

MAYA

There are different forms of Maya. They are all related to attachment.
The deepest attachment is to a memory.
If something happens to something I am attached to I think it is happening to me.
Emotion is energy in motion. The underlying cause is always ego.
An emotion cannot last. We eventually return to our natural state of being and become centred again. Everyone is addicted to their emotions.

Maya is our background thoughts which are obstructive, destructive and not creative.
The ego has a desire to be visible in front of others and over and above others, even to the detriment of others.

To identify Maya and her different forms, go into silence and into the actor playing the part and ask Baba.

The tools to overcome Maya, I need to go into my pure form and use Baba as my companion.

In battling with Maya I feel stressed.

You can make effort if it is fun and filled with love then its not battling.

Maya's different forms:

I made a mistake and therefore am no good.

I hurt someone and therefore am not worthy.

I am doomed to have the same part every kalpa.

When I disconnect from my original truth I become weak. I believe Maya is an entity

If I feel have to battle with Maya I am giving life to something that doesn't exist.

You don't 'have maya', you 'come under the influence of illusion'.

How do I sort out that which is not? I stay with what is – in a state of truth.

Stay in truth. For that I need a clear and clean intellect.

Catching and touching power is reduced when I have negative thoughts of others.

Keep focused on that which you are.

Maya – I have a powerful surge of emotional stuff that feels weakening.

I ask where did it come from? Why and how can I fix it?

This is battling, trying to analyse it. I also resort to comfort eating, diversions, watching tv etc.

I just need to sit and be.

Maya – I feel it in my body as restlessness and disturbance.

Maya is the wrong pattern of thinking which automatically switches on. If I don't interrupt it, the action is the same and the habit is the same.

I observe how the thoughts come and I talk to them. I can then choose the right thought as an action and create a new habit.

Maya starts with body consciousness and thoughts come from that.

I can identify Maya through the discomfort of the body.

In soul consciousness the body is at ease, no rush no 'have to', there is stillness stability, quietness.

Maya can be fun if I win, but I am not comfortable if Maya wins.

I need to be patient and kind with myself and keep going back to my truth.

Is Maya the same as Ego? Yes because it is not our truth. Ego is layers upon layers of illusions I have created about myself.

How do you identify Maya and her different forms? Use the mirror of knowledge, Baba's wisdom, and be aware of feelings because they inform us whether we are working with truth or illusion.

What are Maya's different forms and the remedies?

Guilt – Forgiveness

Fear – Courage

Carelessness- Attention

Laziness – Enthusiasm

Apathy –Creativity

Blame – Accepting, Each one is playing their own part, Taking self responsibility

Criticism – See the best

Hopelessness - Love of self and others

Doubt – Faith and Trust

Comparison – Self respect, we are all unique, everyone is playing their part.

How do you overcome Maya - what tools do you use? Keep paying attention. Use Baba's murli (God's truth). Be patient. Be humble, be respectful. Be in the awareness of your truth your own natural state re instate yourself on your throne re instate your self respect. Go back to basics I am a soul, I am a peaceful soul. Let go, forgive, be with the almighty authority, use God, Give Him your burdens. create newness, draw energy from God, see everyone's beauty and understand they have their own part. Reassure self and remind self of attainments form Babe. Remember the days of your childhood. Be kind and loving to self because you are worthy. See how Baba sees you.

When Baba says "Battling with Maya" what does it mean for you? I can see it in a positive way in that we are Spiritual warriors (not worriers) and we have all the weapons from Baba. The sword of knowledge and the Armour of yoga. The Battle with Maya is different from battling with Maya. We are battling with the illusion.

We are Victorious Warriors. If I am battling with Maya it means that I have come under an illusion. I am being influenced by what I am not rather than what I am.

The negative or waste thoughts are real, the consequences are real but they are born of an illusion. When I think the illusion is real then I battle with Maya.