

Finding Balance



“We have reached a stage of understanding
the beauty of balance in life.”

About Balance

Sahaja Yoga Meditation introduces us to thoughtless awareness.

Being in the present moment allows us to go beyond thought.
In an increasingly busy, modern world, for most people this is a unique time.

It's a peaceful time when we can actually stop thinking.
Thinking about what is *going* to happen, or what has *already* happened.

We can inwardly breathe a sigh of relief and simply enjoy being in
the silence of *now*, experiencing true meditation.

To find our central path, we need to be aware of our own subtle inner balance.

This might be something that we have never really considered.
To help understand what can affect this balance, following is a selection of
quotes, relating to many different aspects of balance and the importance
of establishing and maintaining it in our life.

These quotes are extracts from some of Shri Mataji's thousands of talks,
freely given across the world, about her remarkable meditation technique.



Sahaja Yoga Meditation Australia, 2013

FINDING BALANCE AND PEACE WITH SAHAJA MEDITATION

The peace within

“People talk of peace, ‘We should have peace’. How can you have peace? It’s not possible, is an impossible situation. You see, we think by thinking, by organising, by manipulating, we’ll have peace. You cannot. You cannot have peace that way. How will you have peace? When the peace is established on your attention. When your attention is peaceful, when we are absolutely without any thoughts, then the peace resides.”

Thinking

“Thought is incapable of keeping your attention in balance.”

Fix the gravity point by clearing the attention

“...when the balance is complete that time we say this is the gravity point. In the same way your attention should hold your gravity point in complete balance. So the first thing is that you should be balanced. But a balanced person is not a fixed person. He is not rigid. But an imbalanced person is a person who runs here, there, there.”

Insight

“In this state, you are a witness of everything. You are absolutely peaceful; you are in the centre, where you know the absolute truth.”

Thoughtless awareness

“When you stand in the present, you become thoughtlessly aware. And this state is the first state you achieve, and this is the state where you become absolutely peaceful within yourself. The peace is so great that you enjoy your peaceful existence. Not only that, but you become the source of peace. Wherever you go, you emit peace.”



BALANCE IN EVERYDAY LIFE

How to sit for meditation

“Please sit very comfortably; that's very important. There should be no strain on a particular part of the body. For example when you are sitting sometimes your feet might feel little bit numbed down, you can change the posture. You need not carry on with any extreme effort or any discomfort to yourself. That's first thing you must remember. Moreover some of the people go into tense postures also by stretching their hands too straight or sometimes going very straight or pushing their head behind. Sometimes they bend their heads also bit too much also. Sit very comfortably with both the hands on your lap in a very comfortable way. There should be nothing extreme to be done from outside.”

Not overdoing things: maryadas (boundaries)

“Now, you notice in the nature it's so matching, you know. Nothing gross, nothing loud. It's so beautiful; this is red but it has green to match it. This Mother Earth knows everything, She understands everything, She does everything, but what do we do for Mother Earth? Is to run after artificial things, machinery, this thing; and now a new thing has come, is computer. It's all right if you want to write letters to someone, but otherwise it's quite maddening, you know. And this computer will make our brain absolutely zero. We'll be paralysed, we won't be able to think $2 + 2$. So, anything that you want to use also, should have its maryadas. Don't go beyond it.

If you take to swimming, you'll go on swimming till you get sick. If you are horse riding, you'll go on horse riding till you fall down. You see, this is also a kind of a life which has no maryadas - like greed has no maryadas. That's how also this kind of nonsense, 'I am only fond of this, I am only fond of this.' You are a human being, you should never say like that. On the contrary you should say 'I must learn this. I must know this. What is this all about?'"



BALANCE IN EVERYDAY LIFE

Depth

“So with this attention being absolutely stationed on a balance, you start seeing the superficiality and you start discarding the superficiality. You immediately see that this is superficial, there's nothing in it and then the attention only accepts whatever is deep.”

Energy

“If you lead a good, healthy life, you have to exercise and meditate. If you meditate you become peaceful. With that peace, you'll be amazed, you'll have so much of energy.”

Mastering a new skill

“When a new driver starts learning, he first of all puts the brake, sometimes he puts jerkily the accelerator, and he learns that he is making mistakes. And then he comes to a balance. That is what it should be, that we should have a balanced life. In our day-to-day life we live unbalanced. We cannot have a car with only two wheels on one side. We have to have four wheels on both the sides.”

Understanding purpose

“It gives you a balance, it gives you wisdom by which you see what is your job, why are you on this earth, why this energy has come to you.”

Awakening the inner subtle system

“But then as a result of your realisation, you become a balanced person; take things easily, in the right perspective.”



CORRECTING ENERGY IMBALANCES

Becoming centred

“Human nature is such that we go always to extremes. So in Sahaja Yoga, you yourself understand how to come to balance. And you love to do that, because then you can enjoy the cool breeze, and you can enjoy the joy within yourself.”

Avoiding problems

“If you go to the left or to the right you jump into the extremes, into the problems, and you create problems. So we have to keep everybody in the centre.”

Imbalances of either side

“Now, if you have this left-side problem, then the problems attack you in the sense that you feel depressed, you feel very unhappy, you feel as if the whole world is going to be collapsing on you, and you are extremely receded from life - you become recluses with this left side. But with the right side, you are riding a very fast horse, we have to say, in a way that the people who are, say, very dominating type, extremely dominating...” “And this kind of a thing, when it comes in you, this ego-orientation, is more dangerous, because you harm others and you are not aware of it. So both the things are harmful to you; you have to lead a life of a balance in the centre.”

Innate wisdom

“We cannot be one-sided in ordinary life, we cannot be one-sided in ordinary life. Supposing we have one leg, we can't stand for long time. A car cannot go on one wheel like this in an angle, does it? Even on the bicycle, you have to balance. This balance comes from wisdom that you have.”

Kundalini: the energy within the sacrum bone

“It's very simple, especially if you are simple people, if you are in balance. If you are a little imbalance, the kundalini puts you into balances and you get it.”



THE ROLE OF WISDOM

Centred between feeling and thought

“...wisdom is the balance between his emotionality and rationality, in the centre, between his heart and his mind. It is a centre somewhere there, in the central or you say in the fulcrum. So if you are too much on the emotionality or too much on the rationality you have to move further into the centre and balance it. Then only you are in wisdom and that is how you are guided by wisdom.”

Watch and witness how the ego spoils things

“On the contrary if you have the wisdom, if you have that peace, if you have that special temperament of enjoying everything in life and also the collective temperament, it will work out.”

Equilibrium: our maturity, balance, capacity

“We have reached a stage of understanding the beauty of balance in life. We are trying to stabilise ourselves, and the insecurity is working out.”

Fights, differences, power problems

“If they could just meditate they will know that they are all one, there's no difference at all.”

Wisdom from the base energy centre (Mooladhara chakra)

“Now this centre has a power to give us wisdom. Now wisdom is such a, such a word that cannot be explained. Wisdom is the balance between your understanding of what is good and what is bad. Where you really understand what is good for you, for your spirit, is wisdom; and when this centre is alive and is not destroyed then you really know what is wisdom is.”



THE NEED FOR BALANCE

Seekers keep to the central path of balance

“They immediately realise that they are going to extremes, turn their mind from the extreme to the centre and keep the balance and once this balance is established in a seeker he starts seeking beyond.”

Why live in a balanced way?

“Because you have to rise. Say an aeroplane is not balanced, how will it rise? But supposing it is only balanced and never rises, what's the use of making an aeroplane?”

Is it important?

“One may say, why is this balance needed? And this is an important question which we should be able to answer all the people who ask us. Without the balance you cannot ascend. If you cannot ascend, what's the use of our becoming human beings?”

Inner change

“You develop your own sensitivity inside to your own peace. You become extremely peaceful and that peaceful nature of yours will bring forth the future of a new age where there won't be any wars.” “Your attention becomes innocent and very effective. Wherever you pay attention it works. Your powers are great, which you do not know. And also the knowledge, which is a pure knowledge within you, that starts manifesting.”

Affecting Nature

“Now this ecological problem can be solved as soon as human beings get transformed and develop their balances. Because we are imbalanced, that's why the nature has gone into imbalance.”



THE NEED FOR BALANCE

The space between thoughts

“You are amazed at it but the experience is very peaceful. You feel extremely relaxed, and the eyes start sparkling. As a result of this happening the first thing happens to you that you become peaceful. Absolutely. How? See actually we are thinking; all the time our thoughts rise fall, rise fall. In between these thoughts there's a little space. When we are thinking we are thinking about the future or about the past, not about the present, we cannot think. So when this kundalini rises then these thoughts get elongated, and this space increases, and that's the place where you become thoughtlessly aware. You are aware but you are thoughtless. That's the place, where you are in the present, and you are peaceful.”

Introspection

“When a person starts developing wisdom he understands that, ‘I’m going to extremes in everything’.”

Enlightenment

“Reality lies in the central path.”

Qualities to develop: a heart like an ocean

“A last, most important thing is that you cannot make a drama out of it. It has to be a reality. See, by standing like a big, imposing person, you do not become that. On the contrary people will think you are mad. It should be from within that you should develop that dignity within yourself, that poise, that balance, that understanding, within yourself. A kindly poise, a beautiful personality, benevolent but standing above everyone else by his gravity, depth, gentlemanliness, generosity, proper bearing, neatness, cleanliness, above all, love, heart like an ocean, most forgiving.”



A UNITED WORLD

East West connection - the source is the spirit

“Western civilisation is like the tree outside, and the Eastern understanding of the spirit is like your roots. So there is a continuity. I mean, I cannot separate one from another; you need the tree and a tree needs the roots also. Roots must have the tree, you cannot do without it, so both things are complementary to each other. But when there is an imbalance, like a tree grows too much beyond, and it doesn't reach its source, then there could be a destruction. And that's exactly what has happened in the West, that you have overdeveloped yourself, and that overdevelopment has led you to a problem, because you exhausted the Mother Earth, exhausted your energies, exhausted your brains. Everything is at an exhaustion point. So now it's better to get to the roots. So when you get to the roots you find, you have not reached the source. And where is the source? Source lies within yourself, in the human being himself, and that source is to be found out.”

Beyond limits

“Only when we cross the limits of our human personality and become one with each other, automatically the peace comes. This is what one has to achieve. No arguments, no payments, nothing needed. Only this kundalini has to rise.”

Single drops form an ocean

“Now by knowing absolute truth you understand each other much more. That means a collective consciousness, a new dimension in your awareness. You can feel others on your finger tips and if you know how to correct your centres you can help them. The microcosm becomes the macrocosm.”

Development

“Establish yourselves, balance and grow. Grow into great people.”



A UNITED WORLD

Becoming aware of the 'whole': collective consciousness

“Those who are very much futuristic and of that kind get another type of trouble of a very active heart and a very active liver. They suffer from over activity and they go in a circle and they can't stop it. So to compensate it then they take to alcoholism or all kinds of things which are left-sided. And the left-sided take to violence and all kinds of nonsensical things - just to balance. The whole world is today filled with violence. We all talk of peace but there is no peace within. We have created atom bombs to kill each other; no animal has done such a thing. How can we get over the war situation unless and until there is peace within us? But when you get collectively conscious you know we are all part and parcel of one personality.”

Compassion

“The compassion is, actually unites all these things within ourselves. That's the uniting factor. First is your attention, first, which is very, very important, I think. And the second one is your intellect, or you can say your mind, and the third one is your heart. They all get somehow or other united together once you have this capacity to have compassion.”

Individuality

“When it is on the tree you'll be surprised, that one leaf cannot tally with another leaf in the whole world. Such an individual thing it is. It is, I would say unity in diversity, complete unity in diversity. Because that is the variety, is the one that gives beauty to this world.”

The world as one

“But one must understand the balance. One must treat this world as one and see how you can help each other. This is one body, one organism.”



A NEW AWARENESS: “VIBRATIONS”

Subtle knowledge

“There are ways and methods by which you can raise your kundalini or you can give yourself a balance just by movement of your hands. These few things you have to learn. And the decoding of the fingertips, what do these fingertips and these seven centres represent, that is to be known, that's all. But this knowledge becomes part and parcel of you because it is already there! Like this room is in darkness; as soon as put on the light the whole thing becomes part and parcel of the room because it was already there.”

Nourishing the subtle system

“Like when you maintain a plant, if you do not give it water, it will die. If you give it too much water, it will die. So the wisdom lies in understanding how much water should be given to the plant, so that it comes up at its best. Now this wisdom has to be achieved through your vibratory awareness.”

Truth

“You have to know the truth, not mentally, but on your central nervous system, on your fingertips.”

Connection

“So when this kundalini rises through these centres it brings them back to normal, to the balance, integrates them one with another and connects them with the ‘mains’ from where the energy flows inside.”

The experience

“Now is the time to ascend. ... And you start feeling the cool breeze coming out of your head. You feel the cool breeze even in your hand.”

**For information on Shri Mataji, Sahaja Yoga meditation
or our FREE classes at locations throughout Australia:**

freemeditation.com.au