, I understand'

When the gardener returned half an hour later there was a bare trunk up to three metres with no branches at all; he was shocked.

'What happened? I thought I said cut off every other branch'

'Yes, I have done what you said and cut off every branch up to three metres'

Actually the tree recovered fine and didn't look too bad after a couple of months.

####

Q. How many Sahaja Yogis in an ashram does it take to change a light bulb?

Ans. What?! A Sahaja Yogi in an ashram change a light bulb?!?!?

(My favourite light-bulb joke is –

Q. How many Psychoanalysts does it take to change a light bulb?

Ans. Only one, but the light bulb has to really want to change.)

####

Sahaja Yogini in the ashram to two foreign Yogis who have just arrived from the airport:

'Sorry, I haven't got time to make you a cup of tea or anything to eat – we're preparing for a Gruha-lakshmi Puja'.

####

A Yogi living in an ashram in London was once asked; 'How many Lakshmis are there in the Ashram?' ('Lakshmis' is an Indian way of saying 'ladies')

As one of the ladies in the Ashram enjoyed singing and playing music much more than cooking and cleaning (and was once reported to have asked a visitor if they would like a cup of tea and when they replied in the affirmative said 'Oh good, can you make me one too?') he replied:

*'I think you can say we have three Lakshmis and one Saraswati'.
(T.B.)*

####

An Indian lady in the ashram (wife of the 'leader') used to feel offended if people said the Gruha-lakshmi Mantra in meditation and would not join in; and on one occasion actually got up and left the room when it was suggested!

(In India a married lady is called a 'Gruha-lakshmi' –'Goddess of the Household')

####

Overseas visitors to the Chelsham Road ashram would often give a box of chocolates as a token of thanks; however most of the ashramites avoided chocolate in deference to their livers! So we ended up with one of the kitchen cupboards half full of chocolate boxes.

One day a visitor opened the cupboard and gasped: ‘Wow, you guys eat a lot of chocolate!’

It was gently explained to him that the reason we had a cupboard full of chocolates was precisely the opposite – because we didn’t eat it at all!

####

Once on India Tour, Shri Mataji was addressing the western Yogis. She mentioned that we should not drink too much tea, as in Maharashtra they make the tea very strong; She also mentioned that the Indians were very surprised when She told them that the English drink more tea than water!

The English Yogis looked at each other puzzled; ‘Well, surely, that’s obvious, as we don’t drink any water at all!’ (cold place!)

####

One of the first ashrams was in Finchley in North London. An Indian man who was a devotee of Shri Mataji had a flat over his shop and Shri Mataji persuaded him, rather against his better judgement, to rent the flat to the Sahaja Yogis.

The day they moved in the Sahaja Yogis decided to clear the vibrations by burning camphor and went around the whole flat with a large camphor burner producing clouds of black smoke. At

the same time someone put a frying pan with oil on the cooker and forgot about it. After some time the fat caught fire which was seen by the neighbours who called the fire brigade. By the time the fire brigade arrived the fire was out but billows of black smoke issued from the door when it was answered, and, in spite of the assurances that there was no problem, they insisted on coming in to check that everything was OK.

At this moment the Indian landlord arrived to find smoke pouring from every doorway and window and uniformed Firemen clomping through the flat in their large boots! He was eventually mollified and the ashram kept going for a year and a half before they moved to larger premises.

####

Forgiving.....

*SY to another who is getting upset at a particularly difficult member of the ashram (Swiss architect!)-
'You should forgive him'.*

K.F.: 'Yes, yes, I'll forgive him, but let me kill him first!'

####

*Similar situation to the last incident..... (in London this time)
C.M. 'You should surrender it to Shri Mataji. You know, if you forgive, then it mobilises the Ekadasha Rudra power.'
J.B. 'Yeah, good idea, I'll forgive him and then he'll really get it!'*

####

Rules in Sahaja Yoga

There's really only one rule in Sahaja Yoga – You have to meditate! (otherwise you're not in Sahaja Yoga) (and you have to wear a vest). However human beings are incorrigible.....

*No wearing *socks while foot-soaking.*

(This was an attempt at humour with a rather fanatical young ashram inmate (no longer in Sahaja Yoga!) who insisted that we should not wear socks while meditating (at 4 a.m. during a very cold winter) as it stopped us clearing out through the feet.

**However there is a story from Russia of a Yogi who came home from a very hard day and rather desperately got his feet into a bowl of warm salty water. Feeling some relief after five minutes, he looked down at the bowl and was shocked to see the water all cloudy and his feet had turned black! 'Oh my God, what kind of negativity is this?' he thought before realising he had forgotten to remove his socks.*

There are also stories of materials other than salt ending up in the bowl. A visitor to a Russian ashram was found to be using the big-crystal sugar in the kitchen thinking it was rock salt (but found that it still worked fine).

A rather dreamy young Yogi in Hounslow ashram, where the washing machine was in the bathroom and the salt and washing powder in similar white containers, was seen pouring a bowl of rather frothy water down the toilet, mumbling 'God, that's the third time this week I've put washing powder in my foot-soak!'

####

*Watching TV while foot-soaking is not recommended.
However foot-soaking while you watch TV can be a good idea.*

####

It is said that one should not look inside a *Matkar as one might reabsorb some of the negativity....

Around the kitchen table in the ashram, a visitor asks: 'I'm in the middle of doing a Matkar treatment, but I have to go to New York for business. Is it OK if I take it with me?'

The matter is discussed: 'But what happens when you get to customs. The customs man will ask 'Excuse me sir, what's inside the bag, can you open it please?' You'll have to say: 'No, don't look inside the bag!!!' chimed thee voices in unison.

** A Matkar is a clay pot containing lemons and chillies for absorbing negativity. It is traditionally kept for seven nights and then thrown in the river or buried. In the west people often use plastic bags instead of clay pots.*

####

In the early days Sahaja Yogis could be quite extreme in their desire to get away from their previous lifestyle and influences. In Dollis Hill Ashram around 1979 the leader recommended people not to answer the phone as one could be attacked by *bhoots, and not to go to work as that was a sure-fire way of getting caught up!

They were very keen on liver diet and used to eat cornflakes with water; coffee was a definite no-no. One day an august person from Australia was staying in the ashram and was making himself some filter coffee. The ashram leader unceremoniously came in and poured the coffee down the sink! Not too much was said but

later that day they went to visit Shri Mataji who served them all coffee as a special treat!

**Bhoot or Bhūta is a 'creature, spirit, existence' (Sanskrit/Hindi) and is used to mean an evil spirit.*

####

It is recommended to meditate for twenty minutes every day, but if you are too busy to do that then better meditate for one hour.

####

At a shoe-beating session:

Person leading: 'OK, let's start by shoe-beating our own name'.

Yogi: (gives seven circles and starts writing on the ground)

'O-W-N N-A-M-E'.

Marriage

Sahaj Marriages are for our ascent – especially with all the cultural differences!

####

Frustrated Sahaja Yogini: 'Shri Mataji, I want a divorce from my husband.'

Shri Mataji : 'Why?'

Sahaja Yogini: 'He's always out working and I only see him about half an hour a day.'

Shri Mataji; 'But if you divorce him, you won't see him at all.'

####

"It is a fashion nowadays to show the knees - I can't understand the logic behind it. What is in the knees? At first, I never understood it, and now I have understood that they want to attract men! If men are attracted by your knees, what sort of men they must be?"

08-10-00, Cabella

####

'My wife and I share the decision-making. She makes all the small day-to-day decisions and I make the big important ones. Luckily we haven't had to make any big important decisions yet.' (P.C.)

####

(This is about twenty-five years ago before India became so tech-savvy)

American Yogi whose Indian wife has been over in Los Angeles for a few months:

'You know, it's funny, when my wife came to LA she couldn't get the hang of dishwashers, washing machines, vacuum cleaners and stuff, but when I showed her how to put a card in an ATM machine and money came out, she got it in about two minutes.'

####

On a bus from Ganapatipule to Kalwa for the New Year's Puja a young Australian Yogi was sitting with his very shy Maharashtrian bride of two days. He turns to Dr. Mathur (an old Sahaja Yogi who edited the original Nirmala Yoga magazines) and said woefully:

'Doctor what can I do? She won't say a word to me'.

'Don't worry', said Dr. Mathur, 'after one year, you'll be wishing it was like this again'.

(Actually this was a pretty astute assessment; it did normally take about a year before the Indian ladies became really acclimatised and relaxed in the West – usually after they had taken a trip back to India and realised that things weren't quite as perfect as they remembered and the West had some benefits)

####

'Women marry men hoping they are going to change;

Men marry women hoping that they are not;

So ultimately, they are both disappointed'.

Albert Einstein

####

Mottoes

Procrastinator's Motto:

Never put off till tomorrow what you can put off till the day after tomorrow.

ISPS Procrastinator's Motto:

Never put off till tomorrow what you can put off till next year.

####

Thinker's Motto:

Why make things simple when, with a bit of thought, you can make them really complicated.

####

Gourmand's Motto:

I'm not fussy, as long as I get what I like.

####

- A. Do you find putting ghee up your nose helps your discrimination?
- B. I can't really tell.

####

At a Havan in London, negativity is being offered to the fire:

Yogi 1. 'All the negativity of fanaticism in Sahaja Yoga in England'

Yogi 2. (flabbergasted at the idea of the English being fanatical Sahaja Yogis) 'All the negativity of lack of fanaticism in Sahaja Yoga in England'

(Shri Mataji often commented on how half-baked and 'by-the-way' the English Sahaja Yogis are. Fanaticism, after all, is in the mind (maybe not entirely) – an English Sahaja Yogi told me that he was deemed fanatical by the members of the Canadian ashram he stayed in because he got up at 6.00 every day for meditation and foot-soaked every evening! (that's the kind of fanaticism we need!)

#####

On an India tour a Swiss Sahaja Yogi was interested to learn about cricket; a game which the Indians are very keen on; so he asked an English Yogi. It was explained to him about bats and balls and stumps and runs and wickets.

'So how long does a game take?' he asked.

'Well, a full game is.. er.. five days'

The Swiss Yogi's jaw dropped: 'What?! They spend five days standing around in a field throwing a ball at each other?!'

(The English have a knack for inventing games – take football, for example, where after an hour and a half's hard play the score can often be zero-zero! When America (whose sports have scores like 52-73) first took to 'Soccer', as they call it ('Football' in America being a game where you don't kick the ball but run with it in your hands and throw it to each other!) they asked if they could make the goals bigger, so there would be a bigger score.)

#####

Heaven and Hell

A man died and went to Heaven. When he got to the Pearly Gates he asked whether, just out of interest, he could see the two places before making a decision. So Saint Peter took him down to the 'Other Place' which was a large banqueting hall full of people with delicious food on the tables. However the people could only eat with the metre long spoons fixed to their hands which were so long that, try as they might, they could not get any of the food into their mouths, so they were all in an agony of hunger and frustration.

'OK', he said, 'now show me Heaven'. They went up to Heaven which was another banqueting hall which looked exactly the same with the food and the metre long spoons fixed to people's hands, but the people were politely and gently feeding each other and enjoying the collectivity!

#####

Heaven is a place where the policemen are English, the cooks are French, the car mechanics are German, the lovers are Italian and the whole thing is organised by the Swiss.

Hell is a place where the cooks are English, the car mechanics are French, the policemen are German, the lovers are Swiss and the whole thing is organised by the Italians.

Alternatively:

Heaven is having an English home, an Indian wife, a Chinese cook and an American income. Hell is having an English cook, an Indian salary, a Chinese house, and an American wife!

"But if you eat English food you can become quite good (detached) because there's no taste in English food."

Guru Puja, France, 08-07-90.

####

A man died and went to heaven. When he got there it looked pretty boring – all flat and white, with everyone sitting around quietly, nobody saying anything and nothing happening. So he asked St. Peter if he could have a look at Hell. So Peter took him down and they entered a pub which was full of people laughing, talking and singing.

‘This looks much better’ said the man ‘I think I’ll stay here’

‘OK, as you like’ and Peter left.

Ten minutes later some devils with red skin and pointy tails came and dragged him out through a door and threw him into a pit with other people screaming and sobbing. The floor was red-hot, the air choking with Sulphur fumes and the devils kept stabbing him with their tridents.

‘What’s going on? What is this place?’ he asked

‘This is Hell’ they replied.

‘But what about the pub full of people enjoying themselves?’

‘That’s just the Publicity Department’.

Told by Shri Mataji to illustrate that we are seduced by our ideas of what is enjoyable....

“There was a gentleman who was a very good man and a very great seeker and he went to Heaven because he died. He was a good man so God gave him a key to Heaven, but he said, ‘What, here the people are so sober, enjoying themselves, they are in complete joy, but there is no fun, I didn’t have any fun before this.’

So they said alright you go to Hell and see for yourself and if you choose Hell you can go to Hell, so he came in and he found all kinds of funny things happening. Ego being pampered, go ahead, go ahead, do like this, very good for

you, come along, be more fast, you must kill your ego, you must kill your super-ego, this and that and he says very good idea, you see it's such an ego pampering thing that he liked the place; so the people who are doing that said, 'What are you doing here?' He said, 'I have come to Hell.' 'This is not Hell.' 'Where is it?', 'Peep out from there.' He started seeing from different peep holes, and he was amazed. People were put into burning fire, some were in the boiling oil and all sorts of things, he got the shock of his life. He says, 'What's that!' He turned around and said, 'Is that Hell?' They said 'That's it.'

Then he said, 'What are you doing here?'

They said, 'We are the publicity department!'

That's what they are! Don't listen to them. You will develop cancers, you will go mad, you will have all kinds of problems. You'll be broke.”

Sydney, 23-03-81

####

Demonocracy

“... But now-a-days everybody has become that king, you see. They all are Henry the Eighth now-a-days. In a democracy, everybody has become a demon. The reason is demon-ocracy; not democracy but demon-ocracy. Because everybody is equal to a king. What's wrong? What's wrong with us? We are great. If he's a king, I'm also a king.”

Sydney, 25-03-81

####

Q. How can you recognize emails from Sahaja Yogis?

A. They don't have any attachments.

####

“A gentleman was waiting at the airport. There he saw a young girl looking like a boy. In order to verify this he asked the person standing next to him, ‘What do you think? Is that a girl or a boy?’

The person replied: ‘She's my daughter’.

Our gentleman felt embarrassed and he said, ‘I'm sorry, I didn't know you were her father’.

The second person replied, ‘Well, actually I'm her mother’.”

Meta Modern Era. Ch.2

####

Before Sahaja Yoga I was always quite happy being depressed.

####

Q. How many Sahaja Yogis does it take to change a light bulb?

A. None, they let Mother do it.

####

At a shoe-beating session outside on the grass at ISPS
(Dharamshala School)

Person leading: ‘OK, let’s shoe-beat the *Six Enemies’

Class VII-er: ‘Six enemies, let’s see, there’s Govinda, Ram, Ivan, ...’

** The Six Enemies are to Indians like the ‘Seven Deadly Sins’ and are Lust, Greed, Envy, Pride, Delusion and Anger.*

Religions

When it comes to religion, human beings seem to become particularly brainless – apart from atheists who are too brain-ful! Imagine being Shri Mataji coming on this Earth and trying to work out how to give people Self-realisation and first-hand experience of the Divine!

“We were having a dinner party, and there was an ambassador, sitting next to Me and he said, ‘Why do you like Jung, because he talks of the old things? And why are you against Freud, who has given us something new?’

But I just told him in a joke:

‘All right; anything new, we should try? All right, we have never eaten this table, dinner table, let us eat the table, not the food.’

Spirituality has grown from the seed today to this flower state; in this living process you cannot just have a flower from somewhere hanging in the air, it has to be on the tree, it must have a basis.”

Vienna, 09-07-86.

####

One day six blind people decided to go and visit a creature called an elephant which they had heard of. When they got there they went inside the cage and felt the elephant.

When they got home they discussed the experience.

1st person (who had felt the leg): ‘So now we know what an elephant is like – it is like a big hairy tree-trunk.’

2nd person, who had felt the tusk: ‘No, no, it is very hard, round and smooth coming to a sharp point.’

3rd person, who felt the tail: ‘What nonsense, an elephant is a swinging rope with a hairy tuft on the end!’

4th person, who felt the trunk: ‘You’re right, it is like a swinging rope but not hairy on the end, more kind of soft and sniffy with holes in.’

5th person, who had felt the belly: ‘You’re all wrong, an elephant is like a giant balloon in the air but very solid.’

6th person who felt the ear; ‘Ha, let me tell you the truth – an elephant is like a big fan and you can feel the breeze coming from it.’

And they all got to arguing and fighting.....

Moral: How, when there is only one God, do all the religions and even branches of the same religion manage to fight, argue and kill each other?

“So knowledge can be only known through the Spirit and that is why we have to be the Spirit. Before that, it is darkness, like the story of the elephant, everybody reaches some mental conclusions; like, there were some blind people and they wanted to feel the elephant.

So somebody felt the leg and he said the elephant is like a big pillar. Another quarrelled with him – he said no, when he felt the tail, it is like a rope. And somebody felt his ears – he said no, it is like a fan. And they were all fighting with each other, thinking that they were absolutely correct. But when their eyes will open they’ll say that everything is correct and elephant is something different.” **Rome, 09-09-83.**

‘Now you might say that, ‘Why Moses didn't talk about it, or Abraham didn't talk about it?’ Because their job was, you see, they are all connected with each other, only we are fighting, they are not, they are all together. But the trouble is when people do not have eyes to see, one might say, ‘The

elephant is just a tail,’ or somebody might say that, ‘It's just the leg,’ but they are all one together”.

Jung Society, New York, 16-09-83.

####

There were some mice who lived inside a piano. Every evening music would fill the air and they would listen enraptured. The older mice spoke of the legend that the music emanated from ‘The Creator’ this huge mythical creature who had made the piano and played the music.

One day some rather over-intelligent mice went exploring. When they returned they called all the mice together and announced: ‘Friends, today we have discovered where the music comes from – it is no mystery. It is caused by these felt-headed hammers which strike enormous metal ropes. The ropes vibrate and this causes the music’.

After this the mice were divided – some believed in the ‘scientific’ explanation, while others clung to the traditional belief in the Creator and they all lived unhappily ever after.....

Moral: Science and religion need not be at odds with each other. Many of the greatest scientists – Einstein and Newton included – were spiritually minded people.

*“A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.” – **Albert Einstein***

*“Life is like riding a bicycle. To keep your balance, you must keep moving.” – **Albert Einstein***

A story (told about Einstein but there is no evidence to support that).

An atheist tutor asks the class how if God created everything then He must have created evil and all the suffering in the world. Einstein responded by asking the teacher if he believed in darkness, to which he replied that he did; and did he believe in cold? Again an affirmative answer; and is there such a thing as silence? Yes, and does evil exist? Yes evil exists, undoubtedly.

‘But actually darkness is only an absence of light; and cold is only an absence of heat, silence is an absence of sound and evil is only an absence of God’.

This is more the Hindu view that evil (as embodied by Rakshasas – ‘Demons’) is only delusion – mostly delusions caused by ego, which identifies with the body and is subject to lust, greed, envy, pride etc. It is believed that illumination of the Truth will remove this, like the famous example of a man in the dark holding a snake and thinking it is a rope. Once the light is switched on there is no more discussion required!

####

Once there was a big flood and the whole town was under six feet of water. There was a boat going round rescuing people from their houses. One man was leaning out of his first floor window as the boat came past.

‘Hello, sir, we’ve come to rescue you’.

‘No, that’s fine thanks. I have faith in the Lord that he will save me’

‘But it’s looking very dangerous, sir’

‘No, thanks, the Lord will protect me.’ So they left.

Some time later the water had risen another eight feet. The rescuers were flying by in a helicopter to save those stranded. By this time the man was sitting on his roof. They shouted to him on the loudspeaker:

'Hello, sir, we've come to rescue you'.

'No, that's fine thanks. I have faith in the Lord that he will save me'

'It's looking very dangerous, sir, the water is still rising'

'No, thanks, the Lord will protect me.' So, unable to persuade him, they left.

The water continued to rise; the man was standing on his chimney, then on top of the chimney pot and the water rose up, up; up to his nose, over his nose, over his head..... and he drowned.

When he got to Heaven he was really furious.

'Where's God? I want to talk to him.' So they showed him into the Divine Presence.

'What's going on? I had faith in you, that you would save me, and look what happened – here I am – dead! What kind of protection do you call that?'

'But, my dear fellow', replied God, 'Who do you think sent the boat and the helicopter?'

Moral: Deciding how we want God to look after us is not surrendering!

####

A seeker was performing penances to please Lord Shiva in the forest. Finally his prayers were answered and the Mighty Lord appeared before Him. He prostrated in absolute reverence.

'What boon do you want?' Asked the Three-eyed God.

'My Lord, I have only one desire which is to see You and that has been fulfilled'

However the Lord insisted that He must give one – and only one - boon to His devotee, so the seeker asked if he could take the advice of his family. Shri Shiva agreed to meet him back at the same time and place the next day.

When he got home he asked his wife what they needed. 'Gold, husband, we need gold, how else are we going to live?'

Then he asked his mother what she wanted. 'I long to see my grandson, your child, who has not been born yet'

Then he asked his father who was blind. 'My son, if only I could get my sight back!'

So the next day the devotee went again to the forest and sat in meditation waiting for the Lord, who appeared and asked what boon was required.

'My Lord, forgive me for asking, as you know I seek only Your Darshan, but the boon I ask is that – my father should see my son eating off a gold plate.'

Lord Shiva laughed, and, as the seeker had asked nothing for himself, granted his wish.

####

A missionary is trying to convert a simple village man who asks him what he has to do to become a Christian. 'You just have to go to church on Sunday morning'. 'OK, that I can do'. So they tell him he is now a Christian.

The next morning the man is down at the river at sunrise offering water to the rising sun when the missionary sees him.

'What are you doing? You can't do that. You have become a Christian!'

'Yes, Sahib, I have become a Christian, but does that mean I have to give up my religion?'

“The Christians are converted in India. They usually come from very poor backgrounds. They believe that Christ was an Englishman born in Buckingham Palace. There is a joke about a villager near Allahabad. He was converted and given the name Sikander (Alexander), so he became Alexander Bhura. Bhura was his own name meaning Blondy.

Every time he came to Allahabad, he would go for a dip in the holy river, the Ganges. The missionaries who converted him said that now that he had become a Christian he could not worship the River Ganges. He was amazed at this absurd proposal and said in his village language: ‘I have become Sahib, but how can I leave my religion (Dharma)?’

Meta Modern Era, Ch.6 Religions

####

“Then they told me the story that Tsar had an idea that everybody has got a religion, why not Russia also should have some religion. So they sent for the Catholic people to come down and tell them about Catholicism.

So the Catholics came, that time there was only Catholicism, so they came and they said ‘All right, Catholicism is very simple that you can drink, do what you like, only thing, you cannot marry again.’ Tsar said, ‘This won't work out in Russia, is difficult, not for us.’ So he said, ‘All right, now let's have another one’. So they sent for Muslims, Islam.

So the Muslims came in and they said that you can marry any number of wives, doesn't matter, but you can't drink. They said, ‘This won't suit us’.

So they had another third religion that was this supposed to be Orthodox, you see Orthodox religion, the most liberal one; was this orthodox Greek religion and they said, ‘Oh, you can drink and you can have as many wives as you like as long as you give us sufficient money.’ Only their interest was money. They said, ‘This is all right, very good religion. We have to give them money and only thing they have to do is to call us religious so that we are religious people; nobody should say that they have no religion’. That's how the religion came into this country, Russia.” *Chelsham Rd, 06-08-85.*

####

A Buddhist monk walked into a Pizza restaurant;

Waiter: ‘What would you like?’

‘Make me one with everything’, he replied.

####

The Nine Hundred and Ninety-nine Names

A devotee of Lord Vishnu used to say the Vishnu Sahasra-nāma – ‘Thousand Names’ every day. One day his wife said to him: ‘Husband, every day you say the thousand names, one of which is vamsha-varadhana – ‘increasing the wealth of devotees’; so how come we are always poor? ‘

The devotee thought about it and realised that his wife was right, materially their life was hard; so he took a charred stick and crossed out the name, and said only nine hundred and ninety-nine names.

At the same time in Vaikuntha (Shri Vishnu’s abode) Shri Lakshmi happened to look up at the face of the Lord and saw a black smudge on His cheek.

‘What is this, my Lord, is it some new kind of Kajal? (Camphor-soot used to blacken the eyes)

Shri Vishnu rubbed his cheek and, looking ruefully at the black mark, went into meditation and discerned the cause.

‘He is right, I have not been doing my job’ said Lord Vishnu, and disguising himself as a wandering monk went down to the Earth. He came to the house of the devotee who, however, was down at the river doing his morning ablutions, but his wife greeted the stranger and gave him some water and food.

‘May God bless you’ said the monk as he left, and when he had gone the wife found herself dressed in a beautiful silk sari with gold ornaments and their house had become a mansion with many cows, goats, and chickens in the yard.

When the devotee returned and saw the big house, he thought he must have gone the wrong way, but then he recognised his wife dressed in all her finery.

‘Wife, what has happened?’ he asked. She explained to him about the wandering monk and his blessing.

'Oh, no' cried in the man in great distress, 'it was the Lord himself who came to bless us and I didn't see him. How could such a misfortune happen to me' and he fell to the ground beating the dust with his fists.

At that moment Shri Vishnu appeared in his full form with his four arms in all His splendour; 'Arise', He said,' your wife saw me only as a wandering beggar, but you have seen me in my full form. Are you happy now'

'Yes, my Lord' said the man, prostrating himself at Shri Vishnu's Feet, 'Now I have received the greatest blessing'.

####

"I was coming from Riyadh to London and I went off to sleep. When I got up, I found absolutely different people on the plane. All the ladies who were travelling were dressed up in a very orthodox way, also the men and then I opened my eyes, and I saw extremely fashionable ladies, with all thing exposed, and the men, like dandies, smoking, drinking.

So I asked the air hostess, 'Did we touch some other airport?' She said, 'They are the same. What makes you think..?'

'I mean, I can't recognize them,' I said, 'How are they changed like this?'

So she told me, 'They always do like that.' Just imagine!"

Tunisia, 11-11-94

####

A Hindu, a Christian and a Muslim are crossing a river in a boat when the boat starts to fill up with water.

The Muslim prays, 'O Allah please come and save me' and sure enough he is whisked away to the other side.

The Christian gets on his knees and prays: 'O Jesus, please come and save me' and in a trice he's on the further bank.

So the Hindu is thinking 'Who should I pray to for protection – Shri Durga? Lord Shiva? Shri Ganesha? Shri Vishnu?'

So finally he decides to pray to Shri Ganesha 'Oh! Lord Vinayaka who removes all obstacles, please come and save me' and immediately Shri Ganesha appears. However He is keeping His distance, dancing merrily, banging a drum and singing. The Hindu is puzzled – 'Oh! Lord, why are you singing and dancing, and not saving me?' and Shri Ganesha replies 'You always sing and dance when you immerse me in the river so now I am singing and dancing for you.'

####

One day a man is walking along and he finds a bottle with a genie inside. He opens the bottle and the genie offers him a wish.

The man thinks for a moment and says, 'I've always wanted to visit the Andaman Islands, but I am scared of flying and I get seasick in boats so could you build a bridge there from the mainland.'

The genie is shocked, 'What!! Do you know how far that is? It's hundreds of kilometres – how many pillars and beams and tons of concrete do you think that would take? No, no, it's too much! Ask for something else.'

'OK,' says the man, 'could you explain the Hindu religion to me, then?'

The genie thinks for a minute and asks, 'What colour do you want the bridge painted?'

####

Misprints

Many books and booklets are produced in Sahaja Yoga and inevitably mistakes occur! The Spell-checker on the computer can sometimes be less than helpful (who hasn't written 'form' instead of 'from', without the spell-checker noticing?)

####

A colour poster printed in large quantity and given as a gift on India Tour had the following quote from Shri Mataji:

“Whatever you do, it should be done with the faith that you have in worshipping, the zeal of a worrier and sensitivity of an artist.”

Marathi Letter

The original quote said 'warrior', of course, but probably most of us are better at worrying!

####

Another booklet: 'So desecration is very important in Sahaja Yoga, one of the very great basics for our growth...'

(My theory is that if you spell 'discretion' as 'descretion' the Spell-checker will suggest 'desecration'!)

####

*Nirmalanjali (Hindi Sahaja Yoga songbook/Mantrabook);
'Hark the Herald Angles sing'/ 'Angles from the realms of glory.'
(Reminiscent, perhaps, of Pope Gregory I who saw some sweet blonde children in the marketplace and when told they were Angles (English) said "Non Angli, sed Angeli" –'Not Angles but Angels') (Again, blame the Spell-checker!)*

####

A Spanish uncle staying in Cabella was translating Shri Mataji's talk from the Italian translation into Spanish. Shri Mataji explained that for Vishuddhi we should eat butter and avocado, translated in Italian as 'burro' and 'avocado'.

*He kept the Italian word for butter –'burro' and translated *avocado as 'abogado'; however in Spanish 'burro' is a small donkey and 'abogado' is a lawyer, so his translation read 'For Vishuddhi we should eat donkey and lawyers'!*

**Avocado is an Italian word; in Spanish the fruit is called Aguacate.*

####

The story goes that when Dr Warliker was very new in Sahaja Yoga the Sahaja Yogis came round to do a Puja at his house. At the end of the Puja they said, 'Now, let's have Aarti', so, thinking they had said 'Let's have our tea' he went to the kitchen to put the kettle on!

####

A. How's the book you're writing about Sahaja Yoga?

B. Not too bad; I added twenty pages to it today.

A. Twenty pages! That's great! How did you manage that?

B. I increased the font size.

####

Verse for 'Ai Giri Nandini'; (pulling the ears)

(It's the middle of winter and the heater isn't working well)

Havya goddan-oldhita, wanna gedda nu-hita,

Bedda gedda nuhita, getvan tūde,

Dūya wanna speshita, waddabadda gas-hita,

Bedda gedda gas-hita, getvan tūde.

####

Posh Lady (doing good works by visiting the poor in hospital) to rustic in hospital bed:

'Tell me, my good man, what do you do all day lying in bed?'

*Rustic: 'Well, ma'am, sometimes I sits and thinks, and sometimes I just sits'. (Zen Master!) **Punch magazine. 10th April 1925.***

####

Person leading meditation: 'Er, did we just say the Nirmala Chitta mantra twice or three times?'

####

"I'll tell you a story. Our Prime Minister, Jawaharlal Nehru, went to a lunatic asylum, and there were some mad people there, talking sanely, for a change.

So they asked him, 'Who are you?' He said, 'I am Jawaharlal.' They said, 'You are Jawaharlal Nehru?' He said, 'Yes.' They said, 'Are you the Prime Minister of India?'. He said, 'Yes, I am.' 'See, it's all right. I used to say the same thing till I came here.'

So that's what happens. When the sages come on this earth they are crucified, but if some cheat and a thug comes in, they are worshipped."

04-07-85. Holland.

####

"There were two drunkards who were drunk. They went to a hotel. They wanted to have a room for themselves. So they went and told the clerk that they would like to have 'Two rooms with a bed.'

The clerk thought about it for a bit and said, 'Alright, you want to have a room with two beds.' So he opened a room and said these are the beds for you. So fully clothed as they were, they slept in the same bed.

So one calls to the other; 'There is somebody in my bed.' Other one says, 'I too have someone in my bed.' So the first one says, 'What should we do?' The second one says, 'Let's try to throw them out'; and there was a big struggle and lot of noise in the room.

So the first one says 'I've got him out.' The second one says, 'But he has thrown me out.' So the first one says 'Alright, you can come and sleep with me,'

So what is the use of arguing with them and getting angry, getting into tension? I mean they are 'drunk.' No use arguing with a mad man or a drunkard. They are drunk by power, drunk by money; and you are filled with the light of God Almighty. If you understand the difference, you will realize that it's no use fighting with these people." *16-11-80, UK*

####

"A boy went to an exhibition with his parents and was roaming around, his name was called - every time the parents used to call his name, you see - so he said, 'Oh God, am I lost again?'

If somebody thinks you're lost, you're lost; it's their mistake; but the boy was not lost. Others think you are lost, but you are not, but sometimes, you start thinking the same. Nothing is as dangerous as your own fears." *25-03-81, Sydney*

####

'Shri Mataji told the story of Shiva and Parvati, who went for a walk and met a snake. The snake said, 'I want to go and meditate.' So they said, 'Alright, go under that tree and meditate there.' When they came back from their walk, they found the snake lying there, badly beaten and bruised with some skin peeled off. They asked what had happened? The snake explained

that it had been stoned by some boys while meditating. Shiva said. 'I told you to meditate but I didn't tell you not to hiss.'

(Told to illustrate than one must keep one's nature – women must be women and men must be men - and not be dominated by their wives!).

21-09-91, Guided meditation in the Palazzo, Cabella

####

“Now there is a joke about the nouveau-riche people, in Russia. Russians are not like that, normally, they don't accept something because it's a fashion.

So one fellow said: 'My God, you lost your hand in that accident.'

'Doesn't matter, but I lost my very expensive watch from Switzerland'.

'Really? What?'

'It was a Rolex.' Rolex is the fashion.

(A dog is on the stage) I have not seen dogs taking to any fashions; maybe their masters might buy, but not these animals. We don't have to become animals of course, but we also don't have to become slaves of fashion.”

23-08-97, Shri Krishna Puja, Cabella

####

“We had a seminar of thousands of people in Russia and there was one American Sahaja Yogi and a Russian Sahaja Yogi asked him: 'How many Sahaja Yogis do you have in America?' So he said, 'To be precise, it is fifty-six.' So this Sahaja Yogi from *Togliatti says, 'Oh my God, you are fifty-six thousand? We have only twenty-one thousand here in Togliatti.' They can't understand; they think Americans are very bright, very smart people; there must be at least 56,000.

So they're taking to Coca Cola culture now, Russians, they go to McDonald's. The whole world is looking at you; they

follow you; this Hollywood doesn't understand its own responsibility.”

Los Angeles, 29-09-94.

**The town of Togliatti in central Russia revolves around the Lada car factory which was set up by the Italians in 1966 and was named after the leader of the Italian Communist Party, Palmiro Togliatti. The factory produced the Lada 1200 based on the Fiat 124. At one time there were indeed 21,000 Sahaja Yogis there!*

####

A lady was planning a dinner party for some of her husband's work colleagues. 'Oh, Mr Johnson is coming, he eats like a horse! I'd better cook extra.' she said.

"When the gentleman came to the house for dinner, the child was looking at him very intensely. And then he says: 'Mother, he doesn't eat like a horse, as you told me!'

Everybody was shocked!"

17-09-00, Ganesha Puja. Cabella

####

The Chinese Farmer (a Zen story)

There was once a prosperous farmer in China. One day the farmer's favourite horse ran off with the wild horses. The neighbours all came round to commiserate: 'What bad luck, losing your best horse!' they said.

'Maybe' responded the farmer.

The next day the horse returned bringing with it several of the wild horses which were captured. Again the neighbours came round: 'What excellent fortune, to have gained so many horses for nothing!' they exclaimed.

'Maybe' replied the farmer.

The following day the farmer's eldest son, who was his right hand on the farm, was trying to break in one of the wild horses but was thrown off and broke his leg. The neighbours returned:

'Such misfortune, you son breaking his leg, and just when the harvest is due.'

'Maybe' said the farmer.

A few days later the army recruiting officers came to town and took with them every able-bodied young man to fight in the war; of course the farmer's son could not go as he had a broken leg. The neighbours were jubilant: 'That's wonderful news! You son got spared military duty because of his leg! What good luck!'

'Maybe' replied the farmer.

####

A seeker of truth approached the master reverently and asked:

'Master, can you give me enlightenment?'

'Possibly', replied the master.

'How long would it take?' enquired the seeker.

'Maybe five years'

'Five years! That's a long time! What if I work really hard and make a great effort?'

'In that case, maybe ten years,' responded the master.

"A Guru tries to make his disciples effortless, which is called as Prayatna Shaytilya - means 'relax your efforts'.

So people who have come recently have to put in efforts to stop the efforts. A very common thing in the West, is the harsh tongue, the sarcasm, hurting others - is a subtle way of violence. Such people should make an effort to stop - just don't talk. Watch your mind - is it trying to talk something sarcastic? So, this watching also requires effort. So, to sprout the seed is easy, but then one has to put in the effort to look after the little plant."

Guru Puja, Leysin, Switzerland, 14-07-84.

####

Rather right-sided Yogi to another more 'laid-back' Yogi who doesn't wish to be so frantically active: 'God, you're so left-sided!' Other Yogi: 'Maybe a bit to the left of where you are!'

(I imagine that if the right-siders call us left-sided and the left-siders call us right-sided, then we may be somewhere near the centre.

Actually to be a Yogi at all one must essentially be a Sattvika – a denizen of the central channel.)

####

At Ganapatipule a daytime seminar was organised for the Dharamshala school children to talk about their experiences of Sahaja Yoga. After some deep and sweet reminiscences the topic got onto how vibrations and bandhans could help. One boy mentioned how he found something he lost after giving a bandhan.

A younger boy stood up to the microphone and said:

'One day I lost my watch and then I found it'

A teacher came to the mike and said: 'I think what he forgot to say was that he gave a bandhan'.

'No, I didn't', replied the boy, 'I just remembered where I left it'.

####

'Attachments would be really easy to get rid of if we weren't so attached to them'

####

At Ganapatipule a westerner saluted a line of Indian yogis sitting on the beach meditating with their feet buried over the ankles in the powdery sand.

'We are doing 'dry cleaning'', they said.

####

'I had this amazing sensation of cool water flowing down over my head and over my whole body.'

'Were you in meditation?'

'No, I was in the shower.'

####