

The Fourth Dimension and the Parasympathetic

... The fourth dimension that they speak about. What do they mean by that? They call that a transcendental state. But what is it? They cannot describe it.

Supposing somebody has a low heart-beat, low pulse-rate, or has a low consumption of oxygen or anything. That's not a transcendental state because you are still in a state where your attention is on your body. So it is not transcendental. You have to 'trans' - transcendental means you have to jump on to the parasympathetic.

You see, we have four dimensions, you can say. One is the dimension of the left sympathetic, another is of the right sympathetic. Then we have got the central nervous system, which is our conscious mind, and the fourth one is the parasympathetic. In Sahaja Yoga we jump onto the parasympathetic - means, your attention starts controlling the Parasympathetic Nervous System.

Now, how do we prove it, that we become the fourth dimension?

First thing is, the person who becomes the controller of the parasympathetic becomes the auto. He can do things. He can do things, like he can tell that another person is suffering on these centres, without going to any laboratory, without going to any medical check-up, on the fingertips. So the person who becomes the fourth dimension, he becomes the auto, which is the Autonomous Nervous System, you see, the auto part of it. He controls the parasympathetic.

Now, when he controls the parasympathetic, he controls the supply to all the centres through certain movements, through certain kinds of technique. For example, some person is suffering from a disease of the heart. Now, a normal person who does not have this fourth dimension will not know that he is suffering from some heart trouble. He will have no idea. He will never feel his heart or anything till he suddenly gets the attack and then he dies. But at the very onset of it a person who is in the fourth dimension, that is a realised soul, can feel that something is going wrong with his heart. Also he knows how to cure himself, the technique of curing himself. Also he knows that he is the source of the medicines that he has to give, is a vital thing.

So this is the fourth dimension - is a great potential, becoming a kinetic force, like an egg becoming a bird. So the egg, we can see the egg has no way of flying out, but a bird can. There's a tremendous difference between an egg and a bird. So such a person who gets realisation and gets established is no more a person who can be tested with these machines and all that, because these machines deal only with the physical side.

But it is he who can test. Even a child who is a realised soul can test another person. You don't use any machine for that. He becomes the one who diagnoses, he becomes the one who cures, he becomes the person who can soothe. Not only that on physical level. But somebody who is emotionally disturbed, then such a person knows precisely which centre is disturbed. He also knows how to put that centre right. You do not have to go to the lunatic asylum to get cured but a person who has fourth dimension can cure that person of that sickness, because he precisely knows where the trouble is and how to put it right.

So all the diseases which are only physical can be cured, which are psychosomatic can be cured, the combination of both can be cured. Any combination of these things can be cured by a person who is an established Sahaja Yogi.

But in case a disease has gone so far that it is irreparable, or something artificial has been introduced in the body, as they put steel sticks and all that, then Sahaja Yoga does not work on dead things, it works on living. If the organ is still living, it can work out, but if it is not living, then it does not work out.

It works out on 80% of people. But the 20% of people on whom it cannot work out are the people who do not have the basic foundation to be a human being. They are like animals. Their attitudes are like animals, even worse than animals...

A person who is an alcoholic can be cured of alcohol but a person who is cheating himself, cheating other people, is cruel to others or say a person like Hitler, he cannot exist. He has gone beyond that state, to where we cannot cure him. We can cure animals, we can cure human beings but not people who are abnormal. There is no word for that but satanic people. So that's how it does not work out in some people...

So, because it is a fourth dimension, we cannot take medical science as a vehicle to express everything because this is higher than that. But in many ways we can show medically that people have been cured of asthma, of cancer, of leukaemia, of everything, through the vehicle of Parasympathetic Nervous System, which doctors cannot handle. Because they have their own limitation, they cannot jump onto the Parasympathetic Nervous System and that is why they cannot cure a patient who has problems of parasympathetic...

In medical science, people will even treat Hitler. There is no discrimination. But as you grow higher and higher, even in evolution, you become more discreet. At this stage you cannot treat a person who is a hypocrite, or who is a cruel man, or who is aggressive to others, or who is practising methods to subvert people, as we have many gurus who take money and destroy many people, just for money's sake. Such people cannot go to fourth dimension. Why should they talk about the fourth dimension?

Such people have to be something so extraordinary that they become righteous, virtuous, compassionate and very dynamic people. They have the greatest quality, is of compassion, which though we accept in our ordinary life, in medical science we do not accept. But on what basis is medical science? Is based on compassion. So you become the compassion. This is the point, is to be seen. When we talk of the fourth dimension, we talk of the 'beyond' and when we talk of the beyond, we have to project our mind, to see what we expect ourselves to be when we become something of the beyond. Are you going to be the same mean, aggressive, complicated human being? Or are we going to be something like a saint?

So this projection is to be brought into the minds of the doctors. Unless and until they project their mind to that extent, to see that if we have to be at a higher position - we have to accept that we have to be better people.

Now Sahaja Yoga is the synthesis of all the three powers that are within us. The first is the physical power, second is the emotional power and third is the evolutionary power. You become the synthesis of all these three powers. It's not the analysis but medical science is the analysis. So it just analyses physical side, goes on analysing, so that you have one doctor for one eye and another doctor for another eye. But a doctor has to understand that there is no solution for many problems that we have. They have to raise their eyes higher, to see that there must be something missing that we have to look for.

Of course, medical science is very important because once you get your realisation, even you may not be a doctor, and you become an established Sahaja Yogi, you can cure people. But with medical science you can prove that it has been cured. So medical science also has its own purpose and the

basis of medical science, that is the compassion, is now expressed through the human being, who now becomes the embodiment of compassion.

It's not poetry, it's not some sort of an abstract thing but is a happening of evolution that has to take place. And this is the last breakthrough, about which many people, scientists and also doctors, we can say psychologists, have talked about, though they are not taken seriously. So now there is time for us to think seriously about it and to know that we are not only this body, mind and ego but we are something beyond. That is the fourth dimension and what are we there?

We are the auto and the auto is called as Self. Unless and until you project your mind higher and do not get contented with what discoveries you have made, on a physical gross level, you cannot see the point of Sahaja Yoga. And what is there to argue about when Sahaja Yoga is curing people? Why do you argue? Why don't you see how it is curing? Supposing a doctor is practising and people go and argue with him "How do you cure?" You will tell them, "What do you mean, I'm not supposed to tell that, but I do cure."

Now, you have a certificate, say from a medical college or somewhere, so you think you are a doctor. But supposing somebody has a certificate from the Divine itself, then why not see? Why not keep your eyes open like a scientist? Why close them by whatever you have known so far? Why to make a barrier from the scientific research you have done? Why not be a research student in Sahaja Yoga also and see for yourself that you really achieve that state. You have to become that state...

Moreover, to be only all right in health is not sufficient. One must also see that point. One should not be so much attached to the body, because supposing you have all wrestlers or boxers in this country - now take a position like that - then what will happen? As it is we have too many of them. Now what we need are the saints, not physically over healthy people, who will try to boss over others, but people who are saints, who help without charging any money, without any aggression, out of compassion, effortlessly, those who are suffering.

But there is another barrier, which must be told very frankly, that when you become a Sahaja Yogi, the vital forces of a new dimension start pouring, effortlessly and you do not charge any money for that. You enjoy your own compassion, compassion that is the basis of medical science. So that state, maybe doctors may not like to have it. But there are many, many people who cannot be cured by Sahaja Yoga and they can come to doctors, so doctors should not have fears about it.

How many people can be helped by Sahaja Yoga, cannot be said. But those who come to Sahaja Yoga can be helped. So it should be at least accepted as a higher type of redemption, or a curing power, which must be accepted. And those who can be cured by that must be given a chance. There should be no barrier about it.

Question: What is this parasympathetic in fact? If it's described in the medical science as a thing which balances, brings everything back into balance?

Shri Mataji: It depends on - it is actually the evolutionary process. You see, parasympathetic works at different levels of our evolution. Say, at the stage where you are the matter, it organises you in the periodic table. Who does that organisation? It is parasympathetic. Then, when you rise higher, as an animal, then it gives you the understanding of eating food, seeking food, by which animals seek food. Then, as it rises higher, it gives you another feeling, of protection. You seek protection. Animals also seek protection. That is how the evolution goes on, by giving these feelings within us. Or we can say, as the parasympathetic starts manifesting higher and higher, the seeking starts becoming higher and higher.

Then it comes up to the human stage, where people seek food, protection. Then when they achieve that, they seek money, they seek possessions, they seek the possession of other people, you see, sometimes called as love. Seek all kinds of such things but still their seeking is not finished. Still they are seeking. Then the same parasympathetic creates an urge within us, that we have to seek something higher. This last feeling, after the human stage, is to be manifested and for that there is a residual force placed within us, called as the Kundalini, which is actually the power of desire within us, which has manifested everything but it is still residual because it has not yet manifested itself, because this is the power of desire to be one with that Divine vital force. And that's why it rests in the sacrum bone, sacrum meaning sacred. So people knew about it and then when this force rises through the various centres and pierces through the fontanelle bone area, you actually get the cool breeze coming out of your head.

For that you do not need any medical science, any laboratory. Just put your hand on top of such a person and you get the cool breeze coming out of such a person. Not only that, but that person himself feels that cool breeze coming out of his head and after some time he feels it coming out of his own hands. Then he tries to use and when he uses that, he finds that this is the power that works out all the cures. So, one has to realise and accept that at the state of the human level you cannot achieve the fourth dimension. You have to become something more.

And this is the thing which the people who want to cheat you for money have used, that what you become is a possessed person. They brainwash you. You become a different person. They put some possessions into you. You become possessed and you think that you have already been something different. But to be different is not the point. To be higher is to be seen and higher means the one who has full control over himself, who is completely relaxed, who is at peace, who is compassion and who is a higher personality.

Anybody who is physically fit is by no chance a very evolved person, or who has got the fourth dimension. On the contrary, they also come to me and ask me: "Mother give us peace." ...

[These extracts contain a few slight modifications, made to improve clarity. They are based on a transcript published in India in 1985. The text has not been checked against any audio or video recording of the original speech.]