

# COMPREHENSIVE LIST OF QUOTES ON LEMONS AND CHILIES TREATMENT

FROM 27 TALKS OF HER HOLINESS SHRI MATAJI NIRMALA DEVI

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“Now, we should have brought. You know you'll be amazed we use some chilies or lemons [UNCLEAR] chilies and lemons, you see. And those lemons you can vibrate. They have such absorbance of vibrations that they keep the vibrations within themselves and in the night the vibrations come out and work on a person and then one could get all right. So you worked it out? Good, good, all right. So we'll work it out for you.”

**1979-0615 Public Program, Higher Life, Reading, UK**

Shri Mataji speaks aside: “Douglas, have you got any lemons or something?”

**1980-0512 Public Program, Being born again, Caxton Hall, London, England**

“You can use oil to rub on your body, if you have to rub, you can use even powder or anything for having less friction, but it is through massage, through giving bandhans, by taking it out, or through nimboo [editor's note: nimboo means lemon] or you can use even an orange or something like that. Try to take out these vibrations through these mediums and not through thinking. Through thinking, you cannot do it. Once you think, you have no power over yourself. There's a barrier between the Spirit and you, because you are thinking through your ego. ....

But for this, when you meditate, you find out first of all what is the matter with you. But not mentally you resolve it - through your vibrations and mantras. Mantras are very important for Sahaja Yogis. If these mantras could be said, loudly is better in the beginning. That is why, in privacy, you can do all these things. In your room you can work it out. Now you can use lemons, you can use water, you can use light, you can use ether, akash (phonetic), you can use sea, all these things you can use to cleanse yourself. Once you start facing yourself through your spirit, you won't be so frightened. Because you do not want to face yourself, you are all the time in that mood of frightened - fear. But once you start facing, you will be amazed that really you are beautiful, and all these things will drop out.”

**1980-0907 Talk to Sahaja Yogis, How to know where you are, Chelsham Road Ashram, London, UK**

“Question: Is there anything wrong with eating chilies? Shri Mataji: No, it suits some people very much. Some people should have, those who suffer from colds will be a good idea, suffer from constipation is a good idea. But don't eat too much of anything. But it's good for some people, something is good for some people, something is good for some people, you have to just find out. For people who get constipated it is better to have a little of green chilies all the time, it is very rich in vitamin C. It is very rich in vitamin C is good for people who catch colds very easily.”

**1981-0329 Workshop, Sydney, Australia**

“Those who are left sided better go for lemon treatment and shoe-beating. Those who are right sided better shoe-beat 108 times. Get in the center.”

**1981-0524 Talk to Sahaja Yogis, Subconscious, Supraconscious and our correct Ideals, Chelsham Road Ashram, London, UK**



“Yogi: Mother would You please vibrate some lemons and chilies for me? Shri Mataji: Of course, of course. That I will do. Not just now. Just wait, I will do it later. Let Me give them realization first. Mm. That's very interesting. That's another mystery. We have a new relationship in our family and there was a doctor, and his wife has been sick for the last eight years and she's very nervous, and she's having lots of problems, this, that. So I told her: 'All right you get some lemon and chilies I'll vibrate it, and they'll work it out.' She said: 'What? I've paid so much to the psychologist, I've been to this place and that place.' I said: 'Only I need lemon and chilies but you have to pay for it. I can't pay for that.' She said: 'All right.' I said: 'Now you try Me.' So she brought it. In India it's very cheap you know, lemon and chilies. I vibrated and gave it to her. Next day she came up. 'Oh God, what's happened? I'm perfectly all right. What did you do with the lemon chilies? What has happened, what's the mystery?' But her husband is a very fine man, a doctor. He said: 'What is this, what is this magic, what have You done? I couldn't get this wife of mine cured all these days we did everything, operations, this that. How these lemon, chilies have cured?' I said: 'Now I'll not tell you, but later on.' Such simple things. That's the mystery. The vibrations. Same thing. In Sahaja Yoga, some things will sound very strange to people. For example you see, when they give a bandhan, to their aura,

you see when they try to give, move their hands, because from the hand, the power is flowing you see. So you put, a bondage to your aura, so that nothing negative comes to you. You see like this. It's all right. Indians may understand it but, not in the west."

**1981-0608 Public Program, Mystery of God, Caxton Hall, London, UK**

"Recently there was a case, and a lady was trying to commit suicide. I told them, "You'd better tell to commit suicide," and she was shocked. Because, you see, this is a very subtle thing that we want to be compassionate. Are you more compassionate than God is? Are you? You are not. Let it to happen through God; you just don't try to help a person to get cured; none of you should try. I will tell you when you have to do that, not now. **Just now, you people do not try to cure people; if somebody wants cure, all right, you can vibrate the lemons and give them - that much you can do, you have that much power. You can vibrate the water and give, because you are Yogis, no doubt. But you do not personally touch that person. Please do not do it. You'll be affected, and very badly affected: some of them are suffering from horrible diseases and, if these diseases grow into you, you would not know how to control it. So please do not try to check them or do anything - give them a photograph if you want; they can use the photograph, ask them to sit in the water. After using the photograph, tell them to keep the photographs to themselves: do not take it back.** Be careful on this point so that they do not attack you; this is one way they attack you. Then, a person who is very hot-tempered, better recede from such a person because, if you try to argue with that person, you'll get the bhoots upon yourself. If somebody is angry, you say, "You are heated." Finished; don't talk, just don't talk to that person, have nothing to do. Because you get the bhoots upon yourself, you see. You are not to neutralize such a person, just get out of it. Try to remember what I have said to you, that you are not to go on fighting or arguing with anyone whatsoever; if somebody is argumentative, let him be argumentative. Do not go and argue; you can tell Me about it, I'll treat that person, all right. You should not take things into your hands: God is operating His own Laws, you should not take His Laws into your hands and start operating."

**1981-0815 Shri Krishna Puja, Bala's home, Tamworth, Birmingham, UK**

"There's somebody who has made his **disciples so funny that, they are even afraid of the vegetable, like a garlic - you show them the garlic, they'll run away. If you show them a lemon, they'll run away.**"

**1981-0921 Public Program, Day 2, New York City, USA**

"Every day, you must know which chakra to be cleared out. You must know about yourself, where is the problem, how it is to be cleansed, how we have to clear it out. Do not take it for granted. **Many people who have got, say, left-sided problem, they will just bring them lemon and chilies and think, "Mother has done the job." I can only do the job temporarily. But if there's a vacuum, again you'll suck in. See, these vacuums within you feel hungry again to have some more. So, to take out that vacuum is your job and, for that, you have to religiously get after all your defects. That's the most important thing for all of you. And try to put full attention to all these different Deshas – is the nations, they are called as. And once you have cleared it, it is enlightened, is full of light, then you call it Pradesh. Means the desha has been enlightened. Once that has achieved, then you have reached a point, you can become a Guru.**"

**1983-0724 Guru Puja, Awakening the Principle of Guru, Lodge Hill, UK**

“Even now, you will be surprised, fifty percent people write letters to Me : “Mother I am still possessed, I have worked with lemons and chillies, I am coming to You for this and that.” It is a very low grade business, I think even after so many years you are possessed, then I think you should beat yourself every day hundred and eight times. It’s a very low grade behavior, I personally think, that after your Mother has worked so hard on you, you are still just the same, coming back with the horrible idea of bringing all kinds of problems to your Mother. That means you have not looked after your child.”

**1983-0821 Shri Bhoomi Devi Puja, Surbiton Ashram, London, UK**

“And to understand also in a very gross way, we can say, to have Ganesha tattva (Principle) developed in you, you must eat things which are emitting Ganesha Principle. Like the Chana, like, I have found out, the Hazelnut. Then you can see that you should use a lot of these lemons, is a good idea. All these give you a good Ganesha Tattva. So all these things should be used, and there are many other things one can see that, which help you to develop your Ganesha Tattva. But the highest of all is to control your eyes. Not to see anything that is tempting. So put your eyes on the ground. Just watch your eyes when another sex arrives, how do you look at that person, with greed, with lust. And if you understand that then you will start clearing your eyes very well. Another thing is physically you should try to do one or two exercises to be able to put yourself flat on the Mother Earth, because that helps. So before doing the meditation to Shri Ganesha, you must first do that exercise, to loosen the muscles so that you should touch the Mother Earth in a more flat way. It will help.”

**1983-0911 Shri Ganesha Puja, Tivoli, Italy**

“You see what these vibrations are like. Just see. Put your left towards me, I think left is shaking. See now. Better bring lemon and chillies for him. In the evening. Better sit there with the light. Be careful, serious things you know. It can be very dangerous for Sahaj Yoga. Let the girls also put their left towards me and right to that side. See, heart left heart, agyna very bad. See all of you feeling it? Put your left hand, right hand there. Come here, come this side. All of those who are with you. All of those who are with him.”

**1984-0930 Talk to Sahaja Yogis after Ashtami Puja, Muedon, Paris, France**

“I tell you, you have one of the best leaders in Gavin, and I must tell you, he is the man who spent a lot of money. Without telling Me he has covered many expenses, his office has worked for us. He took all nonsensical people. If I told him, “This fellow is getting some ego,” he’ll employ in his office. If I say, “This fellow has got bhoots,” he’ll employ in his office. He has worked with such bhoots that I could not manage them even for a day. He tries his level best to go to people and tell them that, “See now, come.” He has saved so many people by his sense, by his understanding; but the only thing is he, openly he doesn’t lead, that’s his mistake. He should openly tell, “You are a bhoot and get cured, then you’ll be all right.” But if you say, “Come here. You see, you are a bhoot, doesn’t matter. I have got lemons, ... chillies. You sit down.” Then, “Mother, he is identifying himself with the greatest bhoot.” Let us face it. If you have understanding of your leader, then you should know that I know better than you know about it. And this is very saddening sometimes. Why don’t you understand the sheer goodness



of a person? The amount of bhoots he has tolerated in his office, I tell you, I can't stand them for more than one day, some of them. So egoistical, some of them, off their heads, and some of them are so bhootish that even if they come downstairs I get a pain in the stomach, in My house. But he stood them."

**1984-1123 Shri Jesus Puja, Hounslow, London, UK**

"This house has problems and I think that if you do a havan here it would be a good idea. **Also if you can get some lemons for me which have not been cut or anything, then I'll just vibrate them and if you put them in four corners you might get a lemon tree that might protect you.**"

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

"It's not **too much but you see without the chillies Indian foods do not taste all right.**"

**1985-0316 Marriage Ceremony Talk, Kew Ashram, Melbourne, Australia**

"Are you better now? **Still the left is catching. Why don't you both get some lemon and chillies? Would be a good idea.** What have you been doing? Have you been – I don't know what you have been doing. I just don't understand. You had right side, but this left you didn't have it. Left Nabhi. Very hectic liver. That way you're much better. Left Nabhi's all right, but left Swadisthana. That is your psychology. Do you meditate? You see, I just thought that right-sidedness could be down in a place where it is quieter, so that your speed at least should come down first of all. And then it will be all right. Just put down your speed. "I don't do anything," you should say. All right? Put it everything into the hands of God. Still there? Better now. It's very surprising."

**1985-0531 Shri Devi Puja, San Diego, USA**

"**But if you put one little fish, and two eggs for ten people with one chili to say that it is Sahaja Yoga, laughs maybe a lemon, they will think, "What's this going on here? Wishy-washy stuff."** Now that's one thing. Secondly there are words that people use very commonly: "That is very fussy." That shows your fears. **In Sahaja Yoga nothing is fussy, nothing is fussy.**"

**1985-0921 Seminar Talk, Sheffield, UK**

"There are so **many sayings in English language, if you just pay attention to it. One of them is: oranges and lemons, sold for a penny; that's for our, you see, treatment, with the lemons we have.** And there's another one: London Bridge is falling down, suggesting that what we believe into, all these bridges is not important. The bridge with God has to be built and expressing that material things should fall down. And then: Humpty Dumpty sat on a wall. There are so many things that explain that people knew what it was going to be."

**1986-0802 Talk to Sahaja Yogis, Ashram Inauguration, Shudy Camps, UK**

"There is one fellow, Chinese, who came from TM, and I think Rustom was there, and he just took My name and he jumped under a table and landed himself outside in the lounge and they started looking at him where has he disappeared. With this Chinese fellow, we tried with him,

but he used to shake and horrible [UNCLEAR], poor thing. Then he left Sahaja Yoga in a way and somebody met him in a restaurant or in a book shop and somebody met him there, and they asked him, "How do you feel? How do you feel about Mother?" He said, "Oh! Ho! Ho! Ho! She is a tremendous power." So, you see, **they are so weak, they are so gone down. It's very difficult to bring them to normal conditions. Within two, three years they become recluses. They are even afraid of, what you call garlic. If you show them the garlic they start shaking. If you show them the lemon they start shaking.** They become recluses. We get few people from there, TM, but their bhoots are so strong that they will not stick on to us much."

**1987-0502 Evening Talk, before Sahasrara Puja, Thredbo, Australia**

"But one thing you have to remember that Indians are very happy, if you eat well, but if you don't eat well, they think they have not made the food well. And that's what they were all the time asking, "I hope they have liked the food, we have hoped they have liked the food." I said, "They are all right, **but put less chilies - that's all.**" (Laughter) **But little chilies are very good, because you see of your constitution, I think little chilies will help you, because normally people get constipation, if you don't take chilies. Indians never suffer from this disease, because they have always a little chilies in their food, little chilies all right, then develop a little taste for chilies, is all right, it cleanses you and it has vitamin "C" also in it. So it's quite good for colds and things.**"

**1988-1207 Puja Talk, Mooladhara and the qualities of Indians, Aurangabad, India**

"See, Indians are working. We are not working at all. So we should do little walking or some exercises. **It's a heavy, no doubt, but you cannot make it very light. Though I tell them, "Make it very light, no chilies, nothing", they are trying.** For example, today's lunch was really too much for Me. It's all right once in a while, you eat it, and evening time I told them to give a very simple food. So that's how it can be compensated, that evening time simple food, day time heavy, or evening time it is heavy then day time simple food. **But Indians are like that. They want, they are fond of, you see, they, they have this fondness to feed you, very anxious to feed you. But don't fall a trap to that. You should just say, "No, no, no, no." But they'll go on saying, "Please have." They feel very happy.**"

**1988-1221 Talk to Sahaja Yogis, Health education and cleanness, Sangli, India**

"Galyna: **Is there anything that can be used instead of lemons for the cleansing of negativity in this country because here they are very expensive? Her Holiness Shri Mataji: Chilis can be used, this (Shri Mataji points to the plums) can be used. Best is to use the candle - left side. You see, put the candle like this on the photograph, hand like this, the right hand on the Mother Earth. But the best for serious troubles like cancer or anything, like radiation in Kyiv you were having, you see, for that you have to use three candles. One with the Photograph, one to be kept here - left Swadishtana. The third one is to raise the Kundalini. Any incurable psychosomatic, like cancer or anything. When the Parkinson with your hands shake.**"

**1991-0820 Talk to Ukrainian Sahaja Yogis, Moscow, Russia**

"We should find out **what are the disciples doing. Where are they? Most of them are recluses. Just go and see. They can't even see a garlic. If you show them a garlic or a lemon they will**

run away. Most of them are like that because of what he does, he puts some sort of a spirit on them. That's what is called as [unclear sounds like: "pretavidya"] we call it. Is the science of the dead and then they use those dead spirits on them and on one personality there are two or three spirits sitting so such a person for the time being becomes over-active and then is lost completely. It's a very interesting thing that people don't know what they are seeking."

**1992-0226 Public Program, Christchurch, New Zealand**

"Also some people have vomiting sensation and all that, in that case. Or migraines. This, you can take it in winter: is ginger, which is mixed with lemon and salt. You could eat ginger, raw ginger. Yogi: As a powder, or fresh ginger? Shri Mataji: No, no, no, not powder. Ginger. Raw ginger. Yogi: Raw. Shri Mataji: With food or something. Yogi: Yes, they cook a lot with ginger, the Chinese. Shri Mataji: Yeah. But also powder of ginger - you can take early in the morning before anyone else, with sugar. For example you press a spoon. I will show you: a little bit should be taken first of all the powder. And should be covered with vibrated sugar."

**1994-0421 Talk to Sahaja Yogis, Taipei, Taiwan**

"Do not use polish for this! In the kitchen they must have done it, if it was in the kitchen. You can see the black coming off. Polish? You see there's no need, with a little bit of tamarind you can do it. Just learn it, it's very simple. Or with lemon, immediately washes it off. It's kept in the kitchen ah, the ladies must have done it! Just bring it. Now should we ask for the children say 5 to 10 years the children, ask to announce. (looking at children come to do puja) These are all ganas you know, all ganas! You tell them in the kitchen not to clean with this thing. Don't touch this brass polish at all. They have silver polish and brass polish but there's no need, no need at all. This tamarind will do and what else is the lemon, but you should just wash it fast, that's all."

**1994-1009 Navaratri Puja, Cabella Ligure, Italy**

"One person came to me with the policeman, I think I was in Ashoka Hotel at that time. My husband asked me, what is this fuss? Why did the police come? I said, go and see then they said that this gentleman, I will not tell you the name, is a doctor and has run away from Anandmarg Organisation. Mother you will be astonished to know that he was the great worker of Anandmarg. He traveled in whole World, earned a lot of money and his Guru considered him very close. I asked, then what happened? They said he was in a Temple in Calcutta of a deity where the goat is sacrificed. They cut the head of the goat in front of deity for putting all the Bhoots inside that animal and those who are possessed get rid of Bhoots. I say, we people take down the Bhoots in the lemon because we are vegetarians!, because many business caste people have come in Sahaja Yoga who are pure vegetarians. So by cutting lemon we take out the Bhoots and make them run away. So all those people who are possessed by bad spirits can see Mahakali very clearly."

**1994-1211 Shri Adi Shakti Puja, Jaipur, India (Hindi)**

"Doctor: [Shri Mataji, this is about autism, about autistic children.] Shri Mataji: [It's a badha. You have to do treatment for the badha]: lemons, this thing – chilies and all that. [It's caused by a badha.] They're normal otherwise, they're really normal, but they go into sort of epileptic. [Epileptic, they have a badha.] .....

Doctor: [Shri Mataji, it affects the nerves. The fat around the nerves is finished.] Shri Mataji: I've cured, I know. I've cured multiple sclerosis. [The hands and legs become like this. They stumble.] Doctor: [Yes, Shri Mataji, they get weak.] Shri Mataji: One thing I've seen, very surprising: if one of the two, husband and wife, any one is possessed, the husband gets it if the wife is possessed; or if the husband is possessed the wife gets it. It's My observation. [When the Mooladhara gets a badha.] Doctor: [Shri Mataji, left or right Mooladhar?] Shri Mataji: [See, it's left, son.] You know, because if the husband is possessed, he's not all right, he's left-sided, so the wife gets it, not the husband. Very common. Whenever I ask them, how is your wife, or how is your husband ... **It acts on Mooladhara, no doubt. [Its treatment is] you should treat the wife, or the husband, whosoever is that thing, [and they should do it too if they have the possession.] You can use chilies. This for possession, I mean. There are many diseases you get out of possession, many diseases, which doctors are not sort of aware of it. So many diseases you get. Itself is a disease, you see: to be possessed is a disease. But sometimes what they have, they get a bulge here out, the skin bulges out like that – then there's a possession. It's one of the signs.** [All around the Agnya] you get bulges like that – one of the symptoms. In possession as you, if it is very extreme case, then you can make it out that it's possession, you see: that they start shaking before My photograph and shouting, screaming, all that. That's a possession. Also, person who has possession, you see, is, he's dull otherwise, but otherwise aggressive. For doing any work or anything he's dull, but can be aggressive.”

**2000-0101 Questions by doctors to Shri Mataji, Ealing, London, UK**