

Kingston Sahaja Yoga Meeting
Teaching the 'Sahaja Yoga' style of enlightened living
Fridays from 12 noon to 2 pm, weekly

Issue 4

Entry & Tuition entirely free. on the 3rd floor, John Lewis store

This week we will be looking at how we all can quite easily start to find out what is happening within ourselves, and also possibly understand what may be the cause and how also to maybe work it out, that we can start to address the problem, and start to correct it, with a view to progressing in our further evolution to a higher, more evolved state of our being. That may seem quite a mouthful... so what it really means is that there are often fairly straight forward and simple reasons why we may be having some of these issues, which if we understand them & if we can deal with them, we stand a much better chance of being able to overcome them and to rising above them.

So again to continue where we left off last week, we shall start once again with the Shri Ganesha Mantra.

Om Twamewa Sakshat Shri Ganesha Sakshat Shri Adi Shakti MATAJI Shri Nirmala Devi Namoh Namaha
or to start off with, more simply:

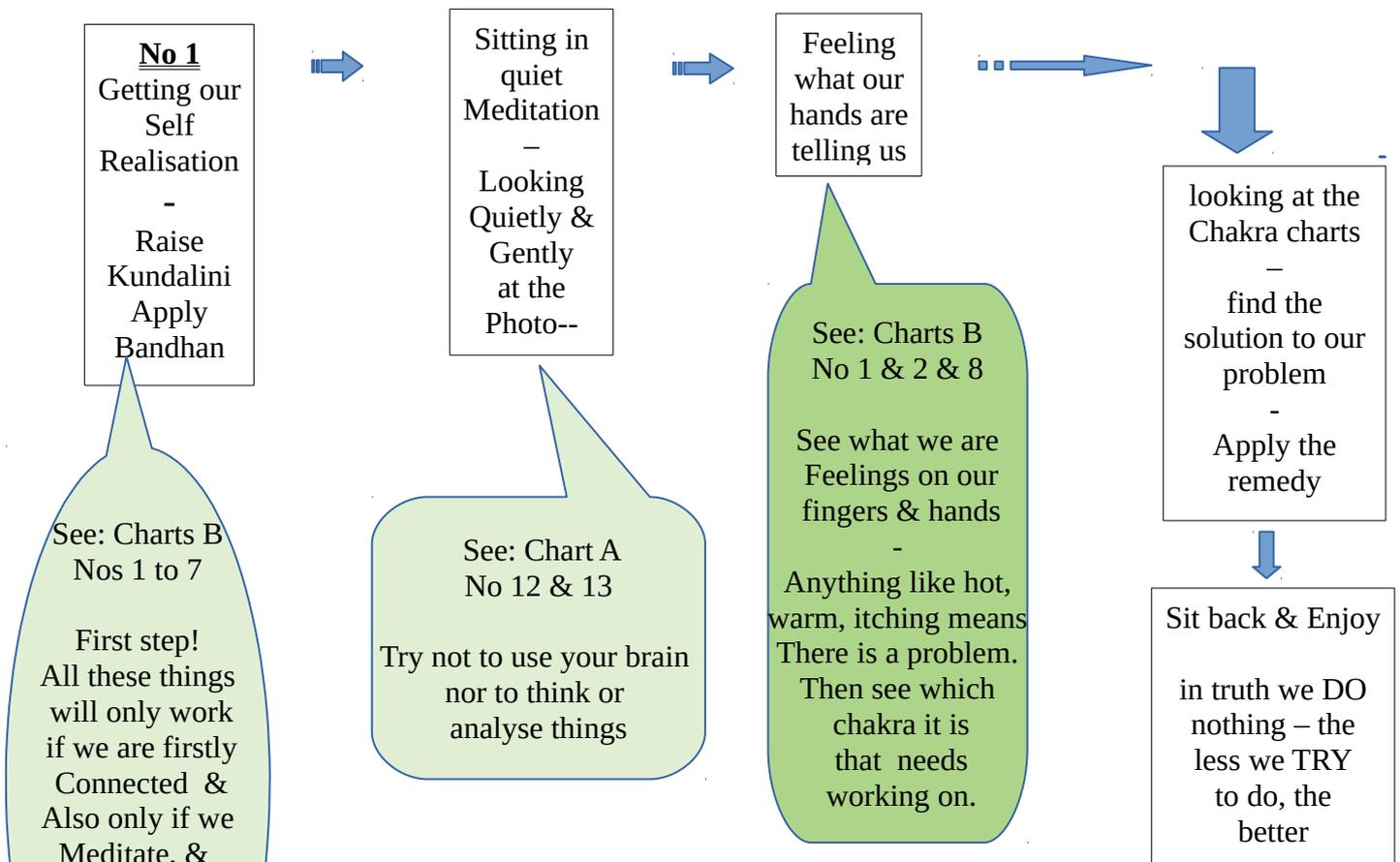
Om Shri Ganesha Namaha

Did you feel the cool vibrations?

Now we do not want to try to run before we can walk, so to take things really gently and in proper order we will stand a much better chance of achieving our ultimate success.

Now here we need to once again go to the online Web Site: "www.sahajavidya.org.uk/jsmsy" which we hopefully have bookmarked on our desktop. Then find the 'Quick Access Links' and click on 'ABC' and there look at the column on the right of the screen for the Kingston Meeting notes.

Then once again we need to go to the "Charts" link in the Quick Access Bar for all of the following instructions.



One final tip – go to 'Quick Access Links' & click on 'Mp3's' then select 'Meditation' and last of all, choose the first clip, "EFFORTLESSNESS" How to meditate – then listen & re-listen, again & again. To be repeated daily, morning and evening for a SHORT TIME. We will find it becomes easier and easier, and also more & more enjoyable.

Wishing you all the very best with your meditations
And Jai Shri Mataji Nirmala Devi