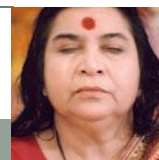


COMPREHENSIVE LIST OF QUOTES ON SHOE-BEAT TREATMENT



FROM 49 TALKS OF HER HOLINESS SHRI MATAJI NIRMALA DEVI

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"As long as we do not call a Satan as "Satan", say adharm as "adharm", say badness as "badness", till then goodness will not be awakened. You might have heard that **when people go to Mecca, there they see on the way a statue of a "Satan" and all the people from their house take their old shoes [chappal] and first they beat the "Satan" means they curse him.** Without cursing him God will not accept you and without His acceptance, you will not get anything. Whatever you may do you must have His blessings. You must have His mercy. His love must be poured on you. He is extremely merciful, compassionate, omnipotent, Lord God Almighty. But if you are committing gravest crimes and worshipping Satan who moved the wheel of adharma in world and many many of his followers are born in this world and doing his work and as long as you do not curse that Satan completely, you will not be blessed by God.

.....

But one thing is that **one should come prepared, that you have to shoe-beat Satan.** You have to recognize Satan. You have to expel Satan from your heart. And who is Satan and who is God is recognized with these "divine vibrations" only."

1975-0329 Science/Trigunatmika, Bharatiya Vidya Bhavan, Mumbai, India, (Hindi)

"Like, recently in U.K I have started my work, very slowly, I have taken very few people in my hands. I didn't want to take many people, I thought first at least to establish twenty five people who should be established in Sahaj Yoga. You will be surprised to know that those people are very great souls! They have eternal faith in Sahaja Yoga, they understand that there is no other cure except Sahaj Yoga. After reaching the final stage, Sahaj Yoga is extremely 'dynamic' thing. And if there is any program of Sahaja Yoga, then there is nothing else greater and important for them. And for hours they will be involved in it As if don't know what is this thing which came from God which is to be given to this world.... And the truth is that, 'It Is!' no doubt about it, but even after knowing this truth , I won't call it their fault but the reason for their shortcoming is that they did not get birth in Yoga Bhoomi (Land of Yoga) of India. Don't know why God gave birth to such great people on that bhoga bhoomi (Land of Materialism) and you people have got birth on this Yoga Bhoomi. That bhoga bhoomi where they have no culture. They don't even know if they have to wear sindoor (kumkum) on the forehead or on the nose. They don't know the protocols of Puja, they don't know the protocol of praying ... they have no knowledge about God. They don't know even how to sit on the ground. They don't know anything, they don't even know how to give claps while performing the 'Aarti'. And such great souls --so innate they are, so loving, they love me so much, such respect they have towards me-- that I am surprised. Whenever they walk in front of me, in fact they don't, but whenever they pass they bow and pass with their head bent down. They love me so much that anything in this whole world has no meaning for them in front of me. They have such deep feeling for me that they don't know how should they respect me, in what way. I am surprised that how they have so much understanding of all this about me. But for themselves they are so much upset, they are behind themselves with a stick. **I told them that, "you can shoe beat yourself 108 times" but they do it thrice 108 times... wherever they get chance they start shoe beating themselves. They say that we want to scold ourselves.** I did not hear from

them anything else about others individually, no complaints about anyone, nothing, but only about themselves they think and speak, and for other person they say, "He is such a nice person that I feel shame on myself in front of him". They don't look at the other person in wrong way. They just look at themselves as wrong. You will be really surprised that all the time they are behind themselves with a stick. Here (in India) I see that all the vision is outside, just opposite. Such dedication they have that when I was coming, there were tears flowing from their eyes, I tried, but their tears didn't stop. So much sahaj and simple is their feeling."

1975-1221 Public Program, Keep the attention on yourself, Bharatiya Vidya Bhavan Mumbai, India

"Now this left-hand side of the heart is concerned with your mother and with Shiva, the existence, you get your existence through your mother and Shiva and Parvati. They are your parents, both of them are your parents as far as your existence is concerned and it is such a beautiful center is your heart center. You want that somebody should yield or something **you find somebody very obstinate, well I have told you that you can beat them with shoes, do all those things, but there's a very simple way if you know how to do it, you see, just think of their [UNCLEAR], their heart and put a bandhan to that and you can do it so beautifully you can melt a person without any difficulties if you know how to handle their heart.**"

1977-0201 Heart and Omkara, London, UK

"Now she is so anxious. She is willing to come to My house, she is willing to do anything, she will throw away the photographs, **now she is beating the guru with her shoes and all.** But why make Me so miserable? Even after getting realization, getting these vibrations also people are not deep enough."

1978-0925 Public Program, Stupefied Through Ego, London, UK

"But if he's a fanatic, you **go outside and tell Muhammad to beat him nicely. He will do the job. Shoe-beating is very necessary for all fanatics. Nice shoe-beat.** But fanatics are one of the most difficult persons."

1978-1005 Talk to Sahaja Yogis, Dharma, London, UK

"Yogi: You should have seen the one [lama] who came last week. Shri Mataji: **But why do you garland them? Why don't you beat them with shoes?**"

1979-0416 Talk to Sahaja Yogis, Agnya and Lord Jesus Christ, London, UK

"Sahaja Yogini: The main thing is I've got it [UNCLEAR] **since I got the epilepsy last year disturbing [the right /of the] Agnya. Shri Mataji: Shoe-beat, all right? It's a question of this center being blocked. And when this center is blocked then that also sucks [UNCLEAR], and that spoils the Hamsa.**"

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

"You see they are enticed and hypnotized by such a person. I asked him, I said, **"Have you got this man coming to your house?" "Yes", he said. I said, "All right! Go and beat him with shoes, as we do in our Sahaja Yoga.**" And the boy got cleared out."

1979-0928 Navaratri Celebrations, 8th night, Kundalini and Kalki Shakti, Mumbai, India

“Except for the village people and the district people; most of the city people have been to some Guru or something. But despite all that, they have left everything. I have told them, ‘**you have to beat them with shoes**’; they will do everything.”

1979-1118 Talk to Sahaja Yogis, How to go beyond the ego and know yourself, Dollis Hill Ashram, London, UK

“Yogini:[italian] Mother, **what shoe-beating does to a person who is full of catches and bhoots? If we should shoe-beat a person who is full of ...? SHRI MATAJI: No, you see we should remove our interest a little bit, and give the photograph. Let them work on photograph, If they are not interested in photograph, just forget the person. You should not show interest in people who have no interested in the photograph. See that's the best way. Why unnecessarily waste your energy?**”

1979-1202 Guru Puja, The Declaration, London, UK

“**Now Mohammad Sahab has told us the methods how to get rid of these horrible gurus. You have to write the name of the guru and beat him with shoes. That's the only way you can cure.** Now, at that time nobody would say that you don't criticize, because the child is twelve-year old, suffering from leukemia, will die within one month's time. In all compassion, think of it how dangerous it is. And I should not warn? I am your Mother. I am not here for any political leadership or any sort of an election. In all compassion I am telling you that don't indulge into such things. Now this fellow, **when he got leukemia and his father told Me, I told him that you beat him with shoes. He called his father, his father also had to beat that guru. You can ask Dr. Mulay, there was no trace of leukemia, within three days he cured. But we had to work hard.**”

1980-0202 Mahakali Shakti, New Delhi, India

“And that's why, try to put your attention to yourself and feel your dignity and honor. Feel your presence that you have to have a presence and when I tell to some people, they'll say, “I know, Mother, I know I do that.” Then why do you do it? That means you are possessed. **You are a possessed person that you know this is wrong, still you are doing it. Then you are a possessed person. Then is better you beat yourself with shoes. But that stage should go now, I don't like you to beat yourself with shoes, I mean are you that, that level?** But the level is such still. And your presence is the one that should give Prasannata, is the cheerfulness to others.”

1980-0927 Talk to Sahaja Yogis, Lethargy Most Anti-God, Chelsham Road Ashram, London, UK

“There is no competition in Sahaj Yoga. Give up this idea of competition. You are brothers and sisters, you have to support each other, help each other. **Anybody is going down, try to work out. If you find somebody's going down too much beat him with shoes.**

.....

You must know there must be something within you which is keeping you out of collectivity. At this stage the best thing is to surrender and beat yourself with shoes.”

1980-1109 Diwali Puja, Hampstead, London, UK

“Everybody comes and says, “I caught it from him. I caught up from them.” I'm amazed. How can you catch up from anyone? What are you? A dainty darling or what? **Now no more it is going to be tolerated, “I caught up from that.” Go and beat yourself with shoes. You are such a dainty darling. That's what you need then. You know how to do it.** Nobody should

say, "I'm catching." Also neglect these things completely. The more your attention you pay them, the more they sit on your head. Just neglect. Go ahead."

1980-1201 Public Program, You Are Part of the Divine Being, Caxton Hall, London, UK

"That in Ashram you have to have ideal way of life. **You have Linda here she is very good and also Peter Pierce is a very good man no doubt. But he goes off because of certain problems he has had before. See? So you can beat him with shoes, not directly, indirectly, and also Linda and also Chaya, if you want.** Or like this anybody who is doing anything in the ashram is all right. **But as far as possible elders should not be beaten with shoes. You can ask somebody older than them to beat them with shoes.** But I am sure gradually they will all become responsible, sensible, and respectable."

1980-1205 Advice on Marriage and Collectivity, Chelsham Road Ashram, London, UK

"Because from your right side, you get the Grace and put down the left side. Such people who suffer from the left side should try this. **One more thing, is, that when these ideas come to you or such thoughts come to you, that you are good for nothing etc., it is better to beat yourself with shoes.** Go and sing the praise of the Lord and say that I am so happy. I have got everything around me."

1981-0311 Public Program, The Power of Brahma, New Delhi, India

"Put your hands towards me. Raise them, higher. They're shaking. Better beat yourself with shoes every morning. Sahaja Yogi: I do. Shri Mataji: Shoe-beat. Be careful, I have this little thing about you, always a worry. Somehow this is an ego problem quite a lot. Superego is much less. You have to condition yourself go on telling yourself, "Now you - sit down, keep quite and don't know this and then".

.....

If your parents are old it is for God to decide, you don't go giving them instructions. There are many parents in this country, who because of these kind of complications, have gone to the left or right side too much. They are horrid. No use quarrelling with them or fighting with them. Leave them to God. **Because you see they [parents] are hard boiled people no use spoiling your relations with them, just tell them alright, it's alright, and you'll be surprised, gradually you can bring them around by telling your friends here "why don't you give a bandhan to my father", shoe beating, everything can be done by others and that is how you are going to help each other, actually what you need is the help of each other, it's very important.** Now your left Nabis are catching, that means you are very speedy people, you are extremely speedy, you have to put down your speed, and some of you are lethargic, that's an extreme."

1981-0325 Darshan at Ashram, Part 2, 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 centre. You should really love yourself, cleanse yourself and be in the centre. Never be proud of your ego [UNCLEAR] think this is correct". **Beat yourself 108 times.** You can be very high handed and then you can have no embarrassment of what you are doing. You can be absolutely shameless. But you are a Sahaja Yogi."

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

“Should you get enamored by that or caught by that or become like that? Not at all, because you are a collective being. What is the third thing you can do? Can you tell me? With such a difficult person, what will you do with such a person? What should we do with such a person? **If there is a difficult person with us, there are some people who hate. They hate such a person if he is there, we cannot perfect, we are not supposed to perfect. Are we perfect? Then what should we do? Sahaja Yogi: We should love him even more. Shri Mataji: Yes, that's true we should love, but sometimes he may misunderstand your love. Not only that but he might become more sort of aggressive because he takes your love for granted. What should the Sahaja yogis do? Sahaja Yogis: Shoe-beat. Shri Mataji: Yes that's one of them. It's very simple, very close to you, which you forget. Sahaja Yogis : Work on him. Shri Mataji: What ... alright. But still simpler. What is it? Sahaja Yogi: Put him in bandhan. Shri Mataji: That's it, but even simpler than that. Sahaja Yogi: Ignore him. Shri Mataji: That's your human style, not Sahaja yogi style ... Ray Harris: Tell him you're not going to stand for his nonsense. Shri Mataji: That's again human, everybody does that ... What is the speciality of Sahaja yogis? Now, Gavin is using his brain. Shri Mataji laughs and says: "Use your heart." Linda: "Pray to You that everything will be all right." Shri Mataji: "That's it, that's it," she said it. "Leave it to Me," she said it. That's how Linda has achieved, so much. Leave it to Me. If you believe in Me, then don't worry, leave it to Me whatever I say, whatever I say, how to treat that person, just listen to Me. Leave to Me. If I am available you can tell Me, but leave to Me . I know everything, just leave it to Me, and it can be worked out. As simple as that. Sahaja yoga is very simple made easy, absolutely made easy, but still we trust ourselves more, isn't it, than the Divine.”**

1981-0712 Shri Krishna Puja, Increasing Collectivity, Howe, UK

“Anger. If you are an angry person, take out anger upon yourself, beat yourself nicely; best thing is to beat your face, then you are hurt a little bit so you'll remember it, to begin with. Then you beat yourself on the ground with shoes every morning. You get angry? All right - have it, have it, have it! Because this heated temperament is a big curse; is your enemy. That gives you a very great weakness against collectivity. You see, a heated man never realizes that he's an angry man and that's the base of satanic forces, because they act on you because they're angry with you; they are jealous, may be any reason - they're angry with God. The whole base is anger and hatred.”

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

“New person: All right. Shri Mataji: He has a void. Sahaja Yogini: Oh, yes. Shri Mataji: Yes. [inaudible] sick to the toilet. Oh, God. His void is very much! Sahaja Yogini: God, it's terrible! Shri Mataji: It is to be cleared out. **Sahaja Yogini: Means, Mother, that [shall I shoe-beat him]? Shri Mataji: Aaa? Sahaja Yogini: Means, Mother, that [I should shoe-beat him]? Shri Mataji: It's all right.** Sahaja Yogi: It's that the void, Mother? It's void. Shri Mataji: Yes, that's Void. Yes. Left Swadhisthan catching. Void. No, no that's it. Come along. It will work out. It's void and [unclear]. Certain points we have to work out, all right? Can you take out your belt? It will be better. And this black thread will do it better than that also. “

1982-0426 Informal Public Program, Ruth's Flat, Rome, Italy

“Yogi: We have an alternative, we can write to the government, and for... . Shri Mataji: **No, no, better give them a bandhan, no use writing. Again mental. Beat them with shoes. Your government is changing now.**”

1981-1101 Diwali Puja, Chelsham Road Ashram, London, UK

“But you must develop that, that humility within yourself, and understanding that we all have to improve, we have to be in the attention of Mother, **if She has to say something to us, we are not to feel hurt. If you feel hurt, then know that it is your ego, beat yourself with shoes, take it out, because is not good. I cannot go on pampering your ego all the time, till you're completely blasted off and then you come and tell Me, "Mother why didn't you tell me?"**”

1982-0321 Birthday Puja, Chelsham Road Ashram, London, UK

“But never give one thing which I sometimes do by mistake: never give advice; that's a very dangerous thing. **You can give bandhan; you can beat the person at his back with shoes, but never give an advice in words. That is one of the principles of Sahaja Yoga, for the time being.** Because giving advice -you know what it means - you may have a boxed nose or something. It's a very dangerous thing. So best is on that part, I would say, as far as advice is concerned, you have so many ways and methods of handling a situation. So better not speak about it; just handle it in complete silence.”

1982-1114 Diwali Puja, London, UK

“Shri Mataji: Come along. You have been with Dennis? Ursula? I can see the effect. Also when you talk you talk like him. You see, you better stop using your hands for [unclear]. **Dennis is one person you should forget. Those who have been with Dennis must beat themselves with shoes every day. That's how you get rid of it.**”

1983-0319 Talk on How To Bring Up Small Children, Lane Cove Park, Sydney, Australia

“As Mohammed Sahib has said that you have to beat the Shaitan, means the Satan, with shoes; but that has to be done not mechanically but from your heart.”

1984-0916 Shri Ekadesha Rudra Puja, Como, Italy

“You have no reason to have any temper whatsoever. No temper at all. So that is extremely important. You must remember that Krishna started with the temper, that how a person gets spoiled is through the temper. Temper not allowed. **As soon as you get into temper, go and beat yourself with shoes. That's the best way. Or if you cannot, you can go on beating there so that no temper should be allowed to come up.** Because these things will spoil Sahaja Yoga out and out. Is not allowed to have any temper whatsoever, at any cost. Except when your Mother has been ... Of course there I cannot stop it because it's too much to expect. When people abuse Me, say bad things, you get into temper, doesn't matter.”

1985-0119 Shri Krishna Puja, Proclamation of Vishwa Nirmala Dharma, Nasik, India

“The child should be attached to everyone. That's the sign of a good child. Now with your relationships with your neighbors, **you should be careful with people who are troublesome people, beat them with shoes and give them bandhans and this and that,** but those who are good people, talk to them nicely, smile at them, tell them so they will come round and you can feel a feeling of brotherliness with your neighbors. You have to be kind with your neighbors, that's very important.”

1985-0302 Talk about Children and Other Topics, Ashram, Perth, Australia

“But these people who are just on the periphery catch very much from others. So be careful not to catch. **If you catch try to beat yourself with shoes or do something to keep**

yourself all right. And everybody should work it out that way so that you are safe. If your quality improves a lot, then there will be no problem.”

1985-0614 Farewell Puja, Founex, Switzerland

“Now, how do we control our ego is very important to understand. First of all you must write your names and beat yourselves with shoes for 108 times to begin with. Secondly discipline yourself, by disciplining, get up in the morning, do your meditation, with right hand towards the photograph, left hand this way. Not to use light at all, not to use sun don't go to the sun at all.

.....

Everybody think I'm God, I'm Bramha, Shivo Ham finished, and then they quarrel among themselves, that growth, that maturity has not come. It is very shallow, the whole thing become very shallow, you become a shallow person, and you live with it. So **the first thing practical thing I'm telling you: beat yourself with shoes and "I'm not this", like that you have to start first of all, telling yourself.** If you are a seeker, a truthful seeker, an honest seeker, then I advise you this way, that you watch yourself in the mirror, and tell yourself, "now you Mr Ego XYZ, will you get out from here, I know what I am, you get out", you have to get after all this I mean, laugh at yourselves, smile at yourself, make fun of yourself. That's the best, and never feel hurt, if anybody says "you are egoistical", and then you'll say "I know, I know", if you know you are egotistical, then how do you go further?”

1985-1027 Talk to Sahaja Yogis, Ego and its consequences, New Jersey, USA

“I know of Sahaja Yogis who ill-treat their wives, in England, in Switzerland and in many places like that. To overcome this all such yogis should beat themselves with shoes themselves or ask their wives to beat them, that's what they deserve. It is a very dangerous sign because they will get immobilized and Sahaja Yoga will get a bad name. It is so imminent and I am so much worried that I would say that **Sahaja yogis, [UNCLEAR: it/if] come to know such a man, to get hold of him and give him fifty one shoes nicely on his head.”**

1985-1116 Talk, Evening before Diwali Puja, Tivoli, Italy

“Supposing she has some bad habits, she's taking drugs, all right, try to take out that part, the drug and all that, try to do whatever is possible. Give a bandhan, beat her with shoes but your attention should not be completely towards one person who's negative.”

1986-0114 Makarsankranti Puja, Rauri, India

“In the say way we have only two problems - whether left or right. If it is a left one, or the right one. **You know, the right you should beat with the shoes, that's all - finished. You don't have to go and say anything to the person, if he has right problems.** Now, if he has the left problem, what do you do? You need not to go and talk to that person, you can give a bandhan, you can burn the name, you can go and do what you like. And you need not to face the person, you need not to tell the person that 'I am helping you, I'm trying to do something for you.' That's wrong, that's ignorance. You don't have to say that. It just works, it has to work by itself. I don't tell you that I'm going to help you in any way, do I? Nothing of the kind. Wherever you are, you know I'm with you, all the time. **In the same way, this compassion will work whether you sit here or you're beating somebody with shoes so that person comes round.** So there are only two problems - one in the left, or the right. If you try to sympathize with anyone of them, you are in trouble. So best thing is not directly to help them, but indirectly.”

1987-0408 Talk to Sahaja Yogis, St. Martin's Lane Ashram, London, UK

"First time I saw these TM people, were in a hall, and they took the first chairs. First row they were sitting there. As soon as I started speaking they all started jumping like jack in the box. I was wondering, "What's the matter? Is perfectly alright? Who are these people?" I had never seen such a thing before. I was quite surprised that who are these people jumping like this one by one. Then I asked them, they said, "We do TM and we are doing siddha course." "Siddha course? Stupid people you are, that's what you are." And out of these 6 or 7 people who were jumping we could save about, I should say, two or three. So, those people who have gone to that you shouldn't worry so much about them. **But, of course, if it [TM] is gone to the government it is better to beat the government with shoes and give bandhan to the government so that they don't get entangled with it.**

.....

You can also advertise that you can look after people who are addicted to all these drugs and all that. You can relieve them. If you are allowed to do that you can advertise, get those people and if you give them realization they might be able to get over their addiction completely. There is a doctor, Dr. Wells, in London who has now become a very big **doctor in charge of a hospital of addiction. So, I said, "What do you do to them? How do you manage this addiction business?" He said, "In their absence I beat them with shoes, that's all and they are all getting rid of their addiction."** So, you can attend to those boys who are now grown up boys and are taking to drugs and things like that. They are seekers."

1987-0502 Talk to Sahaja Yogis, Evening before Sahasrara Puja, Thredbo, Australia

"You don't fight yourself. So you don't fight your ego. You must only know that it exists. You stand before the mirror and say, "Now, how do you do Mr. Ego?" Now a stupid idea comes, you say, "Oh, Mr. Ego, now don't tell me anything. I know it's all right, it's all right." So, you start detaching yourself, like you say, "All right, I forgive, I forgive, I forgive. I forgive you. You get out. You get out." **Best thing is to shoe beat yourself. Then this ego business goes away.** Now any idea comes into your head that, "This is very wrong. This should not have happened." It's all right. Forget it. Like, you see, supposing I see anything black on My sari, I won't have it there. I'll wash it off.

.....

I have to warn you people. I must warn you because he had a very bad effect on all of you, and he was a very - a person with great inertia. And I have seen that such a person, if that comes - even may not be as a leader otherwise, and has relationship with someone, then such a person doesn't go much into Sahaja. **So you have to make a deliberate effort. Beat him with shoes every day and just don't think of him, because you have to progress further. The first effect will be, that those who are new comers will see you and run away, because they'll find out. A little trace will be there of Alexander.**

.....

You all have to remember that we have to be first in Sahaja Yoga, first in vibrations, and topmost in collectivity. That's the sign. **All of you should remember this, and try to beat that Alexander with shoes, [UNCLEAR] he may get a chance to come back.**"

1987-0817 Advice to French Sahaja Yogis, Criticism, Ego, Right sided Dangers, Le Raincy Ashram, Paris, France

"So we have to humble down, we have to be resolute, at least make a resolution and thirdly we have to watch ourselves, we have to be very aware of it. It's very important and I will become very, very heavy because you know that all of you reside in My body. Normally I don't feel that

heavy. I feel that the whole head and feet and all that become very, very heavy. That all of you should beat yourselves with shoes [] before sleeping and tomorrow morning get up early in the morning.”

1987-1214 India Tour Introductory Talk, Alibag, India

“So best thing is, not to sympathize with them, but to tell them very frankly that "You are possessed, you are not aware, you are very lethargic, there's something wrong with you, you better sit down, get yourself straight." Ask them to beat themselves with shoes, ask them to sit in the water. Do what you please but see that all these people are corrected, otherwise your leadership has no meaning.”

1987-1230 Talk to Sahaja Yogis on Marriage and Nirvikalpa, Kolhapur, India

“Now we are having, say, problems in Australia. And there's somebody who is very troublesome. So, you have to see to it that you beat that person with shoes and put that right. Your leader has to tell whom to beat with the shoes. And work it out, whether it is in Australia, whether it is in America, whether it is in India, anywhere you see that there's a problem on Sahaja Yoga, there's an assault on Sahaja Yoga, all of you should put your attention to it and work it out.”

1988-0618 Seminar Talk, Introspection and Meditation, Shudy Camps, UK

“I love to see all the Sahaja Yogis enjoying music, dancing, singing because you are in another world. You have got rid of all that was nonsensical, all that is fallen off now. If it has not fallen, that means you need more maturity, you have to come up. **If you are still serious, thinking "What, this, that," then you require some more meditation, shoe-beating, all kinds of things. You have to treat yourself.** But you have to be in joy, all the time in joy. In joy you do not have unhappiness or happiness; it's just joy, absolute joy. I cannot keep Myself even serious for more than one minute, I try to be serious but it's difficult because so much joy is bubbling all the time, that I find it difficult to show that I'm not very happy or I'm angry. So I would request you to be completely lost in the ocean of joy. Give up all your conditionings, all your nonsensical ideas but just be joyous and be happy with yourself and with all the rest of the Sahaja Yogis and with me. “

1988-0710 Shri Hamsa Chakra Swamini Puja, The Power of Discretion, Grafenschau, Germany

“So that is how first pay attention to yourself. You find out what's wrong with you. Some of you might be having terrible ego. Then may be you might be having a very bad Agnya chakra. **Then you should find out, have you got Agnya chakra? This is ego. Then there's a very good remedy in Sahaja Yoga, which may look ridiculous but it's very good remedy is to beat yourselves with shoes, as they know is the beating with the shoes is called as a shoe treatment.** Now, then you have to go further. See you find yourself that your right side is hot. What you do is put your right side towards the photograph and the left side up towards the ether. The ether takes away the heat. But what actually happens is that your right side gets the vibration and the heat is pushed towards your left and passes out into the ether. Now this heat comes from too much futuristic living. Those people who are too much futuristic, they have too much heat. And too much heat has to go away, and when this heat starts going away then you are amazed how it works.”

1988-0728 Talk too Sahaja Yogis, Armonk Ashram, New Jersey, USA

“So to get rid of this ego, we have a very simple method which Mohammed Saheb has suggested, which works very well, which is that you just have to take a shoe and beat yourself nicely every time to get rid of ego.”

1988-1019 Navaratri Celebrations, 9th Night, Pune, India

“They were staying in Prathistan, in My house, **some of the Sahaja Yogis and in the morning they got up and they were shoe-beating, so My husband saw and said, “What are they doing, what are they killing?” he thought, some sort of scorpion or something.** Rajneesh died, you see, they celebrated with lots of fireworks and everything. I’m very happy about it, very happy that Rajneesh died. They were so happy in Poona and also there’s another fellow called Bhootnath who was another horrible fellow, he also died. I hope most of them finish off, it’ll be better.”

1990-0228 Talk to Sahaja Yogis, Singapore Airport, Singapore

“And actually in Sahaja Yoga nobody should be right-sided or left-sided. You're all in the center, you're all in the center. **Because certain things like shoe-beating is such an embarrassing thing, you know but you have to do it, you can't help it if you have ego.** But this all can be easily solved once you face yourself, just face yourself. But this is me, not others, not others, not others, yourself, face yourself.”

1991-0831 Talk, Evening before Shri Krishna Puja, Cabella, Italy

“Did you go to some Guru or somebody? Yogi: He was in TM. Shri Mataji: That's it. You can see. For TM is more necessary, because to get out of TM is not easy. Horrible, TM is the worst, I think. That's why I said why he is catching in the left. Left Swadisthana is - Translator: He asked, what shall he do? (Laughter) What should he do? What to do? Shri Mataji: With a TM? Yogi: He wants, what he can do now? Treatment or meditation, what does he do. Shri Mataji: He has a left Swadisthana, so he has to use the candle, no doubt. **And the TM is to be really sort of beaten up with shoes, I think something.** It's horrible. Yogi: And he is keeping still in contact. Last year he was going to America to meditate with TMs still. Shri Mataji: They are very ... they grip you like that. You see the people who have been to TM have lost their houses.

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We have a Rajiv Kumar in the government, he is a very high official, and he said that the secretary of one of the departments put all these into TM, and they are all suffering. Translator: He asked, from now on, what he should do? Yogi: He asked from now on, what he should do. Shri Mataji: **I am just telling him that he should take the left-side treatment and beat TM with shoes. Yogi: Shoe-beating, shoe-beating. And don't go to the [inaudible]. Shri Mataji: And if he has any books or anything – you should throw them away.”**

1994-0421 Talk to Sahaja Yogis, Taipei, Taiwan

“Then Mohammed Sahab thought that such strictness [Shariat] was there for men, why not we have something for women. So for women also, he said, "All right. If a woman is not moral, she should be put in the Mother Earth and should be beaten with shoes or with stones." Now imagine: What about American ladies here? It's a dangerous situation.”

1994-0929 Public Program, Think about your benevolence, Los Angeles, USA

“Even among Sikhs there's terrible disciplining. So much so that, as punishment you have to clean the shoes of all the people. I don't know if it is to beat yourself with shoes or another. But quite a lot of punishment is there.”

1996-0901 Shri Krishna Puja, Cabella, Italy

“Now, for that if you just watch and introspect **and see for yourself what ego has done to you, what wrong ideas you had about yourself. So that’s why Mohammed Sahib has said, “Beat yourself with shoes.” He didn’t know what else to tell.** Because this ego business can really burst you, your head completely, and you may land up into so many difficulties.”

1997-0316 Shivaratri Puja (English part of the talk), New Delhi, India

“Now people try to remove their ego, there’s two types, so they will go on beating themselves with shoes. All kinds of ritualistic things they do to remove their ego. But all this you do with your mind, whatever you do with your mind will give you ego only. They become ascetic, they are the greatest egoists I must say. Hitler was the greatest ascetic, with his asceticism he became Hitler. If you want to become Hitler you become ascetic. In Sahaja Yoga you are not allowed at all, all this asceticism. You have to be loving, affectionate, kind and disciplined. I must say this because when you are loving you go out of bounds sometimes because you have no discipline of Sahaja Yoga. Loving doesn’t mean that you become like Romeo and Juliet, it doesn’t mean that. You must have your balance through your discipline. If you have no discipline you can never be a good Sahaja yogi. From the life of Christ we have to learn these things - that unless and until we have these things we cannot become good Sahaja yogis.

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So for you to understand Christ, it’s all his qualities you must have. **If you are hot tempered, all right go and beat yourself with shoes, but if you’re not then you need not. You must know what you are. First of all you should introspect, accordingly you should work it out, but this ritualism is not allowed in Sahaja Yoga all the time.”**

1997-1225 Christmas Puja, Ganapatipule, India

“Yogi: The seekers take their realization in America, and they don’t stay in Sahaja Yoga. This is our problem. Shri Mataji: They don’t stay. Yogi: Yes. Shri Mataji. Shri Mataji: Why? Yogi: I don’t know Shri Mataji. Shri Mataji: It’s not complete. If they have a complete realization, they will have to come. They are not complete. Just half way. **They drink? Yogi: Yes Shri Mataji. Shri Mataji: That’s the point. After coming to Sahaja Yoga you cannot drink. And that must be the reason they don’t want to come. But you give them bandhans. And beat them with shoes.** (Shri Mataji chuckles) (Laughter) Who are those ... your mother, father? Yogi: My mother, my father, yes. My good friends – they take realization but they don’t stay as Sahaja Yogis. Shri Mataji: Because they drink. Yogi: Yes Shri Mataji. Shri Mataji: See now, all your countries have indulged into drinking. All over Europe, you see, and it’s a little fight, because for them drinking is their life. And they can’t get out of it. But we have ways. We have to give them bandhans. If you give them bandhans, all of you put together, then they cannot run away. Bandhan has to be given. All of you should give bandhan. That’s how they have worked out in India.”

2007-1017 Navaratri Celebrations, 6th night, Sydney, Australia