

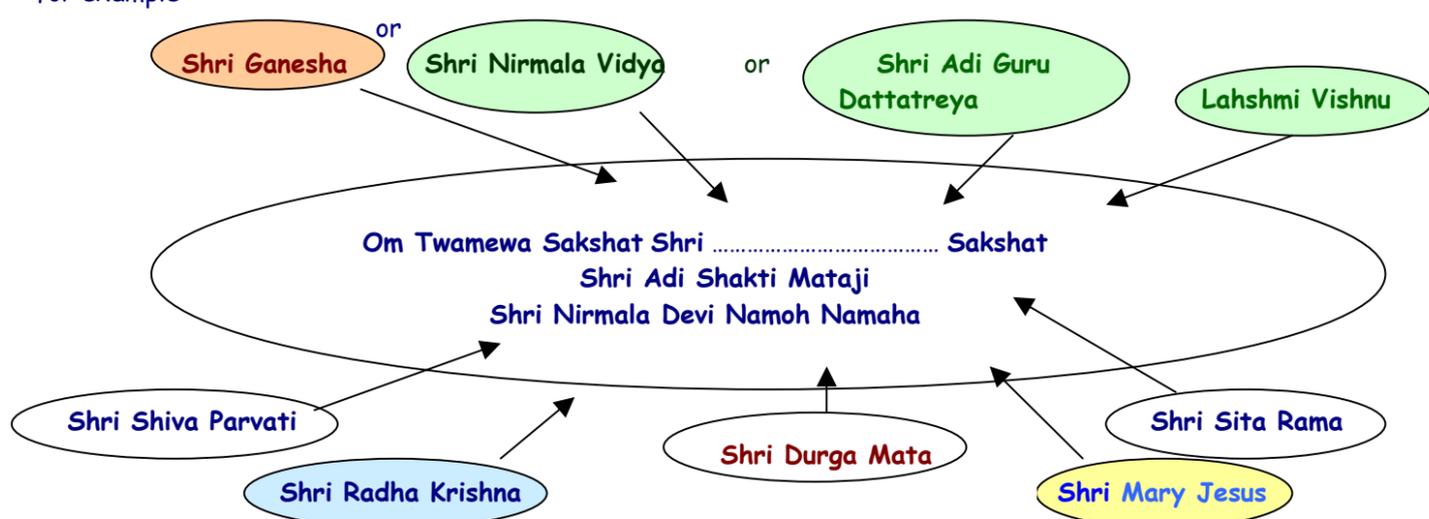
an ABC of SAHAJA YOGA for NEWCOMERS - 020

So here we are once more, after quite a long time with a return to the ABC series of notes for Newcomers. The task of overhauling & rebuilding the Sahajvidya Website is now completed, & we hope that you all are enjoying the upgraded version. To continue where we left off with more on 'Collectivity' & also on Left & Right, plus, some on Yuva Shakti and also part 2 on Mantras in Sahaja Yoga.

Mantras for the Chakras

To help raise the Kundalini, and to correct any problems on the chakras, we can invoke the different aspects of the Divine (the Deities) which govern each chakra, as follows:

for example:



In the space indicated above, we add the name of the Deity related to the chakra we wish to clear... e.g. 'Shri Ganesha' for the Mooladhara chakra, or 'Nirmala Vidya' for the Left Swadisthan... etc.

Note: There are of course very many possible Mantras that we can use, not just the ones shown here. Those that have been used here are those that have been actually mentioned in the Recorded Talks (given by Shri Mataji), which have been researched for the construction of this web site. So they may be regarded as Authorised Basic Mantras using the Deity Names provided by Shri Mataji Herself.

Collectivity

The basis of collectivity... the foundation of collectivity is very deep... and the deep understanding can only tell you that the basis of collectivity is **Detached Love** ... love is the only way... is not possible to have collectivity unless and until you have detached love; So today actually with all this theme that I am talking about collectivity, which is the blessing of Shri Krishna & that his essence was Madhuria... is the sweetness... & Radha who was his energy, was known for Ahlada Dayini, means the one who is joy giving (890709)

Collectivity is not to 'force' people to come to Sahaja Yoga... once they come to Sahaja Yoga they will know the joy of life... and you don't have to tell them anything... nothing has to be told... just... silently it will work... and they will feel your love... you see love is something so great... it not only helps others... it also helps you (970823.1)

Not to be collective, itself is a negativity (890617.1); Collectivity is the beginning of Sahaja Yoga - Sahaja Yoga is not meant for individuals (801116)

The tongue is first of all... for saying things which are sweet and beautiful... let us find out what sweet things we are going to say to people... not expressing 'our' views, like 'I like it... I like that' or 'I want that', but on the contrary... 'do you like this'... 'would you enjoy this'... so the language should be directed towards others... showing interest and concern. The voice should be melodious, and the language should be controlled. If we can control our tongue, 80% of collectivity we will achieve (850502)

Those people who live in the ashrams are better off always than the people who live alone... always... they will always have better results than the people who live alone. Maybe they live alone because they want to have a little private life... but their privacy is not going to help them at all... the more you live together... reside together... enjoy together... there will be greater chances of your advancement... the more you will try to make yourself private... or try to get out of it... whatever explanation you may give... God understands very well... and there's a big problem for you. You should enjoy more the company of Sahaja Yogis, than your own private company in the dingy room of yours. That is one thing you can judge yourself... the judgement is your own (860823)

Left Side

The left or moon channel (tha in Hatha yoga); Left sympathetic nervous system, having the power of desire, operating through our emotions. Beyond is the Subconscious, and then the Collective Subconscious (811005); Is the side which is cool, and needs heat (800517.2); The side of our emotions, the past, our conditionings, the superego. In Indian tradition, is the side of Tamoguna (840313); Blue in colour becoming black; Becomes frozen (800526); The side of our existence power, but which can also destroy (781115); The side of darkness, and the past, the Tamoguna (800517.2)

It is the side of our conditionings, attachments, and habits. These problems can be destroyed by Shri Bhairava, who controls this channel, and also can be cured by putting left hand to the Photo, and the right hand on Mother Earth (890806)

Fumes from the activity on the left side collect in the balloon of superego, which together with those from the right side collected in the ego, cause us to be cut off or separated, from the main (790616)

Attachment to anti-God people can give serious problems, such as Leukaemia, nervous troubles, cancer, heart attacks etc. (840313)

Those who have left hand problems... means who have left side problems... should raise their right... all of you (800721); The right side subtle system raised and taken over to the left side, by movement of the right hand, to bring system into balance (830121), and done if we are feeling sleepy, or lazy... then put Right to Left 7 times, with the Right hand, whilst watching Mother, or it can be done also with the Photo (821101)

Right Side

Right side or Sun channel (811005), which works for our physical & intellectual activities (MME); The right side sympathetic nervous system, the power of action, that acts through the 5 elements (810928); Yellow in colour becoming golden, orange & then red; Becomes heated up, aggressive (800526); Is the side which is hot & needs cooling down (800517.2); The side of the Supraconscious (820711); The side of creativity, & of thinking (781115); In Indian tradition, is the Rajoguna... The side of our mental & physical activity, the future, our planning, the ego (840313)

Fumes from the activity on the right side collect in the balloon of ego, which together with those from the left side collected in the superego, cause us to be cut off or separated, from the main (790616)

To get into 'balance' from the right side, we do so not with the left side, but by getting into the centre, by developing the witness state. We indulge into work in thoughtless awareness, saying 'I am not doing it' (800517.2)

Yuva Shakti

A subsidiary movement of Sahaja Yoga, which is meant for the young people in Sahaja Yoga, so that they can correspond, and have a rapport, and try to understand each other. No doubt we must care for our young people, and look after them, and give them their due respect... and they must know their duties towards Sahaja Yoga (880104)

So once again we salute you all with very best wishes in Sahaja Yoga. And a final reminder that in Sahaja Yoga it is the attention we put into "Putting it all into practice that really bears fruits" not so much the talking about it, but the practicing of it all... in actuality. Jai Shri Mataji