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Interviews With the Masters

June 2001

Volume 1 Issue 12

Interview With Jerry Mayfield Sahaja Yoga

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I have been doing Sahaja Yoga Meditation since 1983. This yoga meditation has been of tremendous help and benefit to many people all over the world.

It has been documented by medical doctors and psychologists. Our teacher, Her Holiness Shri Mataji Nirmala Devi, has received many honors and awards for herefforts and teachings and for having help so many people without taking a penny for all the work. She has been nominated for the Nobel Peace Prize twice and was also awarded the prestigious Einstein Award in St. Petersburg, Russia for her medical and spiritual teachings of Sahaja Yoga.

Our yoga awakens the Kundalini and one achieves self-realization with this awakening. When the Kundalini is truly awakened easily and effortlessly, it enlightens the chakras and human beings can heal, balance and correct themselves through meditation and doing simple cleansing techniques using the elements (which are free!). Our yoga is being practiced in over 85 countries. People have cured themselves of emotional and physical problems. I was one of these people.

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Eighteen years ago I had a very bad liver, was smoking and had such an imbalanced life. I was joyless and did not know what my purpose in life was. I met Shri Mataji, got my realization. I started meditating and foot soaking and learned how to balance my chakras and channels with the Kundalini. In four days I felt like a new woman.

There are many who have had the same experiences. Diabetes, one of the diseases mentioned in your article that I just received, is easily curable. In diabetes, there is too

much thinking involved and the person's digestive system, mainly the pancreas and the spleen, become overworked, drained of energy, and the result is diabetes. This is only one of the many things that Shri Mataji teaches and her teachings of Sahaja Yoga have helped thousands and thousands of people.

I hope hear from you and please let me know what you think about what I have written. I would like to share Sahaja Yoga Meditation with your readers and customers. If you are interested, please e-mail me and I can provide you with much interesting information that can help all your readers if they are seekers in this modern world.

We had to follow up and do the interview. At that point we were referred to Mr. Jerry Mayfield a Yogi practicing and teaching Sahaja Yoga. His perspective, and openness are very interesting reading. Below is the interview. It was conducted from November 2000 - May 2001.

Allen: Jerry, can you tell me a little about your background so our readers have a frame of reference?

Jerry: I'm 34, originally from the Midwest and I've been living in New York almost four years. On December 30th my wife and I will celebrate our one year anniversary. I work as an office administrator for a web design company and I've been practicing Sahaja Yoga <http://www.sahajayoga.org> for 3 and 1/2 years.

Allen: Where did Sahaja Yoga originate?

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Jerry: Kundalini has been known about by various cultures throughout the ages. In Bolivia there are drawings on cave walls depicting the chakras and channels. Though it was known about, the people didn't know how to raise the Kundalini. The master/disciple relationship evolved for those very few who were seeking the truth so ardently that they willingly renounced worldly life in its pursuit. Sahaja Yoga is a gift of H.H. Shri Mataji Nirmala Devi in these modern times as human beings have evolved to a stage where Kundalini can now be awakened en-mass.

Shri Mataji was born completely self-realized and knew in her youth, as did her parents, that She had taken birth specifically to guide this modern age, in all its confusion and corruption, to a tangible understanding of Spirit. Recognizing Nirmala's unique gifts, Gandhi invited the family to live with him in his ashram where he consulted Her on the protocol of morning prayers in regards to the chakras. Her father arranged for Her to attend medical school in order for Her to gain an understanding of the psychological and biological make-up of human beings. Although Her studies were interrupted during India's fight for freedom under British rule, the education provided a general medical and scientific vocabulary and gave Her an opportunity to examine what prevented human beings from getting their self-realization en-mass. In India She was able to awaken the kundalinis of two women and in 1970, after raising two daughters, began Sahaja Yoga in England where Her husband was stationed with the United Nations.

Leading up to this was a trip to America where Shri Mataji saw so many seekers lost on drugs and in the clutches of false gurus who had come to the West to make money. Shocked and saddened She returned to India. She spent a night meditating on the sea shore and in the early morning hours experienced the opening of the cosmic Sahasrara chakra which began emitting paramchaitania (vibrations of the all pervading power of God's love). Since then Shri Mataji (who is recognized around the world as the Holy Mother) began traveling from country to country giving en-masse self-realization to anyone who desired it.

Allen: Jerry, how did you get interested in Yoga?

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Jerry: Looking back now I realize that I was always a seeker, but I didn't really know what it was I was seeking. There was just the feeling that something was missing and, like so many others, I got lost along the way and experimented with drugs in my mid twenties. At the same time I started reading a little bit of Eastern philosophy. Flipping through the Tao Te Ching I remember thinking, "I don't understand this now, but some day I will" and knowing that when I'd reached my early thirties everything would be okay. Then in my late twenties my seeking intensified. I was reading a lot, so much so that I became what Shri Mataji refers to as "a library confused," because mental or intellectual knowledge is not absolute knowledge, which is beyond the mind, but we'll get to that later. I did know from the reading that I needed a Master or Spiritual Guide. Around this time a lot of "so called" coincidences were occurring so I began to ask what I assumed must be a Universal Consciousness to provide me with a teacher. I'd been in New York less than two months when I was walking on 7th Avenue and found

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Last modified: August 15, 2001*