

COMPREHENSIVE LIST OF QUOTES ON ANTIBODIES

FROM 34 TALKS OF HER HOLINESS SHRI MATAJI NIRMALA DEVI

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`` Now this Goddess is the power which exists in your heart chakra in the center. Now when the child is small, you must know that all the antibodies develop in the sternum, in the sternum. And these antibodies are actually the fighters who fight evil or any harm to the body. These bodies, what you call these antibodies, spread to the whole being and after, say, twelve years or so they start acting automatically or, you can say, even spontaneously. Sometimes they are on their own, because they are trained in this area, in the sternum area, how to fight the disease, how to fight the outward invasions. Even the mental trouble which comes to you comes through some sort of a satanic force which can be in a very, in the form of a small lacuna and then they attack there. And that's how they work out. So this is the, in the sternum here is placed the power of the Durga or you can call the Mother, the Mother of this earth, Jagadamba. She's the One who is the Mother of this earth. And She, Her power comes from the back here, where you have a center called as the Hridhaya chakra but we can say that it looks after the cardiac plexus in the human being. So those people who have got say asthma are suffering from the same. Those women who have got, say, breast cancer have suffering from the same, means the sense of insecurity. If you have sense of insecurity then these, these lungs start breathing fast."

1979-0611 Public Program, How Aspects of God are expressed within us, Caxton Hall, London, UK



`` When you are a child till the age of twelve years, all the antibodies are built in in the sternum bone which is here, you know the sternum bone, which is here. And these antibodies are spread out throughout, in the body, to fight any invasion or attack on the personality. These antibodies are actually as we would say, in Sahaja Yoga terminology, are the armies of the Mother. They are built up there, and this is the center of the Mother of the universe."

1980-0331 Public Program, What is Seeking, Brighton, UK



`` Another Chakra which is at the heart level, in the center in the spinal chord. It is expressed outside in the sternum and we can say that till the boy or the girl is about twelve years of age, from the sternum the antibodies are created, they go in the whole body and spread there and fight the diseases. Now, these antibodies, in Sahajayoga language, are the armies of the Jagadamba, of Durga, of the Mother

of this world. She resides in this center according to Sahajayoga language. But it may be that people will not believe into it, "How can that be that Durga resides there?" Somebody told Me that it's not written in the book. I said, "Thank God, it is not written." Otherwise you'd have never understood it and you'd have a mess of everything, as you have done it, of whatever was written has been made into a enigma of your own. So now, this Goddess is in this center. When this center is out of gear, first of all your antibodies are reduced. There are so many medicines, which reduce your antibodies. But people take it because it gives them a little relief for the time being. But they become then prone to other diseases because if the antibodies are reduced, then you cannot find the other, other diseases and the strength is reduced. Now, in all our medicines, we forget that we are a complete being, we are not just the physical being, but emotional being, and also a mental being, and above all, a spiritual being. Now when we forget this, we are only worried about the physical side of it. And when our physical side is in trouble, we want to do everything under the sun. But we do not know that by doing so we are spoiling our emotional side. By spoiling our emotional side, it can be very dangerous, that medicines, which reduce the antibodies in the body, can lead you to madness, ultimately. First, they give you giddiness, you sleep a lot, and after that too much sleeping, too much of these medicines, can cause madness because you are thrown into the left side and you can be attacked and, and you can become a mad person. So this medicines are so dangerous that people without understanding the complete nature of man just try to treat part of it. In Sahaja Yoga we, as he said, I do not take any medicines my as Kabira has said I do not take any medicines for me Parabrahma is the one who is my Vaidhya, He treats me."

1981-0209 Public Program, Heart, Vishuddhi, Agnya, Sahasrara, New Delhi, India



`` The above centre to that is the centre which is the centre of Heart as we call it. Is the centre which represents your sense of security. When the child is about twelve years of age this centre creates antibodies in your sternum bone and these antibodies by the time the child is about twelve years of age go into the whole body and they are the ones who react to any invasion on the body. And these antibodies react; say for example, all our injection system works on that. We put a little virus, which is an outsider invader inside the body and when you put that they get energetic to fight. And because of their energies they fight the disease and we get cured. This is the principle of that is. This is the center of our sense of security. When we are insecure then this centre starts pulsating and emitting more antibodies and looking after us. And this is a very important centre within us. But there are other two other centers on sides of it; one is of the mother, one of the father; on both sides. I mean they have sub centers also."

1981-0814 Public Program, The Scientific Viewpoint, Birmingham, UK



`` Till the boy is of twelve years or a girl is of twelve years, in the sternum bone the antibodies are created by this center. This center creates the antibodies and they circulate in the whole body and remain there, and whenever there is an attack, either from a entity or from any disease or anything, these antibodies fight it. And that is the center which is very important, specially for women. If their motherhood is challenged or if they are insecure, if their husbands are making them insecure by any of their behavior, then they develop this trouble of this center, where they may get breast cancer. Breast cancer comes to women when they are insecure. Only it can be cured when this center is awakened; breast cancer can be very easily cured, if they could be secured through awakening of this center of the Mother of the Universe."

1981-1005 Public Program, The Beauty that you are, Houston, TX, USA



`` So, this center is, the center of heart. Here the Jagadamba, the Mother of the Universe resides. The one Who is alone. She is alone. She does not have any male deity with Her. She is alone. She is the Mother. And She looks after the people who are struggling in this ocean of illusion. She is the one who is the protector. She incarnates. It's said that She has incarnated 1000 times. She has incarnated many a times. Now this Jagadamba is the one who resides there at that point. And when you are a child, say about 12 years of age, She creates the antibodies in the sternum bone. And these antibodies spread into the whole body and protect you from the outer problems. Now, those people who have the problem of this, especially in ladies, comes from insecurities in life. If you're insecure, then you get the palpitation and such women at the extreme can develop breast cancer. If you can re-establish this, breast cancer can be cured in no time."

1981-1018 Public Program, Day 2 (morning), Santa Cruz, CA, USA



`` Now the centre that is placed in the center of the heart is called as the heart center, or in Sanskrit language is called as Anahat chakra, Anahat chakra. This is the center, very important, because till the age of twelve years the sternum bone which is placed in front of it, produces a kind of sense which are called as antibodies, and then these antibodies travel all around the body and protect us from any invasion from outside. This is the center that informs the antibodies about the invasion and how to fight it. This center is bestowed upon the deity Allti; Mother of the World. She's the Mother of all the seekers and of all the saints and prophets and She protects all the seekers who are misled or carried away by fake gurus and false gurus. She also protects the seekers when they are trying to achieve their realization and some negative forces try to pull them down. This center is the center of security, so the first thing any one of these organizations -

whether they are religious or of fake gurus - they try to put insecurity into a person: 'If you don't do like this, this will happen, if you don't do like that, that will happen,' so the person is insecure to begin with. Or it can also be that they might say, 'This is due to your karmas, you've been a sinner, you have been this, and you must confess, something wrong with you...all these things build up the insecurity within you. Now if this insecurity is developed in a person the diseases are caused like palpitations, fear, nervousness, frustration, can be very cranky, hysteria, could be epileptic ... can go to any extent. **When a person sees a sign of danger, this center starts pulsating, by its pulsation the heart starts beating more and the antibodies are alerted to see what is the danger coming in. But a seeker should never forget that he has a very powerful Mother, the most powerful Mother and She is capable of handling any kind of situation, whatever it may be, for Her children's sake. If this security is built in a person, he is not afraid of any kind of endurances or any kind of attacks.** In the very gross level also this centre is very active. Say a woman loves her husband and she has her security with her husband and if she finds that husband is a flirt or a man carrying on with another woman, if her security is disturbed, she may develop a disease called breast cancer because it is a mother's center; it is very, very powerful in a woman, but when women forget their potential powers they can develop a very weak center. The potential power of the woman is a motherhood, not the way women flitter away their energies in doing all childish, cheapish things. They should not give away their chastity, sense of chastity so easily because then they will have no strength in their center heart, and they can easily get to problems."

1982-0429 Public Program, Rome, Italy



`` The Center Heart is governed by the Mother of the Universe. She gives us the sense of security. **When you are at the age of twelve years, you see, the bone that is in front here starts emitting antibodies, it creates antibodies within you till the age of twelve years and then these antibodies are really the soldiers of the Mother of the Universe. We call Her Jagadamba in Sanskrit language, and they spread to the whole of the body and wherever there is an attack, they inform each other and they fight it out. These antibodies are created in the sternum bone in the front side of the, we can say, the ribs, where the ribs meet, thoracic region, that part, they stay there, are created till the age of twelve years.** Now what happens in ladies specially, they are the mothers also. When their motherhood is challenged, they get a problem. Like a woman, say her husband is a flirt, he has a roving eyes or sort of a thing, and she is insecure. Then this motherhood is challenged, and when it is challenged, she gets a problem there, and she gets, then she gets a disease of this breast, breast cancer and all that is caused by the insecurity of a woman. If a woman is insecure, she may be with any reason insecure, she gets this breast cancer."

1982-0711 Public Program, Day 2, From Heart to Sahasrara, Derby, UK



`` Speaker: So the whole Universe is Anahata and out of this Anahata, on top of that is placed percussion.

Shri Mataji: Everything is in para - para Shakti potential. **Let's say a man becomes mad. How will you make it out? You'll get a throbbing here and throbbing there - just the opposite of Me. If a man is mad I'll also get a throbbing, but I'll not be mad. On the contrary, I'll be producing anti-vaccine, you see - antibodies in my head or anti-things, anti-effective things. So if he's a mad man, you'll see he'll have a throb. If you have a bad throat you will find a throb.**

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Speaker: We also produce antibodies.

Shri Mataji: Of course, of course, you do. You are realized souls. What do you think? You are sanctified people - not only produce but you are sanctified. You can do wonders but now what to do now? [translated from Hindi]. You are still [UNCLEAR ripe/unripe].

Speaker: ... you see in Jamshedpore, Shri Mataji, I used to notice this whenever there is a problem in Jamshedpore, what I used to do even not with me in my neighborhood or something, I'll just go silent and I feel these antibodies will be coming out and in one or two days everything will be sorted out.

Shri Mataji: Yes. You see, you just have to think of it, ask for it. After all, Adi Shakti herself has given you the license. How many people have got from Adi Shakti? All My powers I have given. Just accept Me. Just surrender. Surrender means what? Accept Me means what? You exploit Me. Tell you very frankly the word is "exploit". What is there to surrender? What do you have to surrender? Isn't it? What you are doing is to exploit Me completely. But not the way the Portuguese have done. Portuguese are the limit, I would think. I tell you it is the last thing I could think. I really..."

1982-0919 Public Program, Day 1, Who does these things, Gent, Belgium



`` Now above that is another center which I would like to deal with today, and then we'll deal with other centers later on day after tomorrow. Is the center of your sense of security. The sense of security, when it is disturbed, you get the pulsation or a kind of a movement in this area. **We have a bone here which connects to some of the ribs. Till the age of about twelve years, the antibodies are created in this bone. These antibodies spread to the whole body and protect us from any attacks from negativity or from some physical anti-life force. But when people are insecure, then there is more generation by the pulsation, but as they are completely out, little more energy is sent to them or a message is sent to them, and they start acting.** A woman who is always insecure about the behavior of her husband, maybe a flirt or any sort of a man, she develops troubles of this center very easily. If her motherhood is challenged, also she develops this trouble of this center, and she develops disease called also cancer of the breast. That

means in modern times many women are insecure. By establishing the security of this center, you can cure this trouble."

1982-0928 Public Program, Day 3, Urania, Vienna, Austria



`` The Chakra of the Goddess lies behind the sternum bone in the spinal chord. This Chakra is placed above the Bhavasagara, above the Void, as we call it in Sahaja Yoga. And the bridge that has to be crossed by the bhaktas, by the seekers, is guarded by. She's the one, She helps Her children to come through that passage when there are negative forces trying to attack on a seeker. **This chakra is placed at the back of the sternum bone as I told you. In childhood, the antibodies are formed in the sternum bone. They are the warriors or the [SOUNDS LIKE Sainikas] of the Devi. Until the age of 12 years they grow and multiply, and ultimately they all get distributed all over the body, and a human being is made able to face any outside invasion on him. These antibodies know how to fight. They are extremely confident and they know who are their enemies. They've all these messages built in themselves. So when the anti-God element enters into the being through any process, say, through food, through words, through action, through devilish people, or black magic, these antibodies combine together, collectively fight the invaders.** Those who do not have their Central Heart properly developed suffer from tremendous insecurity all their lives. When they are children, you try to control them by frightening. These children later on become extremely insecure. They are afraid of darkness, they are afraid of night. **Some of them are afraid of everything. Because the antibodies that are built in the body are not sufficient in number and being this center so weak, the person feels extremely insecure.** Later on in life when the child goes to the school or he tries to work out something for the future, then also his confidence can be shaken by parents, teachers, and outside people. **So it is very important to understand children who are growing. In the West they analyze everything and try to put human beings into compartments. First the child, is a child according to them, child has no innocence, and he's extremely selfish. Second part is adolescence, which they think is a very arbitrary, moody stuff. In India, we do not know that there is something like adolescence. Now these adolescent people form a group, and they start criticizing or making fun of all the elders. At a very young age it starts. First they make fun of the teachers, then of the parents, then of all the people who are senior to them. They start becoming extremely active in their brains because they see too many televisions and things like that, and then they start behaving at a very young age in such violent ways that one cannot imagine.**

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When a person is frightened, this center start breathing fast, giving rhythmic instructions to all the antibodies. With that you feel you are getting a palpitation in the heart. This palpitation is nothing but a signal to all the antibodies to fight the emergency of an attack. But when somebody builds up insecurity later on in life, it becomes a physical problem. If they have insecurities earlier, it is an emotional problem. But later on in life, when one develops a insecurity - any kind, like a wife

is insecure about her husband; husband is a loafer or a bad man, and carrying on with other women, so the motherhood of the wife is challenged. And when her motherhood is challenged, she may get the weakening of this center, by which she may suffer quite a lot and may have even breast cancer. These insecurities can be also self-made, imaginary. People can just think about it and build up some sort of insecurities, which are of no actual existence. But such fears are very much more in the West. Because the life in the West has no mooring, has no explanation. Whatever you ask them, they'll say, "What's wrong?" A husband will say, "What's wrong?" in having a keep. And the wife will also say, "All right, if he wants to have a keep, let him have it." In India, no woman would tolerate such a situation. She would starve, she would do everything, but she will never touch a man who has a keep. So the basis of the strength of Indian women is their sense of chastity. The sense of chastity in the Indian women is so great that nothing can deter them as long as they are chaste. But if they are not chaste, then fear settles in them very fast. Chastity is the strength of women. And that's why those women who have fear, mostly, have a problem of their chastity being challenged. A woman who is frightened that her chastity may be disturbed, also can develop a problem with the Heart Chakra.

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Now the first activity, as I told you, of the Goddess is to save Her children from the negative forces. So She looks extremely mild, sweet but She can be extremely violent, in the sense, She can kill or crush anyone who tries to overpower Her children. [SOUNDS LIKE Atisaumya Atiraudra] - these two temperaments exist only in the Goddess, because She is the Mother; and at any cost She wants to save Her child. Also towards Her child when he goes beyond a point of understanding, when he shows no sense of discipline, then also Goddess can pull him down by certain methods that She adopts. Now first of all is that She gives all that is needed to remove the fear from the mind of sadhakas. Secondly, She cures this center by giving birth to additional antibodies in the body. And, by vibrating the tired antibodies to act in a way that they can fight back again. Even in day-to-day life, She may establish Her existence by showing lots of miracles to Her children."

1983-0201 Public Program, Heart: the Chakra of the Goddess, New Delhi, India



``The one which is the heart center is looking after the security of God's children. When a person sees something horrible this center starts pulsating fast. Till the age of twelve years the sternum bone which is placed in the ribs here, as you know, creates antibodies to fight any invasion within, whether mental, emotional or physical. These antibodies get distributed till the age of twelve years throughout your body. And when this sternum gets the message it starts shaking and it conveys, communicates, through no nerves or arteries or ways any connection known so far, to these antibodies that they should all fight. They fight the disease, they fight also the things, what you call possessions. They also fight your own

mistakes. That's why this is a very important center within us. If a lady is an insecure woman, if she feels insecure then this center is always in a pulsating mood. And that's how it makes all the antibodies very tired, because they're all the time in a state of emergency. Also these cults have used this method of putting people onto emergency. Give them exercises by they jump, jump, jump or something like that. Now you can ask any doctor, this kind of jumping without any support can create impotency in a personality. Now this is very physically used method by these people to make them nervous by making this center move very fast. Now when these antibodies are tired they become absolutely numbed down and they cannot find any strength to fight any aggression. Now in everyday life also if some lady as I told you is nervous and she has problem and she's always afraid then what happens that this system start exerting itself too much - ultimately it gets sick and then she can develop a disease called the breast cancer. This breast cancer is very common now-a-days among women in the West. Because the motherhood of the lady is challenged. This center is bestowed upon by the deity of Mother of the Universe. And when the lady finds that her motherhood is challenged then she starts feeling very nervous, this center goes into over-activity and then she developed this cancer of the breast, troubles of the breast, all kinds of such troubles because the antibodies have become now very weak."

1983-0310 Public Program, Day 3, Melbourne, Australia



`` Now, the physical problems that we have are many, like we have the problem, many of the problems of the ladies these days is of breast cancer. This arises from the center, you see, of the heart in the center. In front of this center is the sternum bone. The Mother of the Universe resides in this center. Until the age of twelve years, She creates the antibodies in the sternum. They are like soldiers. And these soldiers can disperse into the whole body and wait for a message from the sternum bone. So when an attack comes on the body, these fight and call all the others to attend to that attack and to repel. Now if somebody's motherhood is not all right, in the sense that she has had a bad mother or she herself is a bad mother, or her husband doesn't respect her motherhood, he is a flirt, he is going about with other women, then she develops a defect in this center, because he fills her with the sense of insecurity. And as a result of that she develops this disease. Whatever women may try to become men, they are women. So one must accept naturally whatever we are and in no way women are less than men. They are like this Mother Earth, who can bear everything because She's so powerful. She nourishes everyone. Everything depends on Her. So if women understand that their job is not to become men, but to be mature women who will be responsible for the nourishment of the whole family. It is a rebellion if you fight, but I am talking about revolution. And in revolution the nourishing quality is going to help. And the soothing and constructive growing qualities are going to help men as well as women."

1983-0905 Public Program, Day 2, Urania, Vienna, Austria



`` And the power of the chakra of Heart is tremendous, it gives you the fearlessness. When the child is about twelve years of age, in this sternum bone the antibodies are created by this chakra. And they are sent all over the body to fight the disease or any kind of an attack on the personality. Now, these are actually looked after by the Deity in that center, and this Deity, when gets the message, She informs all the antibodies that "You have to fight." And all of them will go at that point, join together to fight the enemy of life, enemy of God.

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So this quality of fearlessness comes to you because your antibodies are completely charged with the power of the Spirit and you start understanding what sort of a disease is coming, what sort of a attack is coming, and your body knows how to fight it. You know how to fight it, and when you know that, you are not afraid of any disease whatsoever, even it is cancer, anything, people know how to fight it themselves and for others."

1983-1012 Public Program, Day 2, Boston, MA, USA



`` Above that is the center of – we call it the center of the Mother, because this center is the one that gives you protection. This center has a speciality, that underneath lies the sternum bone. And in the sternum bone, till you are about twelve years of age, the antibodies are created. They are like the soldiers of the Mother and these soldiers are available in the sternum bone, and the sternum bone is in charge of these soldiers all around. Now when there is an attack or when there is something that frightens you, suddenly the sternum bone starts pulsating. When it starts pulsating or moving then as a result of that happening, the antibodies get information – like you get information through the ether; you don't see the ether, but you can get information – in the same way, they are like radios and they receive the information, and they start attacking, attacking anything that is trying to disturb the personality."

1984-0807 Public Program, Search Something Higher, Bath, UK



`` At twelve years of age, you see, the sternum bone still is realizing the antibodies and that is important at this time to give them all the securities that they need and all the love they want. Now if they do anything wrong, you must tell them it is wrong. You're his parent, as a parent you must tell him this is wrong. This should not be done, not this. So that the children become obedient about it and understand what they have to do. Because if you allow them to go the way

they like, they have no sense of obedience and whatever it is you should not allow children to have their own way. It's a wrong idea you people have. Till the age of twelve years they must be properly brought up, not too much of love, not too much of this thing and that. All the time they think you can be taken advantage of. So love is looking after them, massaging, servicing, I mean kindness and also keeping them to yourself. They can sleep with you, all this is all right. But too much love means is sort of spoiling, they want to do what they like, they want to get up whenever they feel like, they want to spoil everything. They should not be allowed and then they will be nice. What is the difference between Indian children and the Western children is this, that the Indian children are extremely considerate and the Western children are destructive, I don't know, I have experienced it."

1985-0302 Talk to Sahaja Yogis, Children and Other Topics, Ashram, Perth, Australia



`` This Calcutta itself is a very great place where Devi had come and is, what we call according to our Sahaja Yoga is, the Center Heart here. The sternum bone of the universe. Is the sternum bone of the universe is in Calcutta, of the universe. Now so important is the sternum bone within us. If you are doctors, you will know that till the age of twelve years all the antibodies are created in the sternum bone. And afterwards these antibodies go all out in the whole being and protect us. Now in the disease of AIDS what happens that antibodies are absolutely weak because they are committing sin against the Mother. Here resides the Jagadamba, the Durga, the Devi and that is the place for Calcutta. So you can imagine what an important position you are. I always used to feel that once I could somehow or other approach the people of Calcutta, I can manage India very well. And first time when I came, I've come here many a times, you'll be surprised in a big hall there was one single gentleman sitting who also ran away after two minutes. I think I approached a wrong area. But we had advertised, we had done the same way as it is, but it's My great fortune that I've been able to meet the Lions people, who are just there to take up the Shakti, Divine Shakti within themselves. They are just a special category of seekers."

1986-1009 Public Program, Lion's Club, Kolkata, India



`` Centre heart produces antibodies. Immunoglobulin will also show change."
1986-1104 Conversation with doctors, New Delhi, India



`` So the Vishnumaya's main thing is that a woman has to be a mother. Then that motherhood gives her that special capacity to shine. Now it starts with the Left Vishuddhi, the AIDS goes to the Center Heart. **The Center Heart is challenged, the motherhood is lost. That's how the antibodies become weak, once they are attacked, they become weak, they cannot fight the disease and that's how the person who gets AIDS has to face things in such a manner that it has no antibodies, so he becomes allergic to everything and he dies. To fight the AIDS, the sisters' and brothers' relations must be established so that sisters can look out for men, the way they are behaving, and they should look out for sisters, the way they are behaving. In this whole satanic movement I find the men become physically attacked and women become mentally attacked. And it's such an attack that women are difficult to get out of it."**

1987-0809 Shri Vishnumaya Puja, New York, USA



`` Now, the antibodies do the same thing, they are like enzymes, only that they try to emit enzymes which clone and which remove the viruses. Sometimes the antibodies can be destroyed at the very beginning; like in the case of these people who are harm AIDS, because Ganesha himself is finished. And Ganesha finished, means Ganapati, means he is the master of all the ganas, means all the antibodies within us and if you have finished all the antibodies already, I mean in the sense, if their leader is finished, means they are finished. So how can you have any immunities?"

1987-1201 Conversation with Sahaja Yogis, Treatment of virus infections, Pune, India



`` This center of chakra is guarded by Jagadamba, the Mother of the Earth, Mother of the Universe is here. But this has got the antibodies, this chakra creates antibodies. Antibodies are what we call them Ganas are. They can fight your diseases. And that's what is created by this chakras."

1988-0609 ORF TV Interview, Ashram, Vienna, Austria



`` Now we have the center which we call here as the heart center. It controls the left and right, both - so we have a left and right heart in Sahaja Yoga. **As you know that, this sternum bone creates the antibodies for you. And these antibodies fight your diseases. So when this center goes out, this is the center which sends all the messages to these antibodies.** Now this is the center of a mother. When your motherhood is challenged, you develop breast cancer. Supposing a man is a flirt and his wife is worried, she might get a breast cancer, because her

motherhood is challenged and her sense of security is very disturbed. As a result of that, she gets this problem. Also if you are too much of a thinker, and you think too much and you're very, what we call the right sided, the futuristic planner, I mean people plan it for ten years. They plan even their deaths, what dress they are going to wear and where they are going to be buried, up to that point. All this futuristic planning creates such tremendous heat in the body because the liver, which is supposed to absorb all the heat, is neglected by this center. As a result that heat travels up and you develop asthma."

1989-0801 Public Program, Day 2, First Know thyself, Porchester Hall, London, UK



`` At the heart chakra there is a bone, which you know as behind it, and this bone is the one which creates the antibodies till the age of twelve years and they go in the whole body. After twelve years of age if there is any fear, any trouble, then this bone, which is called as 'sternum' in English, starts pulsating. With that the message goes to these antibodies and they get prepared to fight. So those men who run after other women all the time, or have this joyless pursuit of having many love affairs, joyless pursuit it is, but all such men give horrible time to their wives. That's why Christ has said: 'Thou shalt not have adulterous eyes.' But all the Christian nations I have seen, most of the men and women have adulterous eyes. So such men give a tough time to their women and play games with them. Also when there are divorces and people, children suffer that their parents are lost, the father is lost or mother is lost, you catch this chakra on both the sides; one for the father and one for the mother. And if somebody, some child's parents, both of them die in early age then both these centers are very weak. So if the right heart center is weak because of father or because you are a bad husband then you get asthma. If you're a bad father or a bad husband then you get asthma. Or if a lady has suffered because she had no father or she has bad relations with the father then she can also get asthma. This is the deeper reason. That's why people cannot cure asthma."

1989-0821 Public Program, Day 2, The Divine Power is doing everything, Moscow, Russia



`` Now the Central Heart is placed in the spinal cord, below the sternum bone. Sternum bone is the one that creates the antibodies till the age of twelve years. And then they get distributed all over. And these antibodies then fight all the emergencies and overcome all the troubles for us, but then they can become also very weak. So, the remote control is in the sternum bone. Now this center is the Center of a Mother, of the Primordial Mother, we can say, of the Mother Who is the Mother of this Universe and Mother of this world Who looks after the security of children, security of the people. When a woman is challenged in her motherhood - supposing she is a wife of someone and husband is giving her insecurities by any

means, supposing his is a wayward person or he's always threatening her or dominating her or challenging her - her security gets disturbed and then this trouble starts. Maybe her children, maybe anyone can give this insecurity to a woman and that's how she develops this cancer of the breast. That also can be corrected if the Kundalini could be made to pass through this center and nourish it. The center that is the most important is the seventh center. The seventh center is the center which is placed around the limbic area in the head which has got one thousand petals and when enlightened it looks like beautiful flames, very wide flames just like petals of all the seven colors."

1990-0317 Public Program, Day 2, Swadhisthan, Thinking, Illness, Hilton Hotel, Sydney, Australia



`` The center of the heart is the Mother's center. When the motherhood of a woman is challenged, say the husband is a flirt and keeps her insecure, or if she's insecure then this center gets affected. **This center produces antibodies to fight the diseases in the sternum bone till the age of twelve years. Then they are distributed all over. Whenever there is fear the sternum bone shakes and it is like a remote control that sends messages to all the antibodies to fight. If you establish the security of such a lady through Kundalini awakening then her cancer can be cured. When they are in very advance stages they do not have that will-power left. Then it's better to remove the breast and then establish your security.**"

1990-0629 Medical Conference, Moscow, Russia



`` Now the last raga is Bhairavi has to be played under all traditional ways and is a raga that is in praise of the power of the Spirit, because it has such beautiful notes and notes which are ... it's a complete sampurna, is a complete raga. All the twelve notes are in it. So you see it is such a complete raga and it has to be played in all due respect to it. It's a ragini, regarded as. Now as you know that the Heart Chakra has got twelve petals, and the Durga resides on the Heart Chakra. Now the Durga's qualities are that She is protective of Her children, She's very gentle, very soft with Her children, and She's extremely horrifying to the satanic people, to the negative people. So in this raga I think because there are, the notes are spaced out. So either you could play it slow or you could play it fast. Nothing in between. That's why it is on a Durga's style. You see, either She is extremely gentle or She is extremely horrifying. So because She has a double function: is one to look after Her children, and another is protect Her children from the devils. So She has to be very quick about it, to fight them, and to, in every way to frighten them and to be alert about it. So in the second part you all became very alerted I saw. In the first part you were having a lullaby because it was the Mother's love that was playing. The second part you became alert, because She has to fight. Now, this is such a nice raga because it gives you a better sense of security within yourself, builds up sense of security, and also as you know

medically that it's important to build up this chakra because that gives you antibodies created. So to fight all the diseases, to fight all the foreign things which try to attack us. So this raga is so apt, absolutely apt for today's atmosphere and for today's need. That we have to have the security of the Mother and the protection of the Mother and that all the evil forces must be finished from this world, and that's how this raga has a very great significance and I thank him very much for playing this raga."

1990-0819 Shri Krishna Puja, Ipswich, UK



`` Now then there we have another center on top, which we call as the Heart Center. It is in the center. Now in the sternum bone, behind the sternum bone this center is there, and thymus produces the antibodies in your sternum bone. These antibodies later on fight your diseases. Right when you are about twelve years of age they go into the whole body, and waiting there for a signal from your sternum bone. That means supposing you see something, you get frightened, this bone starts pulsating. When it pulsates the antibodies know there's some emergency, and they get prepared for it. Now this is such a normal thing to happen to people, but the insecurities while can be of the worst type, and when these insecurities develop, people can develop all kinds of diseases of the lungs; specially the women develop what you call as the breast cancer. Mostly these women are insecure: maybe their husbands are not good, or they feel that the husband may leave them alone or something like that. There are certain insecurities that are built in. They might be quite frightened people, personalities. I have seen most of the air-hostesses have this Center Heart catching, because they are afraid they may miss the plane or I don't know, they have to be on the job and run and do. Mostly these time-bound jobs cause you a trouble here of the Center Heart, and this Center Heart is very important, because for women specially they have to be secured. If their motherhood is challenged then they are even worse. And this is how one has to understand, a woman should be very much respected if she is your wife, she's your child or anything, she has to be respected and given all the security. It's the woman who makes the society, is the woman who creates the children, is the woman who looks after the children. So the men have to give all the security and the protection to the womanhood and understand it is a very important factor, which if we neglect we can have lots of problems with our society; and the women will start competing with men and then the society will be all dislocated."

1991-0412 Public Program, Day 2, Melbourne, Australia



`` But what I find is the most difficult thing in Australia that there are group, groups and people fight and lots of problems with them. It surprises me how can, in the country of Ganesha where there are Ganas, you see all Ganas are here. If Ganas start fighting with each other what will happen? Supposing the antibodies in

our body start fighting with each other then what will happen to our body? So you are like Ganas, you are specially blessed people to be born in this special country and after all these achievements that you have made if you are going to take this absolutely nonsensical things of the countries which are over developed, have lost their balance, then what's the use of being born in this Ganesha's land. In this Ganesha's land you have to have a complete balance within yourself, that's what I expect from the Sahaja Yogis of Australia that they have to give to the whole world the sense of balance of Shri Ganesha."

1992-0209 Shri Ganesha Puja, Perth, Australia



`` I'll say that Geneva is like the sternum bone where the center heart is, where the immunity system is built in and where there are all the antibodies created. Surprisingly, from Geneva people have gone even to South America, like Argentina, Peru, Columbia, Brazil, from Geneva. Even to Russia and to all the places, people have come from Geneva. They got their realization here and they went. They were mostly foreigners. Swiss were less, I must say also. But now I see lots of Swiss and I hope they will understand their responsibility living in Geneva and it will work out."

1992-0824 Public Program, University, Geneva, Switzerland



`` You have this, another center, which is extremely important, which gives you sense of security and this center when disturbed, you get all kinds of troubles and diseases and I would say that, it gives you all kind of problems. **This center is nourished then you have antibodies awakened, who are enlightened and who fight your diseases very well you don't know how, it's a fact.** Cancer has been cured through Sahaja Yoga. All kinds of diseases have been cured by Sahaja Yoga."

1993-1014 Public Program, National Institute of Health, Washington, D.C., USA



`` Q: You said that lunacy can be cured in Sahaja Yoga. What do You understand by lunacy: paranoia, schizophrenia, ...?

Shri Mataji: All kinds. All kinds. But not always. You see, schizophrenia has been cured, lunatic personality has been cured, lunatic persons from the lunatic asylum. We have got three, four people from lunatic asylum in India who got cured. Yes, it's possible. Even AIDS. But these AIDS people are extremely aggressive. They think they are martyrs. So, with this martyrdom, you know, they think no end of themselves. They are very proud that ... they think they are fighting a big cause. So we cured about six people in Australia, one was T.M. fellow, T.M., Transcendental Meditation, two, two of them ... Transcendental ... two of them.

And they told Me that in the beginning in the T.M. you are not even supposed to talk to your wife. So they became homosexual. For years. Both of them. Then they got cured, but they fell back on the same habits and after five years they died. Then there was one who got cured, he's nine years now, he's still there. And two were married, a couple who were Catholics, I think, so they got a fright. I think the priests must have told them to be frightened so they also ran away. I don't know how they are. It's very difficult people, it's a world movement, you see, they think they're very great soldiers marching towards death. It's a psychological problem, very egoistical and they are not afraid of death they say. **Their immune system is in trouble, which is curable through Sahaja Yoga. It is the ... here, sternum bone. Till the age of twelve years, we develop antibodies here and then the whole ... they are distributed all over the body. So, whenever we are frightened, the sternum bone gives like a remote control, gives palpitations. So behind the sternum bone that guides it we call as the central heart. If you can cure this central heart then we can cure so many diseases, say like breast cancer and many others."**

1995-0802 Medical Conference, Ecological University, Bucharest, Romania



`` We can call it anything, but it is Shri Ganesha's, we should say, sensitivity that thought that "Now this rain is going near my Mother's house, so let us make some sort of a beautiful ice-balls. And I went out and I saw and I was amazed how it was all around my house. There were ice-balls. What He can do, what he's capable is absolutely unbelievable. How He guides you and how He helps you. How He takes you to the right path. Not only that, how He protects you. **All the time He's with you because you have become His ganas now. You are His ganas, so He protects you, looks after you, gives you all the guidance. He takes you to the right path. He takes you to the righteous road. He gives you all that is dharmic to enjoy. You always meet friends here and there. You think it's a coincidence. It is not. And that is how He works. He works with all His beautiful, sweet, loving attention on you because you are His ganas. But the ganas have to work. As I say that in our body there are ganas and they fight the disease. They fight the problems that are in the body - those antibodies which are the ganas of Shri Ganesha. In the same way, you are also His ganas. He does all this for you. He protects you, loves you. He gives you all the good time. Then what are we doing about it? It should not be one-sided. When He does all this for you, then what should we do about Shri Ganesh? What can we do as antibodies? You don't have to fight the enemies with a sword or any kind of a weapon. The enemies you can conquer by two simple methods. One is try your love, your pure love on them. Try that. You may melt away many people. Or else, if that is not working, then what you should do is sit down and meditate and give bandhans. There are ways of giving bandhans. The bandhan works so fast and so beautifully that you are amazed how it has worked. Because you are so powerful. The way you give bandhans, anybody else can give, it is not going to work. It's only you, the Sahaj Yogis, can give bandhan. There are different types of bandhans you have to give.**

And all that works out so well, so we have to have now faith in our own powers and we have to know that we are now empowered by Shri Ganesha to do the work of Sahaja Yoga. To do the work of Sahaja Yoga is not to feel that you are doing it, but is Shri Ganesh who is doing it. You'll be surprised giving realizations to people is the greatest joy Sahaja Yogis can have. And then you don't have to think that you have done it. Then is the best. But if you think you have done it, then "I'm very tired" or "I have done this." Many people come and tell Me, "Mother, we have done this, we have done that." That means they are just feeling the strain of doing any work."

1995-0910 Shri Ganesha Puja, Cabella Ligure, Italy



`` Shri Ganesha's blessings are very important for all the people who are specially prone to some sort of a hurdle or 'Sankata as they call it'. He is called as Sankata Vimochan, the one who takes you out of all the hurdles of life. So many of you have experienced how he has helped you in different troubles and hurdles and also different type of very very difficult times. It is his style that he manages things so well because he is a Ganapati. Ganapati means the one who is the Lord of the Ganas. As I have told you Ganas exist within us. Very nicely settled down as these bodies, small, small bodies who report if there is any problem. They report to the brain that there is a problem and on the sternum bone is the residence or you can say the throne of the Goddess Durga. So whenever there is any problem we are found into some trouble, sternum bone starts vibrating and these bodies which are Ganas get the information. Antibodies they are called in the medical terminology. Then these Ganas attack. They can target also. They know how to target the troubles and attack it, one may think that only the people who are suffering medically are helped by Ganas is not true. Also the people who are mentally upset, who are mentally suffering are also helped by the Ganas. These Ganas are so good at targeting their problems that sometimes we are surprised how things are worked out. For example say something happens to someone, some child, somewhere. Now his parents start crying for Mother and the Mother is the Durga say, then what happens, that they immediately rush to that place and miraculously they cure the boy, miraculously they say. So many miraculous thing that have happened in your life you cannot explain, but they are all due to this Ganapati's Ganas. They are also small like him and they are very active and very alert. They never sleep. Anytime there is any trouble these Ganas will go and attack the problem and find out solution for him. It is something unbelievable how they act and how they inform."

1999-0925 Shri Ganesha Puja, Cabella Ligure, Italy



`` Doctor: [Shri Mataji, this is about auto-immune diseases: for example, like in

rheumatoid arthritis, in which your own antibodies harm you, for example, in the joints.]

Shri Mataji: [I know arthritis. In arthritis, again heat with ajwain, and] it's also left-sided.

Doctor: [Shri Mataji, we use hot ajwain?]

Shri Mataji: [Yes, heat with hot ajwain. You can also use other heating things.] You can use candle treatment, or also you can correct your left side by putting the left hand towards the photograph and put the light, and right hand on the Mother Earth. This comes from the Mother Earth. [You can also do it by using the mantra for the Mother Earth.]

Doctor: [Shri Mataji, why is it that your own antibodies harm you?]

Shri Mataji: [No, no, what happens is you have low level of calcium, and with that your bones become like that.] There are two types of arthritis. [In one there is too much calcium, and in the other there is a deficiency of calcium.] There are two types of arthritis. [One is the one], we call it that – I don't know what disease, which pains a lot. Gout. Doctor: Gout? Osteoarthritis. Osteoarthritis. Shri Mataji: Yes, one pains. There's a terrible pain all the time, on legs and on knees and all that. And another one you get crippled. So these are due to the low calcium, deficiency – the pain. Painful is due to calcium deficiency; and the other one that you have, which is due to too much of calcium.

Doctor: [The one that cripples?]

Shri Mataji: [Yes, the one that pains. In medical science there is no differentiation. You don't have the same treatment for all.] For example, for a person, say, who has pain, you should take phosphorus. Phosphorus – in My book I've written about phosphorus. Phosphorus gives you heat, [and with that heat] it improves. They can take phosphorus, if you have pain. Phosphorus will cure it. And the other one when you have, it is due to over-calcium.

Doctor: Shri Mataji, in what form should we take phosphorus? In what form? In food, or phosphorus ... [In tablets or in fish or food?]

Shri Mataji: In the blood. [It is in the genes. Phosphorus ...] I've written. Have you read that now, doctor?

Doctor: I think so, Shri Mataji, yes. It's in Your book.

Shri Mataji: Nobody has talked about it so far. But I've said it, that if there is phosphorus in your genes, then, and if you are a dry person, then it explodes and you get the heat.

Doctor: What can you take, Mother, to give phosphorus?

Shri Mataji: Phosphorus. Itself, phosphorus, you should. There are ...

Doctor: You can buy it?

Shri Mataji: Yes, you can buy it. Phosphorus also in, we can say, in certain salts there is phosphorus. They also take seaweed; that has phosphorus. [But it gets cured just by meditating.]”

2000-0000 Questions by doctors to Shri Mataji, Ealing, London, UK

