

# International Sahasrara Day 2021

*Question to Shri Mataji:* Is there a particular advice to keep the Sahasrara open?

*Shri Mataji:* No, I can answer this question now. It's very simple, as I have told you, that the deity of Sahasrara is sitting before you... that the deity of Sahasrara is the Mahamaya... that try not to understand Her through your reasoning and imagination, but by surrendering absolutely to it you keep your Sahasrara open. In case you still find it is still closed, you have to ask forgiveness from the deity - that "if we have by mistake... made any mistakes, so please forgive us". That's all.

*Advice the day after Mahasahasrara Puja, France 1984*

