

SPECIFICATION

Part I (1947–1954)

Some striking incidents	...	19
The bereaved mother	...	22
"Death means changing one's apparel"	...	24
Death defeated	...	26
Luminous <i>prasada</i>	...	27
An example for yoga	...	29
Blows of fate are God's grace	...	29
Awakening	...	30
"Desire must be for God only"	...	31
"God is the one Beloved"	...	33
How to find peace	...	34
"Everything is in reality complete"	...	35
Faith	...	37
The importance of right guidance	...	39
Ma returning from a journey	...	40
Saving the life of plants	...	41
The weight of a flower	...	41
Mataji and children	...	42
"Never let your mouth be empty"	...	43
"Go to your real home"	...	44
"Sit under a tree"	...	45
"The remembrance of God is like a flame"	...	46
Guru and disciple	...	47
Advice to an English <i>sādhaka</i>	...	50
On <i>praṇāma</i>	...	52
"There is only ONE"	...	55
Birthday celebrations in Punjab in 1951 & 1952	...	57

"For God everything is possible" ...	63
Mataji stages a play ...	64
"Don't be swayed by blame or praise" ...	67
On anger ...	68, 71, 144
Real listening and real darshan ...	68
On faith ...	69
<i>Ajapa</i> ...	70
"Think of God" ...	70
"Knowledge should not be sold" ...	71
Various points of view ...	73
How to get Self-realization ...	75, 78
"Try to see Krishna in everyone" ...	76
What is <i>Maya</i> ? ...	76
Why self-surrender is necessary ...	78
On karma ...	79
Prayer always has an effect ...	80
Practical advice ...	81

Part II—Satsang in Solan, May–June 1955

On the Importance of Right Education ...	85
On Truthfulness ...	86
On Purity ...	88
On Suffering ...	90
On Prayer ...	91
On Clothing ...	92
On Food ...	94
On the Use and Misuse of Psychic Powers ...	96
On Alms and Hospitality ...	97
On Sleep ...	99
On Real Love and Attraction through Delusion ...	100
On the Right Attitude towards our Deceased ...	102

On Renunciation	...	103
Three Parables :		
An Earthen Jar Tells its Story	...	107
The Clever Merchant	...	108
The Precious Necklace	...	109

Part III (1956–1963)

"Everyone has his own way"	...	113
"When you give everything you get everything"	...	113
"Learn from trees and plants"	...	114
"The most natural thing"	...	115
Discussion with Dutch psychologists	...	115
Questions of general interest	...	117
Mataji talks about Bhaiji	...	123
Mourning the dead obstructs their progress	...	124
Spiritualistic seances are dangerous	...	126
Conversation with an Irish journalist	...	127
Advice to a desperate seeker	...	131
Animal sacrifice mean sacrifice of man's animal nature	...	132
The purpose of puja	...	133
On yogic posture	...	133
Inner and outer light	...	134
"Peace and happiness are found in God, never in the world"	...	135
"Seek God for His own sake"	...	136
Parable of the empty cupboard	...	138
How does the remembrance of God come ?	...	139
How much freedom has man ?	...	139
"By adversity God destroys adversity"	...	141
The living presence in the Name	...	142
"Become fearless !"	...	142

Sustained effort must succeed	...	143
Desire and Divine Will	...	143
How does the love of God come ?	...	146
Instructions to <i>sādhikas</i>	...	147
On the conduct of a seeker	...	148
"God can be found everywhere"	...	150
"A householder may compromise"	...	151
"Keep your mind on God"	...	152
On meditation	...	153
The virtue of holy places	...	154
On the cure of illness	...	155
Story of a bhakta	...	156
Suffering cleanses	...	157
Parable of the dhobi's donkeys	...	158
"Happiness and misery are of the mind"	...	159
What is the difference between prayer and meditation ?	...	161
The importance of what one thinks at the moment of death	...	163
Food influences the mind	...	164
On bereavement	...	165
"One who can be wedded to God has fulfilled the purpose of life"	...	166
"Who truly seeks God will find Him"	...	167
" <i>Prāṇama</i> is done to God alone"	...	169
The garb of a <i>sannyāsi</i>	...	169
Discussions with <i>sādhakas</i>	...	170
Fate will have its way	...	173
On suicide, murder, sati and death	...	176
The efficacy of <i>prasada</i>	...	178
Advice to ashramites	...	179
Discussion with a Roman Catholic priest	...	181
Mataji's Methods	...	185