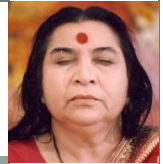


COMPREHENSIVE LIST OF QUOTES ON SAHAJA MEDITATION, SAHAJ DHYĀNA, AND SAHAJA SAMĀDHI



FROM 23 TALKS OF HER HOLINESS SHRI MATAJI NIRMALA DEVI

Sahaja Yoga • Compilations • sahajayoga.compilations@gmail.com

“Sahaja Yoga is the fantastic gift of Nature that has revealed truths for the emancipation and evolution of the human race. So far our evolution has taken place without our knowledge, but the ascent of man now is going to be in his full awareness. In thousands of years man could not reach the moon, but today it is possible. The ignorant do not believe of the human landing on the moon. In the same way those who learnt about God through books, and not through [sahaja meditation](#), are equally ignorant. They have always denied Incarnations, real Prophets and real Gurus.”

1905-0000 Public Program or Talk to Sahaja Yogis, Ushering in the Satya Yuga, from The Life Eternal, 1981 Issue, Page 1



“But the essence of all the religion is to get it. Those who are realized, all such Gurus like Guru Nanak; He says that, “[Sahaja Samādhī lāgo](#),” “[Sahaja Samādhī lāgo](#).” He says, “Why to go to forest when all is residing He is within us.” ”

1973-1117 Public Program (Hindi), New Delhi, India



“After that Nanaka, Guru Nanaka. If you ever read His teachings, if you read His talks then you will be surprised that He has always talked in a Sahaja. He has said “[Sahaja Samādhī lāgo](#).” He has said, “Kahe re ban khojan jayi, sada niwasi sada alepa tohe sang samai, pushpa madhya jo was basat hai mukur mahi jas chhayee, taise hi hari base nirantar ghat hi khojo bhai” – why to go to forest to find Him, He is always there with you just like there is a fragrance in a flower and just as the reflection is there in a mirror, in the same way God is residing in you eternally seek Him within. He is just inside, achieve Him just inside. We are just singing poem, singing songs, we are just cramming His prescription.”

1973-1209 Public Program (Hindi), Day 3, Shri Dattatreya Jayanti, Birla Kreedā Kendra, Mumbai, Maharashtra, India



“Sahaja Yogi: Acharya Kaka Bhujander. Satwachari.

Shri Mataji: Satwachari. Satwachari. You don't have to sacrifice this body. Many people, great Saints, sacrificed their body in living condition. They went into a cave and shut themselves and died. That's not necessary with this new method. And you won't die either, means you will achieve your Spirit. And the "Sakshatkari Santvara shabdakari ka sant," the realized Souls, the Saints who are realized, the Brahmananda, the joy of the Brahma, by this new Yoga. **And they won't have to go into Samādhi. Samādhi is where people just sit down, go on meditating for hours together and the ants grow up on them, and all that is not necessary.** Just without do anything like that they will get their Realization. And they will enjoy the joy of Brahma. The **Sahaja Samādhi**, this is **Sahaja Samādhi**, according to him."
1982-0130 Talk to Sahaja Yogis, Prophecies of Acharya Bhujander, Sholapur, Maharashtra, India (other date 0127)



"Why in India we had Nanaka who said, "**Sahaja Samādhi ligo.**" "**Sahaja Samādhi ligo.**" Nobody said it is difficult."
1982-0710 Public Program, Day 1, From Mooladhara to Void or We Have to Know Something More, Derby, UK



"So I say that there should be no `ism' about anything. You must have an open mind. Absolutely an open mind. Anybody who, whatever problems they have, they know, and they should solve it. **I am not here to spread vegetarianism or non-vegetarianism, I am here to spread Sahaja Yoga.** "**Sahaja Samādhi ligo.**" That's what is said. **You have to get your Samādhi. And that how do you get? Sahaj, spontaneous.**"
1982-1126 Talk to Sahaja Yogis, What You Can Do (Feel the Beauty of Thankfulness), Caxton Hall, 10 Caxton Street, Westminster, London, UK



"**You see, it is Sahaja Samādhi. It is Sahaja. Sahaja has another meaning also; easy. That's the quality of your mother, I should say, has to be [UNCLEAR easier/easiest].** Mother gives you birth, does she give you any trouble? Nothing. She takes all the trouble, so you don't have to worry. Kundalini takes all the trouble within you, you don't have to do anything. So it's very sahaj, is absolutely sahaj. It is absolutely spontaneous. It doesn't give you trouble at all. It is absolutely easy, easy as possible. Has to be, because it is so vital. Whatever is not vital is like this, that guru says, "Don't eat this, don't do that, stand on your heads, do this, do that." That's not the mother's style. But the real Gurus, also, they're very strict, no doubt, but the real Gurus give you realization. That's the

first thing they do. They don't tell you that, "I'll take you to mokshas, I'll do this," nothing of these big talks. They say that, "First of all you get your realization." "

1983-1101 Public Program, What Is the Purpose of Our Life, Hampstead Town Hall, London, UK



"In Sahaja Yoga we respect all the religions. What Nanak Sahib has said, "Sahaja Samādhi, now Sahaja Samādhi." You have to get your Samādhi; you have to become your Spirit. The time has come for that. There is no need to have so many religions. All religions are respected within yourself because they all reside within you. You do not know how important every religion is to us, is extremely important. We do not know the essence of all the religions, we are just outside, that's why. So the child should be called a Sahaja Yogi who is `dharmaatit', who is `gunatit', who is `kalatit'."

1984-0317 Public Program, Day 5, Agnya Chakra, Mavalankar Auditorium, Constitution Club, Rafi Marg, New Delhi, India



"It [to become a saint] is the easiest thing. Living process is the easiest. But we are so difficult we don't want to eat like this we want to go round and eat, then say ... It is the simplest thing. "Sahaja Samādhi lāgo," sahaja you get it. Is said by everyone who said it is difficult? Who has said it tell Me? No one. "Ek hi akshar premaka pade so pandita ho." "

1984-0802 Public Program, Faith has to be Based on Experience, Quaker Meeting House, Leicester, UK



"What effort did we put to become human beings? Nothing! Effortless! "Sahaja Samādhi lāgo. " Sahaj is born with you. Sahaja, born with you."

1984-0803 Public Program, Birmingham, UK



"Therefore everyone has described about the easy and straight path. `Sahaj'. We should go in Sahaj Samādhi. All the saints said "Sahaja Samādhi lāgo" [Go into Samādhi spontaneously].

1984-1126 Public Program (Marathi), Prapancha and Sahaja Yoga, Dr. Antonio De Silva High School, Dadar, Mumbai, Maharashtra, India



"And to tell [Marathi] Nirupan is the explanation of the Divine, but is said, it goes with My word Niru, Niru is My name. So it's a pun on the word Nirupan – pana means the abstract of Niru. To talk about that. So there's a word, Nirupan has double word. It also means to explain the abstract of Mother, and Nirupana also means explanation of Divine. "Oh God, give him the blessings," I say. **He is also in this world living like an ordinary householder, as well as he has achieved a Sahaja Samādhī. He has achieved the Sahaja, Samādhī, as you know is the enlightened awareness.** But he lives in the world, not given up anything. For the people who are ignorant, he has taken the help of chaitanya."

1985-0921 Talk to Sahaja Yogis, The English are Scholars, Seminar, Sheffield, UK



"Guru Nanaka has talked about it, **Sahaja Samādhī**, very clearly. I would say Guru Nanaka has done a maximum for us in this respect. Kabir Dasa has written all about Kundalini and everything. **Like He says that when the Kundalini rises, it breaks the epitome of your physical being that is the Brahmrandhra and you go into a complete nirvichara Samādhī.** Clearly He has said it, absolutely clearly. There cannot be more clear writings than Kabira's. But what human beings have made of all the Incarnations they have done the same to Shri Kabir and to Nanak Sahib."

1986-1009 Public Program (6th Day of Navaratri), Lions Club International, G.D. Birla Sabahghar, Kolkata, West Bengal, India



"Question: [about the difficulty of maintaining total awareness in meditation.]

Shri Mataji: Because it's not **sahaja meditation**. All other meditations are artificial. You are in meditation when you are in **sahaj**. Unless and until Kundalini is awakened and you are one with the Divine Power, you're still thinking all the time – **how can you stop thinking?** There is one thought that rises and another thought that falls off, again the another thought comes up and it falls off: it goes on like this, and we are dancing on the cusps of these thoughts. In between the thought there's a little space called as `vilamba', is the present – either we are in the past or in the future – but that is only possible when the Kundalini comes up. Then these thoughts become more lean and there's a bigger space left, and you remain in thoughtless awareness, and that is how it works out."

1987-0226 and 27 Conversation with Sahaja Yogis, Shivaratri, Mumbai, India (translation from Hindi)



"Kabira has talked about Kundalini, about **Sahaja Samādhī**, He has talked all about **Sahaja Yoga**."

1988-0609 Public Program, Day 2, Kongresshaus, Vienna, Austria



"This is nothing new I am telling you [about]. Sahaja Yoga is a very ancient thing – Nanaka "Sahaja Samādhi lāgo." Every saint has described. But we are doing this, that, all ritualism, karma kandis, this, that. This cannot give you the ultimate – cannot. I am telling you, that's the truth. Spirit is what we have to be. That's the ultimate goal of our life. Then the, all the rest of them fall in line. And that's what we have got from every Scriptures, from every Incarnation, from everywhere. Let us now just think that let us become the Spirit, and then let us become a realized Soul, a master."

1991-1207 Public Program, Day 2, Chennai, Tamil Nadu, India



"Now no one has written on this, but They have all said, "Sahaja Samādhi lāgo" [Go into Samādhi spontaneously]. Both Guru Nanak and Kabir have mentioned about it. Kabira has said a lot about it. "Ida Pingala Sukhmana nadi re. [Ida, Pingala and Sushumna are the three nadis]. "Shunya shikhar par anahad baaje [The continuous pulsation beats at the epitome]. Everything! Now `Anhada', Adi Shankaracharya has called them `Spanda' [Pulsation]. So all this that has been told, the complete explanation and experience you have after Sahaja Yoga. Till you have no connection, it's like you have a telephone without connection, who are you calling?"

1994-0731 TV Interview for National Indian TV (Hindi), Varikstraat Ashram, Amsterdam, Netherlands



"In our country also all the saints have described about achievement of yourself. Sahaja word is used by so many saints specially by Guru Nanaka who says, "Sahaja Samādhi lāgo". Whatever you have to get in your awareness, Samādhi is awareness has to be in the sahaj means the spontaneous manner. So for this you don't have to stand on your head, you don't have to run away from your families, you don't have to starve or fast, you've done it, you've done it in your last lives. In this life you should have the fruits of your hard work that you have put in to express your desire to be one with the Divine."

1996-0304 Public Program, Convention Center, Darling Harbor, Sydney, New South Wales, Australia



"For that, what do you have to do? Nothing, Effortless, Sahaja. Sahaja has double meaning. Sahaja, saha means `with' and ja is `born'. `Born with you' is this power `to become one with the divine,' this Yoga. And that is what He has

described. Everybody, Guru Nanak has "Sahaja Samādhi lāgo." None of them has said that "By standing on your head, you can do it." "

1996-1125 World Philosophers Meet on the 700th Birthday of Shri Gyaneshwara, M.I.T. College, Pune, Maharashtra, India



"Now, we have here lots of people from, say, Punjab, the Sikhs are there. And all these books have been described for Sahaj. He himself, Guru Nanaka said "Sahaja Samādhi lāgo." He has used this word, all of Them have used this word. But Indians who are here, I don't know, they are ... they say "We cannot digest Sahaja Yoga." They can only digest pounds, I think. Very surprising."

1998-0705 Public Program, Royal Albert Hall, Kensington Gore, London SW7, UK



"To transform these people, should not be difficult because we [Sahaja Yogis] are going by what the Gurus preached. Gurus could not give realization to people but we are giving realization. They talked of achieving 'Sahaja Samādhi', but did not tell how. Who will raise the Kundalini? Guru Nanaka gave realization to only two of His disciples. One Guru giving realization to only two of His disciples! What could be the effect on the society? So people started worshipping Him at external level."

1999-1123 Shri Guru Nanak Birthday (Hindi), House, Noida, Uttar Pradesh, India



"Nobody has gone to find out, is there some truth in what these people have been saying. All these saints, even today, are respected but nobody wants to see what they are saying, saying within the lines. Guru Nanaka has said "Sahaja Samādhi lāgo" [You go into Samādhi spontaneously]. He has said clearly, you get it sahaj, spontaneous, but people should understand that all these rituals and all these adambars [showing off] of no value which they themselves had denounced."

2000-0417 Public Program, Income Tax Officers Meeting, New Delhi, India



"[In less than 5 months since 'Sahaja Meditation' is created in U.S.A. on 2008-0420, Shri Mataji has been told (likely around August 24) that it works better.]

[She is happy that young people are taking to Sahaja Yoga, especially in America. She mentions their new (way) of presenting Sahaja Yoga as `Sahaja Meditation'; further telling that it worked better, which pleased Her.]”

2008-0911 Visit, Villa, Genoa, Italy

