

Quotes from Shri Mataji Nirmala Devi

Founder of Sahaja Yoga Meditation



Meditation

“Only in meditation you are in present and you grow in your spirituality.”

1993 – March 21, Delhi, India

Clean Heart

“If your heart is clean, you can see the other person clearly through and through. Innocence is such a powerful thing.”

1981 – August 2, Dorset, England

Faith

“You have to have complete faith in yourself and that your Self is nothing but innocence.”

2001 – September 22, Cabella, Italy

Wisdom

“Wisdom is a thing that gives you, first of all, complete peace. If your wisdom is developed then you become very peaceful because whatever people may say, whatever they may do, whatever aggression they may do, whatever it is, you are peaceful. And you see the stupidity of the other person, of the other nations and you understand why they are doing it. This wisdom is such an important thing in human beings.”

1998 – September 27, Cabella, Italy

Balance

“The one who has balance is the man who is dharmic, who is in the center.”

1992 – February 9, Perth, Australia

Divine Joy

“Sahaja Yoga is a very subtler happening within us. It's a very subtler happening and this subtler happening gives you sensitivity to Divine joy.”

1988 – January 3, Ganapatipule, India

Love

“The most dynamic power in this world is that of love.”

1973 – August 28, Mumbai, India

Time Is Our Slave

“So when we start thinking of time & time & time, we have to understand that time is our slave. We are not slaves of the time. There are thousand and one stories I can tell you how, by delaying in a place, by getting late in a place, by not caring for the time, I have seen such beautiful manifestations, such beautiful dramas – the art of the divine power – that I was amazed how people worry so much about the time.”

1994 – March 21, Calcutta, India

Innocence

“You have to have complete faith in yourself and that your Self is nothing but innocence.”

2001 – September 22, Cabella, Italy

Desireless

“When you're desireless you are happy because you are never disappointed, you are never nervous. So to be desireless doesn't mean that you become something absurd or ascetic or anything like that, but not to expect something.”

1991 – August 4, Deinze Belgium

Love

“You may be very great, you might be very intelligent, you may be earning lots of money, whatever it is. It's not so important. What is the most important thing is that you are loved.”

2002 – March 23, Delhi, India

Witness Yourself

“You have to develop that peace of mind within yourself by which you can become the witness of yourself first. You should be able to witness yourself and see what are the things, which are putting you down.”

1995 – June 4, Cabella, Italy

Thoughtless Awareness

“In thoughtless awareness nobody can touch you, that's your fortress.”

1984 – September 16, Italy

Wise

“Wisdom is not apparent outside. You can't say somebody is wise by looking at that person, but in vibrations you will know that that person is extremely wise. He may speak, he may not speak. If he speaks he'll speak about something so deep, so wise and so nice without hurting you. This kind of a temperament, if you develop, is to become wise for every question.”

1998 – September 27, Cabella, Italy

Pure Love

“Everybody must love and a pure love will change your lives. It will change the whole world.”

2002 – March 23, Delhi, India

Needs

“I need this, I need that, I need that. We should know what other people need.”

1999 – March 21, Delhi, India