



Diseases & Remedies

Health Advice
by H.H. Shri Mataji Nirmala Devi



NIRMALA MEDIA



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Die Beiträge in diesem Buch wurden aus den aufgezeichneten Gesprächen von Shri Mataji Nirmala Devi gesammelt. / All contributions in this book have been selected from recordings of Shri Mataji Nirmala Devi.

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Disclaimer:

This booklet is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regime. Never disregard professional medical advice or delay in seeking it because of information you have read in this booklet.

The treatments described work on a subtle level and are based on experience and partially on Ayurvedic traditions. These methods cannot always be proved effective by the academic medicine of today.

In case of pain, ailments, mental or psychic problems appearing during a treatment, it should be terminated; in case of need a physician should be consulted.



On the Occasion of Sahasrara Day 2022

“You have to keep the temple of God healthy and happy.” Shri Mataji’s words emphasize the ancient message of integration of all aspects of existence, but here is a decisive difference. She has actually enabled the seekers ‘to know Thy Self’, that is to experience and enjoy the spiritual reality.

By granting the experience of Self-realisation a quantum jump in our awareness is made possible, giving rise to thoughtless awareness – the meditative witness state. We are able to feel love flowing through our hearts and perceive the all-pervading energy. The latter is referred to as ‘vibratory awareness’ or simply ‘vibrations’, in order to attune ancient vocabulary to a modern global language.

Why is this important for matters of health? Sahaja Yoga, Shri Mataji’s method of en-masse Self-realisation, gives us an added ‘sixth sense’ in the detection, understanding and tackling of imbalances and shortcomings in our mental, emotional and physical beings. Naturally, keen medical doctors have systematically tested the claim on a scientific basis and with outstanding success. The information presented here has not been ‘learned’ but is innate knowledge coming from direct experience. Following Shri Mataji’s words, the content of this book can be compared to reading a recipe – it is not the medicine itself. The medicine is to develop the state of meditation, the inner yoga. In other words, the methods described are ‘state-specific’, they work only after Self-realisation.

It is seen as good practice to give a brief explanation of the nature of Shri Mataji’s recorded talks. Many of them used for this publication occurred in a very informal setting, for example in hands-on workshops, living room conversations, medical discussions and live media interviews. There She dealt with immediate health issues, intellectual inquiries and spiritual needs of the people around Her and encouraged them to practice on the spot what they had just learned. All in all, these recordings are the opposite of a typical structured academic lecture like the one Shri Mataji gave at the Fourth World Conference on Women in Beijing 1995.

The transcription process has tried to achieve a balance between preserving some of the lively and spontaneous atmosphere and the readability of the spoken word. Any editing has been fully in line with the recommendations/guidance Shri Mataji gave on this subject in Sheffield, UK.

We are wholeheartedly grateful to Shri Mataji for giving us the knowledge to succeed in making our bodies a fitting abode for our spiritual ascent to the Spirit. The application of wisdom presented here is for the benefit of humanity and has been given freely by Shri Mataji.

This is Her legacy.

Jai Shri Mataji



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Basics



"This side needs beat. This side needs cooling. This is the basics."

The Experience

Till the Kundalini has not broken the *brahmarandbra*, you cannot feel the cool breeze. ... It is absolutely spontaneous. If your heart is clean it will break, if your heart is strong it will break, but if you have a weak heart it will not break. If you are suffering from a heart trouble, it will not break.

1983-02-04 New Delhi, India

You have to get your vibrations in your hands to begin with. Some people who have had problems with their hands, because of previous life or some sort of a thing, they feel their *chakras* in their own places. Then after some time, you will start feeling your *chakras* in your brain. After that you need not feel the *chakras* at all. You just say, "This is it". Finished!

1983-02-02 New Delhi, India

How do you feel vibrations? When do you feel vibrations? How do you lose vibrations? What happens? All those things are just within yourself.

Of course, after some time, we might be able to say what behavioural changes one should take. But you can find out yourself, if you want to find out – what is right and what is wrong and what is to be done to keep up the vibrations.

But vibrations are, in one way, extremely charitable, very charitable things. Even if you do a little wrong, they may not disappear that moment, but you will get a feeling within yourself that this is wrong. After some time you will find, it will show that you have no vibrations and you would not know that you have no vibrations! So, the first principle of *sahaj dharma*, or what you call *Vishwa Nirmala Dharma*, is that you should be able to keep up your vibrations going as they are or increase them or improve on their sensitivity. The more sensitive you are, the better you are. If the sensitivity is lacking then one must say that Sahaja Yoga has failed in you so far, and you have to work it out.

1985-08-06 London, UK

I will tell you a simple thing: This left hand is 'minus', and this [right hand] is 'plus'. Whatever you do with the left hand, you suck in. Whatever you do with the right hand, you give out. ...

This [left] side needs heat. This [right] side needs cooling. This is the basics. If something wrong with this [right] side, you have to give it the cool. If something wrong this [left] side, you have to give it the heat.

1980-05-17.2 Old Alresford, UK

As an example, if you want to correct a liver which is overheated, you put the left hand on the liver, and the right hand outside. You are taking the heat from the liver and giving it out with the right hand.

1980-05-17.2 Old Alresford, UK

Depending on the quality of your centers, the *chakras*, they are the ones who really are the channels for the energy of God to flow in. Regarding them, you have to be careful, how your *chakras* are. Are you clean or not? Some of you will find a cool breeze flowing all right in the hand, but maybe, one *chakra* is catching. On one *chakra* you will feel the heat, or you may feel the numbness. You might feel also a kind of a, we can say, tingling on certain fingers.

Wherever there is tingling, you must know there is a kind of a struggle going on between those *chakras* and the *Kundalini*. You should just try to help your *chakras*, to awaken them. Also, you must know that every one of you is part and parcel of the whole. You are awakened now; you are awakened to that part and so you have to be more careful.

1983-03-20 Sydney, Australia

The right side is heat, it is the *Surya Nadi*. When you have problem of *Surya Nadi* ... to neutralize it, you have to use something else [than fire].

You can take the name of Chandra and you will cool down. If the left side is catching, then you have to take the name of *Surya*.

1980-05-17.2 Old Alresford, UK

For the right-sidedness, you can use the Mother Earth. Mother Earth is the best, or water and salt. Water and salt are very good for people who are suffering from over-activity.

Now how do you do it? It is good for both [left- and right-sided], but specially for them [on the right side]. You have to put both the hands first towards the photograph and put both the feet in the water, with a bit of salt.

If you are feeling the vibrations coming in both the hands, equally the same, it is all right, you do not have to worry. But supposing, one hand is more, and one hand is less [sensitive]? The hand that is less has to go towards the photograph and the other one has to go out.

And you will be amazed. You will feel within yourself these balloons [of ego and superego] moving; ... you are getting relaxed.

1983-03-20 Sydney, Australia

For people who suffer from Ego, the best thing is to put your hands into the ice, the right hand maybe. ...

For people who suffer from Super Ego, a little bit of burning your hand in the candle may help, just try.

Either you are a 'frozen' personality, or you are a 'heated' personality, you are not in the center. If you are a frozen personality, better melt it a little bit. But do not burn it to have blisters! Just a little bit, try to see – the sensitivity will improve.

1982-11-26 London, UK

Some things like clay is cool, it should be used for the right side, for the liver. ... There are many things which in effect are heat, they are good for the left side. For example, you can use light and the sun. But for the right side you use water or ice.

Gradually you will know everything. Because you have got your *Kundalini* in your head, it will give you all the light and you know all the knowledge.

1991-08-24 Moscow, Russia

Liver

How do we know which one [liver] is cold and which one is lethargic?

On vibrations you will know. There are symptoms connected with liver. 'Cold' must be an enlarged liver, and 'hot' is contracted. For the liver, best is to look after the one which is heated up, because it creates all the problems.

If it is enlarged, also you can reduce it by eating something like *chana*. ... But not [food] which can enlarge it, like rice can enlarge, then carbohydrates.

Also, what you have is milk, ... milk gives you heat. There are so many things we take, which can enlarge the thing [liver]. People who eat too much of sugar – that can enlarge it, because you give sugar for a hot liver. Sugar we [only] give for a hot liver as a treatment.

2000-09-01 London, UK

This liver has a special capacity to extract all the poisons from the body as heat. And the heat in the body is to be conveyed to the blood and that has to be taken out of the body, maybe as perspiration or in other forms.

But what happens when this liver is out of gear? It cannot pass this heat into the blood stream and the heat remains in the body and you become heated up. That makes all these problems for you.

Those people who have a bad liver feel a little heat when the *Kundalini* rises.

1982-05-14 Brighton, UK

Some of you might start feeling hot in the hands. If so, you can just throw it away. Those who are feeling the left hand hot should put your right hand on the heart. Those who are feeling hot in the right hand, then you put your left hand on the liver, just below the ribs and right hand towards me.

1979-05-24 London, UK

Liver trouble is another thing, you yourself do not feel. Others know you are liverish, the way you are hot tempered, fussy and snarl at people. You are never satisfied with anything and you criticise others. All this is liverish. Such liverish people are never happy with themselves.

The liver looks after your attention and those who have liver problems, their attention is horrid. Their eyes are going this way, that way. Their attention is wobbly.

1982-05-14 Brighton, UK

A person who thinks too much, plans too much and thinks he is responsible for the whole world affairs, in this myth develops his ego to a great extent. He uses his right-side *Swadhisthan* too much by which his left side suffers too much and then he develops all the problems of the left side in the organs.

First of all, the *Swadhisthan* cannot look after the liver, so he develops a [hot] liver. The liver gives us the ego part. *Lakshmana* looks after the liver and destroys the ego.

1986-12-23 Nashik, India

Food

Any kind of food you eat has to be suitable for your temperament, your *prakriti*. It has to be suitable.

Supposing you are a very right-sided person, then it is better for you to take more to carbohydrates. But if you are a left-sided person, then is better for you to take to proteins. There is no hard and fast rule about it. It has to be complementary to your nature. That is how we decide. Every individual has a different temperament, and accordingly, we have to decide what sort of food one should take.

1990-03-16 Sydney, Australia

All these things are meant either for the right side or for the left side, even food. They have left- or right- [side] effects. Say, the sour fruits, we can call them the citrus fruit, like this (Shri Mataji points to a type of plums; ed.), they are for the right side.

1991-08-24 Moscow, Russia

Right-sided people should have more carbohydrates, while the vegetarians should take more proteins, but not animals which are bigger than you. If they do not like meat take to other proteins, because proteins are very important.

1982-11-26 London, UK

If you want to reduce the activity of the [hot] liver, then you take sugar or carbohydrates. . . . If you do not have protein in your food, the liver will become lethargic, weak and lethargic.

1982-10-13 London, UK

Right-sided people should take to foods which are left-sided, that is carbohydrates — means they should become partly vegetarians, or quite a lot vegetarian — and should eat things at the most like chicken, but neither fish nor seafoods, because they are all hot.

1983-01-21 Vaitbarna, India

You have to take carbohydrates to neutralize that heat. If you do not like sugar, eat rice.

1981-10-18 Santa Cruz, CA, USA

We should not eat food immediately from the oven; sizzling food you should not eat. Let your juices flow out to digest it and then eat it, otherwise you will burn your tongue or palate. Best is to keep a tepid understanding of food, like water should not be very hot, food should not be very hot.

After eating ice, they will have something hot suddenly, after that, or before . . . that is the worst of all.

1982-01-25 Lonavala, India

After taking anything fried you should not take water or after eating fruit you should not take water. You can take a biscuit or bread, something like that to dry up your throat, and then you can take water. Sauces are very important for use with food to prevent drying of the membranes of the throat.

1984-10-05 London, UK

Vegetarians can be very left-sided. They eat too much rice. It is just carbohydrates, is all starch and vegetables, potatoes. All these things cause lethargy to the left side.

Dr. Rustom: Protein digestion starts up in the stomach and then it carries on in the smaller intestines.

Shri Mataji continues: . . . and liver. That is the food for liver, no doubt. Though it does not take part in the digestion, it uses the carbohydrates in the body. The liver is the only organ in the body that can burn fat. It transforms it. Also, it removes the poison.

Now, if you take the cirrhosis case in India, it is because of the eating habits. You will always find the vegetarians are eating nothing than starch, rice, potatoes. If you eat too much of these things, the liver then will be starved. If you give sugar to the liver, then also the liver will become lethargic.

1982-10-13 London, UK

If you do not have protein in your food, the liver will become lethargic and weak. When it becomes weak then you get cirrhosis.

1982-10-13 London, UK

Science

Treatment according to personality and temperament. They are not bothered; they do not understand these things. They just experiment, medical science is such a new science. Whatever we have in our country [of India] is through the experimenting side. And secondly, we built all our discovery on the experimentation on human beings as such and on basics like *trigunatmika* and *triguna*. All the medicines are based on that.

The same approach was in the western culture. But they could not go very far with it. They gave it up and they started a more symptom-wise [approach]. Whatever are your symptoms, the symptoms are to be cured. But you do not take the whole into account.

That means there are three types of people and they have three problems. They are treated accordingly. Then the balance is brought in.

For example, the person who is a Sahaja Yogini becomes a thin person. And the person who is on the left side becomes a fatter person. And the central one is the one who has more of gas.

You do not have that gas system? And when the permutations and combinations of these go out of balance, any imbalance is not good for health. It is not how you look. You hear from everybody, 'if he looks bony, then he is healthy'.

But in India, maybe a bony person is a tubercular patient. Or a fat person is unhealthy, but maybe the fat person may ascend. Maybe the person is having the *sattwa guna*. In India, [any assessment] is done according to the personality and the person's temperament. All these things have to be taken into account.

Say, a man who will do too much of mental work – they will prescribe a diet which will consist of more carbohydrate. They are not bothered about how you look, because nobody is going to become a cinema actor. So many inches of waist and so many inches of neck and all that – it is very outside.

A woman has to be left-sided. She has to be fatter, much fatter than man. She has to bear children. Even in animal kingdom if you see, all the females have lots of fat. They have to have fat because they have to sustain the child – they have to work for the child. If you find a western girl, she is so thin, and she has children, she has to do household work and all that. Then she becomes crazy. That is why she cannot love her children, because she becomes crazy. There is no stored energy.

And the tensions are so great in the west, too many tensions for nothing at all, it is very artificial.

1984-09-06 Vienna, Austria

Sahaja Yoga gives you the complete picture of the totality of consciousness. As you grow higher and higher in Sahaja Yoga you yourself understand and can work out this great system.

First, we have to accept that we are not only this human body; we are neither emotions, nor are we ego and conditionings, but we are the pure Spirit. One other thing that we have to understand, that there is an all-pervading power of Love which does all this living work of creating flowers, fruits and making us human beings.

Of course, in science they do not talk of love but even the doctors have to love the patients, otherwise they cannot dedicate themselves.

First the doctor has to become the Spirit. He has to feel the cool vibrations on his head which are the fruit of this all-pervading power of love. This is the instrument which you have to use, first of all for cleansing yourself and for cleansing others.

In the medical terminology we can say that the parasympathetic system is looked after by the central channel and the left and right [sympathetic nervous system] are looked after by two more channels [of *Ida* and *Pingala Nadi*].

1990-07-02 Moscow, Russia

We have to be discreet; we have to understand who needs what. Everybody does not need to take vegetarian food. Everybody does not need to take non-vegetarian food. It is the *prakriti* they call it, the nature of a person. You must find out what is the nature of the person.

If he is suffering from high blood pressure and things like that, he has to take to food which will give him another 'side' – means he should stop eating meat and similar things. So, he balances himself.

The whole food theory is to be understood through the understanding of your being first of all, what sort of a being you are, and what is lacking in you is to be supplemented.

We just cannot say, like so many people and doctors do now, "cut down your sugar", in general. It is absurd. Sugar is very important for the liver. If you do not take sugar, I do not know what will happen to you. You will become like sticks, absolutely like sticks.

If those people who are right-sided do not take sugar at all, I do not know what is going to happen to them. They will be very irritable, hot-tempered, absolutely stick-like people. ...

What is the science behind it? Carbohydrates are very important for the body, especially if you are thinking too much, if you are a futuristic person. If you are right-sided, it is absolutely essential that you must have sufficient carbohydrates. We have treated so many liver patients with sugar. ...

I must say that doctors should not feel hurt but is a very general statement doctors make. ...

Now you all should stop sugars? Why? Our forefathers ate sugar. They were healthier people than us, I tell you.

1983-03-08 Melbourne, Australia

In Western science there is nothing for cooling. In Ayurveda they have some things, not many, but we have. So, they go on heating up – and heated up and heated up, even the brain gets heated up, everybody gets heated up ... even the nerves get heated up ... and you have no strength left to fight any illness. ...

But medical studies help you a lot to understand the physical help of Sahaja Yoga. You do not have to go for diagnosis, when the patient dies half-way when he is diagnosed by the time.

The best is to diagnose a person on your fingers, which is absolute knowledge, absolute.

1995-08-02 Bucharest, Romania



Diseases & Remedies from A – Z



“My preparation is that I first give you Realisation. . . . Now your preparation should be to use this awareness all the time.”

Aids

A simple thing I had requested you all, is to put some *ghee* in the nose, which is a very simple thing but is very important. You all suffer from a very bad *Hamsa* [*Chakra*], and one of the things that is a symptom in an AIDS case is a bad *Hamsa*. You will be vulnerable to AIDS – and a small thing like that is not observed.

1987-05-03 Thredbo, Australia

It is caused by the copper in the blood. ... This virus is carried by the copper in the body. If you can neutralize the copper in the body through some gold – in India, we have methods of making gold soluble. Maybe this copper can be covered with that gold and can become untarnishable and this virus can be thrown out of the body. But after that one has to lead a saintly life, that is the problem.

1987-05-06 Sydney, Australia

“You have to be moral” – they think we are fundamentalist or something like that. But it is a fundamental thing that we have to be moral people.

1989-06-17 Vancouver, Canada

You will be surprised that in the disease called AIDS, it is the Center Heart [*Chakra*], which is out.

1989-08-01 London, UK

Allergies

Now the left-sided people are mostly people, who do not take sufficient proteins, have lethargic organs, by which you can develop angina on the heart, you can develop liver [problems] and can give you all kinds of skin troubles, like allergies.

1984-03-13 New Delhi, India

For cold liver, you see, you have to take calcium for allergies.

1984-05-08 Charles de Gaulle Airport, France

Geru is also for the left side, meaning a calcium deficiency. Like I said, allergies can take place. You can consume calcium externally as well as internally, [it depends]. There may not be a calcium deficiency, but supposing you have white spots, (vitiligo; ed.) apply vibrated *geru* over it. Do not take it inside, it is consumed inside when there is arthritis.

1986-11-04 New Delhi, India

You should take *geru*, those who suffer from allergy. We get little stone pieces, round ones, rub it on that and take it with some water about seven times and then eat it. It is good for allergies.

1986-01-13 Rahuri, India

Most allergies are caused [in quick transition] from cold to hot, that is taking bath in cold water

and then hot water. To take coffee and then immediately take cold water. This sudden change is what the system cannot adjust to. In the Left *Nabhi* area is the spleen. The spleen is a speedometer and also an adjuster. When it adjusts and it is not properly done due to sudden change, it causes problem. It has to suddenly provide its energies to either increase or decrease the flow of RBCs (Red Blood Cells; ed.).

1987-02-27 *Mumbai, India*

Cow milk always gives you the left side because she is the 'mother'. Whether it is cow's milk or buffalo's milk, all will give you allergies. Drink like Mahatma Gandhi the goat's milk, then you might not have the problem.

1986-01-13 *Musalwadi, India*

Amoebic Dysentery

Amoebic dysentery (a severe form of amebiasis, an infection by a one-celled parasite; ed.) is indeed right-sided. . . . Coming from the right side indicates what you can see with your eyes; whatever you cannot see, must be from the past [meaning left-sided]. . . . Use Lord *Dattatreya's* name for amoebic dysentery, it [the *mantra*] strengthens the stomach. Basically, you have to strengthen the stomach. With a [strong] *guru tattva*, amoeba becomes all right.

(Asked for a specific person's right-sided issue; ed.). Get sugar vibrated for him. Avoid sugarcane juice with ginger and dairy products at all costs. Take 'Liv-52' [pills], the weather is very pleasant these days so take kokum water with sugar, cardamom, gulkand (a mixture primarily made out of rose petals; ed.) and candy sugar. *Khand* (unrefined cane sugar; ed.) takes to the right side, avoid it.

1986-11-04 *New Delhi, India*

Anger

Doctor: What about people with high level of phosphate?

Shri Mataji: [They will have] anger – it explodes.

Doctor: High levels of phosphate can lead to a very angry personality.

Shri Mataji: And this is not the end of it. If you are an angry person, you get heart [problems].

2000-09-01 *London, UK*

Angina

Because of *Vishuddhi*, there are so many problems. Like angina, you develop it because of *Vishuddhi*. You develop spondylitis because of *Vishuddhi*. People sometimes lose their voices completely. Sometimes they are coughing all the time.

1986-08-23 *Plaffeien, Switzerland*

Specially if you feel guilty, then also a heart problem called angina develops. Also, you develop a stiff left hand with that.

1982-09-30 Vienna, Austria

Like angina and all these diseases are caused by feeling guilty; and with a lethargic heart in combination, you get angina.

1984-08-08 Cardiff, Wales, UK

Anorexia

There is a disease, anorexia, where the girls just do not eat any food. He (a British doctor; ed.) found out that these girls, when they were told about their father, and that a rite, I mean the after-death rites, can be done and all that, they felt all right and they got rid of it [the anorexia]. . . . So, the fatherhood – a man who is not a good father, a man who has a bad father, a girl who is too much attached to the father or a girl who is not treated nicely also by her husband – [is a factor]. Also, the husband is there and if he does not look after her well, she can suffer [from anorexia].

1981-10-05 Houston, TX, USA

Anorexia is also from this [*bboot*]. Any psychological shock, for example, things related to your parents, makes such persons vulnerable for attack by *bhoots*. Some *bhoots* are fond of fasting, some are fond of eating and drinking and some are fond of *Hatha Yoga*.

1986-11-04 New Delhi, India

Antibodies Deficit

This [Heart] center is very important because here in the sternum bone you produce till the age of twelve years antibodies who go and fight the diseases later on. Any type of attack or fear is communicated by this sternum bone which starts pulsating.

1989-10-23 Kiev, Ukraine

This center is very important because until the age of twelve years, this center creates in the sternum bone the antibodies, which are then circulated throughout the whole body and they are under the remote control of the sternum. Whenever one feels frightened or under attack, this sternum bone starts pulsating and giving messages to the antibodies, which are called *gamas* in Sanskrit. These antibodies fight the disease or the attacker. The center heart in the central position is the one for our immune system. When we commit ‘Sins against the Primordial Mother’, that is, indulging in wrong type of perverted sex habits, alcohol, drugs, internal stress from anxiety and fear of oppression, then this center goes into jeopardy, making our immune system weak, thereby losing its power to help fight the diseases of the person.

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The *chakra* of *Jagadamba* has been made here. This matter can be medically explained in this

manner that our sternum bone is in the heart, and in this bone, *Jagadamba*, who is also called *Brahmaramba*, makes *brahmar* which is called antibodies in science. They are germinated here.

When there is any attack, then they are capable of inflicting total defeat by fighting. This sternum bone develops up to twelve years of age. Later, it spreads in the whole body.

As soon as any danger is seen, immediately this [information] starts going up and down. The message reaches those antibodies and they get ready. After getting ready, they fight and win. They keep on fighting. As long as any trouble is there for the human being, the *brahmar* of the *Devi* keep fighting. This is the arrangement made by *Devi* for us.

1986-04-02 Kolkata, India

Arthritis

Arthritis is a left-side problem.

1983-02-09 New Delhi, India

If you take your bath and get out of your bath (in the cold; ed.), you are definite to catch these troubles in the chest. Not only that, but arthritis and all these things come out of this.

1982-07-10 Derby, UK

For rheumatoid arthritis use vibrated *geru* with olive oil to rub on affected joints.

1986-11-04 New Delhi, India

Such a person is a good person, if he has these things. What he has to do, is to go to the sea where the vibrations can be sucked in. And he should give vibrations to others.

1986-11-04 New Delhi, India

For arthritis, [treat] heat with *ajwain*, it is also left-sided.

Doctor: [Shri Mataji, we use hot *ajwain*?]

Shri Mataji: Yes, [treat] heat with hot *ajwain*. You can also use other heating things, like candle treatment, or you can correct your left side by putting the left hand towards the photograph . . . and right hand on the Mother Earth. This comes from the Mother Earth. You can also use the mantra for the Mother Earth.

Doctor: Shri Mataji, why is it that your own antibodies harm you?

Shri Mataji: No, what happens is you have low level of calcium, and with that your bones become like that. There are two types of arthritis. In one there is too much calcium, and in the other there is a deficiency of calcium. [The one] which pains a lot, is gout.

Doctor: Osteoarthritis!

Shri Mataji: Yes, one that pains. There is a terrible pain all the time, on legs, on knees and so on.

... The painful [type] is due to calcium deficiency. ...

And the other one you have [where you get crippled], is due to too much of calcium. In medical science there is no differentiation. You do not have the same treatment for all. A person who has pain should take phosphorus. I have written about phosphorus. Phosphorus gives you heat [and with that heat] it improves. And the other one is due to over-calcium.

Doctor: Shri Mataji, in what form should we take phosphorus?

Shri Mataji: [Take] phosphorus itself. ... [Also] in certain salts there is phosphorus. They also take seaweed; that has phosphorus. But it gets cured just by meditating. ... The another one is difficult [to treat].

2000-09-01 London, UK

Asthma

You get asthma if your Right Heart is caught [up]. Not necessarily that asthma comes from Right Heart only – it can also come from Center Heart – but if you get Right Heart you definitely get asthma.

1982-04-02 London, UK

Due to overactive organs, they develop a very bad heart, which is overactive. In which the heart pumps fast, and palpitations take place. In the lungs he develops asthma.

1983-02-09 New Delhi, India

If you are a bad husband, you can get asthma. Or if your wife is a shrew, you might get asthma. Or if you are a very bad father, you might get asthma. Or if your father is not kind to you, you might get asthma. If you have not forgiven your father, you might get asthma.

1989-08-01 London, UK

Or if you do not respect your father. ... Even supposing your father has died very early in his life, and he has left a mark of unhappiness in your heart, or insecurity, then also that will be catching because that means he is still hovering around you. Then you have to tell your father, “I am alright, you take your birth, you take your realisation”.

1982-04-02 London, UK

There are two kinds. One is allergic, the other is physical. The allergic [kind is] due to dryness of the peritoneum, [it is] right-sided. Like Mr. P., his is not allergic, it is more due to right-sidedness. ... I told him to try with ice, keep the ice pack. ... Ice is the first option. You can also apply *ghee*, but ice works the best as it cools down. What you can do is apply *ghee* on your feet. Now rub [them in] a copper bowl, the black soot comes out; it sucks all the heat.

1986-11-04 New Delhi, India

Autism

It is a *baddha*. You have to do treatment for the *baddha*: lemons, chillies and all that. It is caused by a *baddha*. They [the people affected] are normal otherwise, they are really normal, but they go into sort of an epileptic [state].

2000-09-01 London, UK

Blindness

Somebody becomes blind with a *bboot*. His eyes are open, and he is blind. That is a sure shot that he is blind because of a *bboot*. Two types of blindness are possible. The Left *Swadishthana* will be catching and you will see it is due to a *bboot*.

But it can also be from the Left *Swadishthana* catching and becoming blind could be in combination with diabetes.

So, you ask him if he has diabetes or not. If the person has no diabetes, then definitely it is the *bboot*.

Now what do you do to take out that kind of a *bboot*? ... Not only [with] a candle, it will not work. You take My hand, the photograph only [of the] hand. You have photographs of My hand. Put a candle before that photograph. ... Ask the person to see the light. Gradually ... he will start seeing. This is to be used.

1980-05-17.2 Alresford, UK

Breast Cancer

... like a woman – her husband is a flirt; he has a ‘roving eyes’ sort of a thing – is [becoming] insecure. Then this motherhood is challenged, and when it is challenged, she gets a problem there and then she gets a disease of the breast – breast cancer.

1982-07-11 Derby, UK

That [Heart *Chakra*] is the center of security. If it is blocked, you get problems, like breast problems ... and also sometimes breathing [troubles]. It is a sense of security and there is a deity there. It is the deity which is the ‘Mother of the Universe’, and you have to awaken her. If she is awakened, then you do not have those problems.

1981-05-11 London, UK

Till the age of twelve years, we develop antibodies here and the whole [immune system]. ... They are distributed all over the body. Whenever we are frightened, the sternum bone, like a remote control, gives palpitations. Behind the sternum bone [lies], what we call as the ‘Central Heart’ [*Chakra*]. If you can cure this Central Heart [*Chakra*], then we can treat so many diseases, like breast cancer and many others.

1995-08-02 Bucharest, Romania

Women suffer from breast cancer. The center of the Heart [*Chakra*] is the Mother's center. When the motherhood of a woman is challenged, say the husband is a flirt and keeps her insecure, or if she is very much insecure from her side also, then this center gets tarnished.

This center produces antibodies – to fight the diseases – in the sternum bone till the age of twelve years. Then they are distributed all over. Whenever there is fear the sternum bone shakes and it is like a remote control that sends messages to all the antibodies to fight.

If you can establish the security of such a lady through *Kundalini* awakening, nourishing her [Heart] center here, then her cancer can be cured. When they are in very advance stages, they do not have that will-power left. Then it is better to remove the breast and then establish your security.

1990-07-02 Moscow, Russia

Cancer

The center [channel] is the one through which the parasympathetic acts. Now cancer is caused, I shall say, ... mostly on the left side [channel, when] people are depressed and always crying, weeping, feeling guilty [and have] all kinds of psychological complications. ... Once they got active too much, any shock might break this position. (Shri Mataji illustrates with Her hands the disconnection with the subtle channel; ed.)

If that is broken, then there is no connection with the 'mains'. A kind of virus enters into that area and it goes into cells and starts making them malignant – means they are their own, not connected. [Such] a cell can go on growing, eating other cells, like an egotistical man overpowering everything.

1998-10-02 Versilia, Italy

Now when this cancer is caused, our job is to push back this left side with the right and to nourish the center through *Kundalini* awakening.

1997-04-06 New Delhi, India

Chemotherapy is absolutely dangerous; it goes from one [side] to another. [Cancer] is a left-sided problem, so chemotherapy gives you heat. With the heat, for the time being, the left side improves. That is all. But in reality, it [the issue] is something else.

But you can give heat from outside. Camphor is very heating. You can have a *bavan*, you can have camphor, you can have three-candle treatment.

But then they take such a small little candle, that is not the way. You must have a thick candle. Use a thick candle with a thick light, so the heat is given from outside. Even you can use *ajwain*.

2000-09-01 London, UK

People say that lead-oxide can cause you cancer. Lead-oxide is very cool, it can cool you down

so much that you can go to the left side. Cancer is a psychosomatic disease and that might be the reason it might cause, in a very far-fetched way, cancer too. If it is too cold, then you go to the left side and on the left side you can catch the viruses by which you can get into troubles.

But the same lead-oxide is all right for people who are very right-sided. For them if it is put on their *Agnya* it cools them down.

1990-08-31 Frankfurt, Germany

Cataract

It cannot be cured because it is a dead thing.

1995-07-25 Sofia, Bulgaria

Cholesterol

A high blood cholesterol is due to lethargic heart. Fat is formed through the Left *Nabbi*. If there is a lethargic Left *Nabbi* and an overactive liver, then the fat starts circulation through the blood.

1986-11-04 New Delhi, India

Cold

Sometimes you feel pressure in the brain. . . . You must sneeze, and your cold must go out. The cold has gone up to the head. This theory does not exist for you people, but this cold, if it goes to the brain you become absolutely . . . What do you call *bhan bhan*? (buzzing, in Hindi; ed.)

Doctor: It is like the whole head is blocked, like the whole is encased in something that is under pressure.

Shri Mataji: And you cannot hear, you feel so disgusted. You must take out your cold. For that, one thing I found out in Ayurveda is called *Shinkhani*. It is a small bottle. You should smell it – with that smelling you get a terrible sneezing, and you clear out.

It is very common in England. If you, as many people, do not wear hats, do not cover themselves, they catch cold. And it goes to the head; it is in the head. And the lungs are all right, everything else is all right.

There are again two types of cold: one is from the liver and one from the 'real' cold. The one which is from the liver, you have to treat with ice and all that. Because you have cold, you think, "Why should we treat with ice?". But you have to.

Doctor: Is the *Shinkhani* a fluid or powder?

Shri Mataji: It is a powder. The *Shinkhani* powder makes you sneeze.

2000-09-01 London, UK

Constipation

The heat of the liver goes there and may stop urination and [you] may have to be put on dialysis. The heat comes down and makes the intestine stiff, so the digestion is not good, and you do not feel hungry; such a person gets constipation.

1993-08-02 St. Petersburg, Russia

Too much of meat is also wrong because you will get into trouble; you will get constipation.

1977-11-01 London, UK

Question: Is there anything wrong with eating chilies?

Shri Mataji: No, it suits some people very much. Some people should have [them], for those who suffer from colds it will be a good idea [and who] suffer from constipation it is a good idea. But do not eat too much of anything.

1981-03-29 Sydney, Australia

Dental Care

There is a very medicinal thing called *neem*. Try to find the toothpaste somewhere, *Neem* toothpaste.

1988-12-07 Aurangabad, India

It has a very bitter taste and the *baddhas* run away from it. Use a *neem* toothpaste for healthy teeth.

1988-12-07 Aurangabad, India

Diabetes (Pancreas)

... is a malfunction of the *Swadbisthan*, which may result in diabetes. ... If you excite the right-side *Swadbisthan* your Left *Nabbi* catches.

If you are a big thinker, a big planner, ... then what happens, you get diabetes, ... because you are using your right-side *Swadbisthan* too much and because of that there is an effect on the left-hand side *Nabbi*. You neglect your wife, you become harsh to her. Naturally, those who are great planners, those who are organised their offices very well, are very unkind to their wives ... [all this] makes your spleen and pancreas very weak and that is how you get diabetes. ... When you are married, you must love your wife and spend time with her. She is the one who is your companion and she is the one who should be consulted, and you must be with her. That should be your greatest choice in life.

1979-06-09 Wellingborough, UK

The diabetes has such a vicious circle that it goes on increasing and increasing. Then it increases up to the eyes – you may start getting very weak eyes with diabetes.

1977-02-19 New Delhi, India

Your left side starts becoming weak and so your spleen and pancreas, and that is why you get diabetes. Then it increases up to the eyes and you may start getting very weak eyes with diabetes.

1979-06-09 Wellingborough, UK

A person who thinks too much always gets a diabetes. Farmers do not get diabetes. They eat such a lot of sugar and they eat such a lot of carbohydrates; they never get diabetes. People who think too much get diabetes. Apart from that they get liver. They get kidney troubles.

1980-10-05 Lausanne, India

If somebody gets a disease of diabetes, he has to take the name of Hazrat Ali to cure it.

1979-03-22 Mumbai, India

If you have got diabetes you must take the [vibrated] salt.

1983-03-20 Sydney, Australia

Diarrhoea

A person who just eats vegetarianism food, what does he get? All the troubles [of the] Left *Nabhi* first of all! He can also get Left *Swadbisthana*. . . . Such a person does not have a proper digestion. The power in . . . the muscles become very weak. Such a person gets a muscle which cannot throw the food in a proper way. All the time, such a person gets diarrhoea. And then such a person all the time feels hungry and all the time gets diarrhoea.

1983-01-08 Raburi, India

Ajwain Dhuni – those who are having diarrhoea can have it. Is used also for Right *Visbuddhi* problems . . . and may follow the taking of a basil tea.

1985-05-02 Vienna, Austria

For those who are in the center, their main disease is in their excretion and their . . . vomiting. If they eat at a place where they should not have eaten or if they eat a wrong type of food or a wrong type of liquid, they have to immediately go and vacate it. Either they will vomit, or they will have diarrhoea.

1983-02-09 New Delhi, India

Diet Confusion

For a Sahaja Yogi, what we decide is not on what you like, but what is good for you. Is food important? Is the tongue fussy about food? Does it start watering? To overcome these problems, starve yourself, reduce what you eat by half - your intestines will go down. Best day for starving is Thursday, the guru's day - start with a half day.

1982-11-01 London, UK

Diet for Hot Weather

To keep the body cool in summer, first of all you have to take some ice and rub it on your liver; keep the liver cool, do not think too much. Do not take hot things, like in summer time so many people eat those watermelons and fruits like that. They should be cooled down properly, like mangos in India must be cooled down and then taken.

All such fruits should be cooled down and then eaten.

Some people eat the mangoes just from the tree, that is very wrong. You have to cool it down for twenty-four hours and then eat it. This we knew all of us, but in modern times I do not know if people know [this].

All these things add up. Then reduce on meats and fish specially. You should not eat fish in the summertime at all. First of all, it is spoiled, something [might be] wrong with it, or else it has phosphorous which ignites you.

So, avoid all these things, eat things which are cool.

Specially for India, it is very easy, because we have got something called *gulkhand* which is made out of rose petals. It is very good for cooling the liver – then cardamom, then candy sugar and sugar itself.

All these things will cool down your liver and you will feel very cool. The change in your diet is very important during the summertime.

1986-01-13 Musalwadi, India

Digestion Troubles

The *Nabhi* looks after our digestion on the physical level, right-sided people may have problems of digestion.

1983-02-09 New Delbi, India

You may have a lethargic intestine, such a person might – whatever he eats – just go to the bathroom ... or may have a lethargic liver.

1983-03-20 Sydney, Australia

Drugs

If ... somebody has been taking drugs, he is a left-sided person. Some drugs, LSD and all that, are right-sided, but most of the drugs take you to the left side.

1983-03-20 Sydney, Australia

You start seeing lights or hallucinations of ... the sea and all that. You feel you are becoming the

sea, you are becoming the light [and all] sort of nonsense. Many people also see Me when they have taken LSD, they just see light, they do not see Me. You do not have to be in the past or in the future but in the center, in the present.

1980-09-22 Nice, France

Ear Problems

Another thing you have to do is to put your fingers into your ears and say 'Allah-ho-Akbar' sixteen times. Put your head back. It will clear out most of your problems about *Visbuddhi*. Mantras are to give strength to your deities . . . Deities are very powerful, but strength, meaning the vehicle, which is carrying the Deity, becomes stronger.

As you know, this [*Visbuddhi*] is also the mantra of '*Radha Krishna*', or '*Vitthala*' is the same for the Right *Visbuddhi*. But 'Allah ho Akbar' has two things [working] in it. First is of course the *Visbuddhi* and also the collectivity. By the first one you get bad colds and you get your attention diverted and other problems of the ear, nose, throat. By the second one, when it is spoiled, you say aggressive words, [make use] of sarcastic language, all kinds of things that breaks the collectivity. . . . You hurt others.

There is also the mantra of *Radha Krishna* or *Vitthala* for the problems of ears, nose and throat or where you get bad colds or where you get your attention diverted.

1985-05-02 Vienna, Austria

Epilepsy

Epilepsy is left-sided. Epilepsy can happen also by chance, but there has to be a vulnerability. Supposing a child is born, and the mother dies at that time. He is born or lived under bad circumstances. If your psyche is weak, you become vulnerable for any entity to enter. Then he cannot bear it.

1986-11-04, New Delhi, India

The main characteristic of epilepsy is that here the individual resists the negativity. He does not accept it. If you accept the *bhoot*, then it acts through you. It uses your ego. If you do not accept and you just resist, then it acts on your body. So, epilepsy comes through the *Agnya* – from Left *Agnya*.

Whoever has epilepsy, [you] must have a word with him first . . . [about] history, stress and fear; how children are made fearful. . . . Clearance . . . is mainly of *Mooladhara* and Back *Agnya*.

The Back *Agnya* [can be in any] combination, one has to check. Supposing, if the problem is from the Mother's side, especially if the Mother is constantly fueling the child's mind against his father or siblings, such a child will keep crying.

It will fall on his [Left] Heart. If the father was an alcoholic, pervert or violent [person], the Right Heart will be affected.

Identify the source to decode the combination. Firstly, establish the source and the combinations; then identify on the *chakras* and the job is done.

1986-11-04, New Delhi, India

When you enter into the Collective Subconscious, any one of these spirits can catch hold of you. [Once] they catch hold of you, you are liable for any of these diseases. Epilepsy can be cured. ... All such mental troubles, [like] depression can be cured. It is not difficult at all, but one must know that if you are 'caught up', you must really work it out and see to it that it goes away from you and you become your Self.

1982-10-08 Northampton, UK

Eczema

Eczema is the same thing, is just like allergy. But for eczema, because it is outward you can use certain things like *neem ka patta* (*neem* leaves; ed.) and all that I have told you, so many things can be used on top.

1986-01-13 Rahuri, India

Eye Problems

Some people have a habit of keeping the eyes in an angle all the time. They never see you straight. They sometimes think it is fashionable ... and some of them have such eyes that they will go on looking and pouring their greedy eyes onto others, or their lusty eyes onto others. This is the worst thing you can do to your eyes, because such people easily can become blind. Such people may have trouble of the eyes, specially reddening of the eyes ...

1986-08-23 Plaffeien, Switzerland

They have improved also – the Sahaja Yogis. Their eye-sight has improved. So, what you have to do is to take out the heat from the body. You can take [it] out from the liver, you can take [it] out from the pancreas, from the brain and from the back-side [of the *Agnya*]. So, you can take [it] out from everywhere – putting the right hand towards the photograph.

1994-04-20 Taipei, Taiwan

Fatigue

Overactivity gives you fatigue, gives you all kinds of diseases. There is a very big gap between himself, his Spirit, and his being.

1998-07-12 Cabella L., Italy

Fungal Infections

Doctor: Shri Mataji, this is about fungal infections, especially women tend to get these.

Shri Mataji: Again, that is for this *ajwain* treatment. . . . Put it on the fire, some sort of a utensils or vessel, and put some charcoal in it, and then on that, *ajwain*, and put it in the WC. [The smoke] will come up, and you sit on WC.

Doctor: In front of the WC?

Shri Mataji: No, no – over it, over the bidet.

2000-09-01 London, UK

Fungus

One of the worst things is fungus. It is the left side; it is all dead. And you have to use the left-side hand towards the photograph and right hand on the places wherever you have the fungus. You may take it out that way.

The Sahaja Yogis should not eat any fungous cheese. All fungus must be avoided, and also mushrooms if possible.

1986-01-13 Musalwadi, India

Gas Trouble

The central ones [*sattvik*] are the people who have got a balanced attitude towards life . . . and these people . . . suffer from gas . . . wind, I mean 'gas trouble'. For this *chana* is the best.

1982-10-13 London, UK

Gout

They will have lethargic hearts by which they will get a heart which will not pump the blood. [They might have] swellings in the body. Also, they might get this gout and these troubles of the joints.

1983-02-09 New Delhi, India

Haemorrhoids

Doctor: Haemorrhoids, is it a *Mooladbara* problem?

Shri Mataji: [It is the] right side, right-side *Mooladbara*. For that you have to keep yourself cool. Again, get the cooling effects of all the cooling things.

A very good thing is to eat black dried grapes, raisins. [Get] black raisins, . . . soak them with

some orange juice in the morning, eat them in the night before sleeping. That will cool down, that is very cooling. (Translated from Hindi; ed.)

1986-01-13 Musalwadi, India

Heritage Diseases

Doctor: Why are diseases through generations limited to seven generations? Or any problem, that comes through the generations?

Shri Mataji: The problems are like this. There is only one center which covers all the seven centers, which is the *Mooladbara* – because it is the *omkara*, it is the *cbaitanya*. The *Mooladbara* is insulted if there is an incest relationship and the family grows, then it [the impact] is [lasting for] seven generations.

But, if it is between a very holy relationship like mother and a son or something like that, then it lasts for fourteen generations.

It is a complete insult of Shri *Ganesb*. And so many of these [diseases]. can come from there. . . .

Shri *Ganesha* gives you the real strength. . . . You have to re-establish your Shri *Ganesb*.

1986-01-013 Musalwadi, India

Hair Loss

What about apricot? What do you call it in your language, apricot?

Sahaja Yogini: Aprikots.

Shri Mataji: The oil of apricot seeds is very good for the hair.

1991-08-24 Moscow, Russia

Baldness is not a disease, but it comes out of many habits. One of them is wearing the hat too tight, then the circulation of the brain is spoiled, and that is why you might get one [bald head].

A bald head is caused by not using oil, or, by not using proper oil. The oil should be used properly and actually, the skull must be rubbed, not the skin. If you rub it, the skin must move on the skull, and then you will not have this problem.

Another reason is, if you use funny type of oils with lots of fragrance and essences in it, you might get white, grey hair. And *ghee* should never be used for rubbing in the head. But you can use *ghee* for the body, it is good; even butter is good. If you are overactive then [use it], otherwise not. But *ghee* or butter should never be used for the hair.

1986-01-13 Musalwadi, India

Hallucinations

People who go to the left side (the Collective Sub-conscious; ed.) can see a lot of things - it is very common and is very dangerous. You should not deal with that area.

1983-03-02 Perth, Australia

Hamsa Issues

The *Hamsa Chakra* is a very material thing and has to be worked on a material level only. It is where you get troubles like sinus, colds and coughs, and they can result from the drying up of the nose because of the use of central heating. Just leave some water or liquid or fill a tub in the bath and keep it open so there is humidity in the room.

1982-01-25 Lonavala, India

... due to this dryness. I think, in the room there is dryness, in the places where you work there is dryness and in the house is dryness. You must use this *ghee* for the nose. One drop in every nostril once in the morning and once in the evening would be good, because I can feel it in *Hamsa*, the drying out.

1987-04-08 London, UK

All extreme behaviours, from left to right, create problems of *Hamsa*. Like, they will take a fruit, ... a banana and after that you should not take water. ... Now these are two extremes.

You take any fruit and after that water, then you will get it. So, you should take water after some carbohydrates. You can take some *papad*, but not a fried one. You take anything fried, on top of that you are not to take water. You can take a biscuit or have a bread, something like that to dry up [your throat]. Best is *chana*. Dry up your throat and then take water.

Heat and cold – say, you take coffee and then take water. This is absolutely wrong. You should take water, then gradually heated up and take coffee last. Then do not take water till you have taken some carbohydrates. ... The combination of heat and cold should be understood.

Now what do you do? Actually, you neglect certain laws of nature. Like in London or anywhere, it is all heated up inside the rooms and it is very dry. You have to have a humidifier or keep some water or some liquid or fill a tub in the bathroom and keep it open so that there is humidity in the room. To compensate for all that one could take some water and sip in the nose. After brushing your teeth, sip it thrice and thrice you take it out. By putting these fingers, these thumbs in your ears and take it out. By that you will clear out your sinuses, you will make it humid.

For these parched mucus membranes, you can put some oil or some *ghee*. If this water can have a little bit of salt, that is a good idea. But that should neither be very cold nor very hot, it should be tepid.

1982-01-25 Lonavala, India

When overloaded with decision making without discretion, one can develop sinus or a shooting headache on one side. When this center is 'caught up', one should understand that one should not eat things that can spoil the throat, like sour things or things, which are very sharp on the tongue.

Shri Mataji Nirmala Devi: Meta Modern Era. 1995

Headache

The *Vishuddhi* can catch if we feel 'too responsible' and can result in tensions and headaches. The remedy is to witness and realize that everything is done by the Divine.

1889-08-01 London, UK

Yes, the diet will not solve it completely, but when you take to Sahaja Yoga, supposing you are a liver-patient, [then it will be] all right. We give you some sanctified or vibrated sugar to eat, white sugar. Now doctors will say: "Do not eat white sugar", but we have cured so many of liver troubles.

1982-10-08 Northampton, UK

When you do not forgive, this [*Agya*] center on the optic chiasm, in the brain [it] is like this (Shri Mataji crosses her fingers; ed.), absolutely constricted, but when you forgive it opens out.

Because it is another myth with which you are torturing yourself; as it is you are tortured yourself, for others who have troubled you are very happy people. You are troubling yourself by not forgiving.

1994-04-17 Brisbane, Australia

People who are in the 'center' may develop a headache with people who are very much 'caught up' on the Right *Agya*. Give a *bandhan* to yourself, and to the other person and do not listen to them. Just close your ears, and the other person will stop talking.

Also, they might develop some pressures on both sides of the head, as the *Kundalini* sometimes, when it cannot rush upwards, is obstructed at the *Agya*. You can feel the pressure on the brain plate. At that time, try to bring the Grace on top of the sympathetic system, bring it down and stand on the Mother Earth, and ask her to suck it, so the *Kundalini*'s pressure is reduced.

1983-02-09 New Delhi, India

Heart Issues

Chickpeas contains proteins. Chickpeas is only proteins. For heart what a wonderful thing it is.

If you are devoid of love for others, you should also take carbohydrates. But the most important thing is that you should take proteins.

1977-02-16 Delhi, India

A person who has a lethargic heart, may get, has to get a bypass or something like that, because the heart does not pump.

1983-03-20 Sidney, Australia

Heart Attack

When you pay too much attention to outward things, to material things, to all your material advancement, physical advancement ... then you neglect the necessary attention to your Spirit, which resides in your heart and so the Spirit recedes. When the Spirit recedes, you get a heart attack.

A person who is left-sided ... a mad man never gets a heart attack. A person who is mad uses his heart more, his left side, his emotions and his heart should go out, but no, his brain goes out. The one who uses his brain [too much], his heart goes out.

1982-05-14 Brighton, UK

That is also caused by the overactivity of the mental self – for example *Hatba* Yogis, so called, who are worried about their physical being and everybody who is trying to be a wrestler or a cinema actor. I have seen people running for hours together or for miles. They lose all their power, even to feel ... they become dry people. Great thinkers, great planners, great politicians or great economists ... those people also get a heart attack. The reason is that [their] life is very imbalanced. They do not see to the left-hand side. They do not see that they also have an emotional being within them, which is being starved. They freeze the left side, and by that they get a heart attack.

1979-07-20 Cardiff, Wales, UK

High Blood Pressure

The basic idea is that you are in imbalance, that your *Pingala Nadi* is working too much. What you have to do is to take My photograph and put your left hand, put it to the right 108 times, then 21 times, then seven times. And you can put your feet in the water with little salt. ... [The] left side is to be raised and [on] right side you have to get the Grace ... the Grace by which you nourish your right side.

1983-01-29 New Delhi, India

... is to transform the fat of the stomach, for the use of the brain. ... Those people are extremely futuristic. They have no time. They have no time for themselves ... no time for their family ... for their children. He may develop intestinal troubles, and also kidney trouble or high blood pressure and all that.

1984-03-13 New Delhi, India

Supposing he is suffering from high blood pressure and other things like that, he should stop eating meat.

1983-03-08 Melbourne, Australia

Immune System Weakness

This center is very important, because until the age of twelve years this center creates in the sternum bone the antibodies, which are then circulated throughout the whole body. They are under the remote control of the sternum. Whenever one feels frightened or under attack, this sternum bone starts pulsating and giving messages to the antibodies, which are called *ganas* in Sanskrit. These antibodies fight the disease or the attacker. The center heart in the central position is the one for our immune system. When we commit sins against the Primordial Mother, that is, indulging in wrong type of perverted sex habits, alcohol, drugs, internal stress from anxiety and fear of oppression, then this center goes into jeopardy, making our immune system weak, thereby losing its power to help fight the diseases of the person.

Sbri Mataji Nirmala Devi: Meta Modern Era. 1995

Impotency

What is sex? . . . If you do it in a wrong way you will have diseases. You will have impotency; no children will be born to you if you misuse it.

1979-02-09 Thiruvananthapuram, India

A man is an extrovert, you [women] are introvert. Enjoy your introversion. It is great. Men can become homosexual or impotent with aggressive women, who always try to compete with the men.

1985-05-28 Los Angeles, CA, USA

These are very important things and that is why all these people [the incarnations] come on this Earth and say that you lead a clean life and a sensible married life. Adulterous life brings forth all kinds of problems of the sex, spoiling the last *chakra* (seen from *Sahasrara* downwards; ed.). People can become impotent or overexcited; [they] could be suffering from all the troubles of this center.

1982-10-08 Northampton, UK

Infertility

Right-sided women . . . are vulnerable to . . . uterus troubles. Such people can become barren women. They may not have children at all, . . . especially women who are of a very flirtatious type, and who think they are very beautiful.

Also, if they are having a very active life, they can become completely barren.

1983-02-09 New Delhi, India

Doctor: Shri Mataji, for women who cannot have children, should they have in-vitro fertilisation or not?

Shri Mataji: No, I mean, try Sahaja Yoga.

Doctor: The inability to have children ...

Shri Mataji: It is all right side. Mostly it is right-sided. But for example, ... her mother had cancer and she was shocked, ... then that is left-sided. It can be too much of left side or too much of right side.

Right side also [means] overly educated, all the time working very hard – the right side. Mostly it is right side. But also, the left side is possible – for example if you are possessed, something like that.

Throughout Sahaja Yoga you must understand whether [you are] right-sided or left-sided. And we have very simple things to correct both the sides.

2000-09-01 London, UK

Insomnia

The question is about Insomnia (a sleep disorder; ed.), and what are the deities involved. ‘*Ya Devi Sarva Bhuteshu, Nidra Rupena Samstitha*’ – She is the One who gives you sleep. It is the left side; *Mabakali* is the One who gives you sleep.

To get to Her you must raise the *Mabakali Tattva*. All those who have this insomnia business, should raise the left side and put it to the right [side]. Try about 108 times first of all. Then you have to do some deep breathing. With deep breathing you go to the left side more. With deep breathing you relax. Then put your attention to the *Sabasrara* and sleep off.

Insomnia is absolutely curable in Sahaja Yoga if you know how to put left to the right. After that you should also clear out your *Agnya Chakra*. With your *Agnya* finger, turn the *chakra* round and round ...

The best thing is you use My photograph and try to turn your *Agnya Chakra* like this. Also, you can put vibrated *kumkum* [on your forehead] which will make you sleepy.

Try to sleep in complete darkness, without any streak of light coming into the room. Because as long as Surya is [visible], your *Agnya* takes over. When the Surya is there the light makes you feel very active, overactive sometimes, and you cannot sleep.

This insomnia is absolutely curable; you do not take any medicines or anything for that.

Another thing, by taking [black] tea in the night, you might get insomnia. ... Normally never take any tea or coffee after 6 o'clock (that is 18h; ed.).

1983-02-02 New Delhi, India

Jaundice

Doctor: Shri Mataji, this is about allergies. When people have eczema, is it a hot liver or a cold liver?

Shri Mataji: You see, all allergies are due to bad liver. . . . The skin is looked after by the liver. That is the basic thing. When a child is born and if the mother is eating food or something which is bad for the liver, they mostly get jaundice. . . . Because of the hospital perhaps, maybe, they catch.

Such a person gets allergies. So, you must treat the liver. . . .

Doctor: It is a hot liver, not lethargic liver?

Shri Mataji: It is a hot liver; it 'explodes'.

2000-09-01 London, UK

Joint Troubles

Arthritis or pain in the joints may be development by those people who are in the 'center', if they do not give vibrations.

1983-02-09 New Delhi, India

It can be cured by taking the help of the Mother Earth – ask the Mother Earth to take away the problem.

1982-10-08 Northampton, UK

Knee and Shoulder Problems

The knees are very important *chakras*. You should keep them covered, otherwise you will have knee trouble.

Also, you should not wear sleeveless dresses. There are two very important *chakras* (*Shree Chakra* and *Lalita Chakra*; ed.). If you expose them, then you will have problems.

1997-08-23 Cabella L., Italy

Left-Side Problems

Left-sided problems easily go to Mother Earth, it is true, but the best is to have a light. If you have a candle, candle is the best for left-sided problems. . . . Because left-sided problems, we can say, are cold problems, or problems which arise from coldness.

You just put your left hand towards me like this and right hand towards a candle.

You will be amazed, sometimes, the candle starts burning, 'tac', and drop [over] like that and sometimes it creates such black smoke that, if it is next to a wall, you might find the whole

wall becoming black. It is very interesting to see how the candle reacts, but you must have a photograph in front. There should be a candle before the photograph and one candle like this to take it out.

1983-03-20 Sidney, Australia

Lethargy

If you are a lethargic person, if you have a lethargic problem, then what you have to do is to use the light. For all the lethargic troubles, best is the light, to use the light for lethargic troubles, this is left side.

1983-03-20 Sidney, Australia

Leukaemia

Leukaemia is caused more to these speedy people and not so much to the people who are futuristic. . . . It [the spleen] loses its control completely and it starts producing additional blood cells and blood cells and blood cells. And when they become too much then they start flowing on their own, because there is no relationship left now because of the speediness. And that is how leukaemia has established. Leukaemia can be easily cured, very easily cured. When you put your hand – when you are a realized soul the energy is flowing – . . . on the spleen of the person, you will be surprised that the spleen settles down because it gets new vitality. It gets the wisdom from these vibrations.

1982-10-08 Northampton, UK

Leucoderma

Those who eat vegetarian food can get leucoderma (loss of skin pigmentation relatively common in India; ed.) very easily.

1982-11-26 London, UK

Leucoderma comes from a bad liver. If it is triggered by some negativity, the disease spreads very fast. That is why such a person should first get rid of the *bhoot* and *baddha* - and should never use groundnut (peanut; ed.) oil. . . . Do not eat too much of peanuts. . . . Those who have this problem, after you get your realisation, bring some oil and I will vibrate it. You can rub it on the areas in a circular motion. [And it will also cure your liver.] At least it will not spread any further; it might even reduce [it].

1983-02-02 New Delhi, India

Liver (in general)

When you have a lethargic liver then you might get allergies. Allergies are caused by a lethargic

liver. But, if you are an overactive person, if you are overactive, then the same liver which was giving you these allergies, will give you nausea, a feeling of a sickness, migraine, and vomiting, a big emesis. There are two types of livers also. We have two types of kidneys, ... everything is of two types.

1983-03-20 Sidney, Australia

Doctor: How do we know which one is cold and which one is lethargic?

Shri Mataji: On vibrations you will know. There are symptoms connected with liver: A 'cold' [liver] must be an enlarged liver, and a 'hot' [liver] is contracted. For the liver, the best is to look after the one which is heated up, because it creates all the problems.

If it is enlarged, you can reduce it by eating something like *cbana*. ... But do not [eat food] which can enlarge it, like rice can enlarge it, and carbohydrates.

Also, what you have is milk, ... milk gives you heat. There are so many things we take, which can enlarge the [liver]. People who eat too much of sugar can enlarge [their liver], because you give sugar for a hot liver as a treatment.

2000-09-01 London, UK

Liver (cold, lethargic)

The person will be lethargic by temperament. He does not think much. ... He cannot walk properly, has a very big belly and can have gases – just the opposite of the liver when it is hot.

2000-09-01 London, UK

Left *Swadishtbana* and Left *Nabbi* could create a cold liver. Most of the allergies come to us from there, from a *Swadishtbana* and *Nabbi* combination, a left-[side] combination. *Swadishtbana* means it is all unauthorized. So, we can say from viruses or some sort of a thing like that. Most of the cold livers are due to that.

1982-10-13 London, UK

Liver (hot, overactive)

Supposing you are a liver patient, we give you some sanctified or vibrated sugar to eat, white sugar. For about a month you just do not eat some fats.

1982-10-08 Northampton, UK

Liver-people, they should never use the candle. No sunlight – they can sit in the moon-light, but not in the sun-light; and they should look after their *Agnya* by forgiving.

1994-04-20 Taipei, Taiwan

If you want to correct a liver which is overheated, you put the left hand on the liver, and the right hand outside, and then you are taking the heat from the liver and giving it out with the right hand.

To clear the liver, it is no good trying to use the fire element, because it would be adding fire to fire – so if you want to use the fire, then you must take out heat from the liver with the left hand, and give it to the fire with the right hand.

1980-05-17.2 Alresford, UK

The first one is *chandanasav* (an *ayurvedic* tonic with cooling effect; ed.). This you have to take one spoon after breakfast. One table-spoon or maybe a small spoon. To begin with, let us start with one, then one table-spoon.

Then you have to take another one which is called as *udumbara* (also: *audumbar*, powder from the Indian fig, typically mixed in water; ed.), *udumbara*-water. That you should take after lunch and after dinner.

The best start ... is *sabja bij* (basil seeds; ed.). They are very cheap. Now, you soak *sabja* seeds in the water – before sleeping. ... One tea-spoon full you have to soak. When brushing the teeth, you take that water. ... Drink the [remaining] water and also eat the *sabja* seeds which get swollen up. This is for liver.

Some people have a vomiting sensation and all that, in that case – or migraines – in winter you can take ginger, which is mixed with lemon and salt. You could eat ginger, raw ginger. ...

Also, the powder of ginger you can take early in the morning before anything else, with sugar. You press [the ginger with] a spoon ... and it should be covered with vibrated sugar.

1994-04-20 Taipei, Taiwan

Pork gives a lot of heat. ... But I would say fish is just the same. Fish has so much of phosphorus, that it can create problems for the liver people.

1981-03-25 Sydney, Australia

Low Blood Pressure

All those people who are right-sided get high blood pressure and who are left-sided, get low blood pressure. There are two types of people, the left and right type. One has lethargic organs, the other has very active [organs].

1983-01-29 New Delhi, India

Those who have a lethargic temperament have a left-side imbalance, develop clots in their blood and low blood pressure. These clots can cause paralysis on the left-hand side. ... They will have lethargic hearts by which they will get a heart which will not pump the blood.

You might feel extremely cool ... That is not good. Feeling [a cold-like] cool is different from a cool breeze.

1983-02-09 New Delhi, India

Lunacy

The extreme of melancholy can take you to another realm also, where people suffer from diseases like epilepsy, or they become recluses, or they become lunatic.

1983-09-08 Rome, Italy

Menopausal Problems

Menopause comes out of imbalance from within you. If you are in balance, you will not have a menopause. I never had. I know so many people who never had.

Doctor: They will not have any problems with the menopause, Shri Mataji?

Shri Mataji: No problems. You can take calcium, soluble calcium. You can take it during the menopause. That is the time to take it.

2000-09-01 London, UK

Migraine

The poor *Swadhisthan Chakra* has to work so hard, that it is not able to take care of just even one liver. That is the reason that people here have liver problem. Doctors have named this as migraine . . . If your liver gets upset, you will have migraine. . . .

Your body problems get solved because you become thoughtless. In Sahaja Yoga, you do not think much. You are beyond thoughts. Thoughts stop all of a sudden. One thought rises, falls down. A second thought arises, then falls down. The gap between two is called 'interval' [*vilamba*]. This interval is the present.

1986-04-02 Kolkata, India

Migraine or sick headache could be from both sides.

1990-07-02 Moscow, Russia

We have cured so many people of liver troubles and also migraines with vibrated sugar, white sugar.

1982-10-08 Northampton, UK

Multiple Sclerosis

A disease of the left side. So far, I have seen three cases in England, which have been cured by Sahaja Yoga and all of them had either the wife or husband 'caught up'.

1982-10-08 Northampton, UK

Multiple Sclerosis comes from *Mooladbara*, *Mooladbara* and *Nabbi* – Left *Nabbi* and

Mooladbara! It is more left-sided. Give the treatment of the left side. Say the name of *Ganesha* and of *Gauri* – it will work out.

1986-01-13 Musalwadi, India

Multiple sclerosis is left-side problem.

1990-07-02 Moscow, Russia

The *Mooladbara Chakra* is 'caught up'; the Heart *Chakra* is 'caught up'. If you awaken Shri *Ganesha* on the *Mooladbara Chakra* and in the Heart [*Chakra*] Shri Shiva is being pleased, immediately that person will be cured because his *chakras*, which are [the] subtlest, which are basic, are cured.

1979-03-11 New Delhi, India

Most of these [are] left-side diseases like cancer, multiple sclerosis, madness and schizophrenia. ... This is caused mostly by the people who go to false gurus, who read such books about the dead, about the past – all such people get these diseases.

1981-10-09 Vancouver, Canada

Muscular Dystrophy

Muscular dystrophy comes from the left side.

1990-07-02 Moscow, Russia

These people are affected by the subconscious and the collective subconscious from where the spirits attack them. They become involved into the spirits and they have a very bad sympathetic attitude towards themselves. They are themselves miserable and make everyone miserable. ... Muscular discrepancies and weaknesses, in which the muscles become gradually extremely weak, and osteo myelitis, polio myelitis – all these lethargic things that make even your lungs lethargic.

1983-02-09 New Delhi, India

Myalgic Encephalomyelitis, ME (Chronic Fatigue Syndrome)

'Yuppie disease' – this is right-sided. This is very common these days, because those who work very hard, are very proud of their work, and they want to behave like bureaucrats – that causes the yuppie disease. [It happens] mostly to bureaucrats; if not to bureaucrats, then also to business [people]. The top people of business get it.

We have cured yuppies disease. What you have to do is to give them the right side for treatment, it will bring in the left side. Yes, also you must sit in the water with your right foot, put the right hand towards the photograph – without the [candle] light. Also, you can put ice here and the ice here. Actually, it is a liver problem.

2000-09-01 London, UK

Myelitis

At *Mooladhara* resides your innocence. When you challenge your innocence and overcome it [its boundaries], all the muscular diseases like myelitis (inflammation of the spinal cord; ed.) ... and all degenerating diseases can be caused by that. The Parkinson's disease and all these diseases come from that.

In the center that is your spinal cord, where the *chakras* are placed, the subtle *chakras*, the centers of energy. If you use them too much, or disturb them too much, this dislocates. Either it starts going to the left or to the right. The deities sleep off, the controlling power goes off. Your connection with the main is lost.

1986-07-11 Munich, Germany

Negativity

Dead spirits existing within a person, such as a dead male spirit existing within a girl who all the time wants to dress as a man, or a big drunkard spirit in a young person who wants all the time to drink whiskey. These types come from the subconscious areas. Then from the supraconscious areas come the Hitler-types, the despots.

1982-07-11 Derby, UK

Left-side negativities are of a peculiar type, because they give you pains in the body. A right-sided person does not get pains himself; he gives pains to others.

1988-07-28 North Castle, NY, USA

When I tell some people, they will say, "I know Mother... I know I do that". Then why do you do it? ... you know this is wrong, still you are doing it. Then it is better you beat yourself with shoes.

1980-09-27 London, UK

The right side is the Collective Supraconscious ... is the future. When we indulge too much into the future ... and plan too much and we are aggressive about it. All those ambitious people, who 'lived in the future' are there.

Hitler used this power to entice people to influence the people. ... Because he used these people who are dead on the right-hand side, means the supraconscious. Suddenly, how did they become so devilish and so destructive? The thing is, they are no more there, but something else is acting.

Such people can become dynamic for the time being, but afterwards, it is too much a load to carry and they become like cabbages ...

1982-10-07 Bedford, UK

When the supraconscious spirits come in, you become over ambitious. You start getting ideas how to organize, how to do this etc.

There are some scientists who have died and who were never satisfied with the progress that they made, so they come and give you ideas.

1979-06-09 Wellingborough, UK

Question: What is the best way to clean the *Mooladhara* of such catches?

Shri Mataji: One should recite the *Ganesha Stuti* to clear the *Mooladhara Chakra*.

1986-11-04 New Delhi, India

Nervousness

Almond Oil – . . . put it on your head if you have any problems that you feel exhausted, your nerves need attention or you are a nervous type of person; then almond oil is good for you.

1986-05-04 Alpe Motta, Italy

Palpitations

Due to overactive organs, they develop a very bad heart, which is overactive. The heart pumps fast and palpitations may take place.

1983-02-09 New Delhi, India

Those people who go headlong into wrong paths suffer from funny type of heart troubles, palpitations, insomnia, vomiting, giddiness, irrelevant talking etc. It is a very serious thing to go to wrong guru and bow to him.

1983-02-04 New Delhi, India

Pancreas

Coffee can really spoil the pancreas to such an extent that you can develop even more serious diseases of the pancreas than diabetes.

1981-04-02 Melbourne, Australia

Paralysis

There are two types of paralysis. One is caused by too much ego, the other by superego. Those who have lethargic temperament develop clots in their blood and these clots cause the paralysis, and it is also on the left-hand side.

The other one is caused by the damage to the brain, on the right side, by the over-development of Mr. Ego within you. Mainly the people on the right side get it.

1983-02-09 New Delhi, India

'Yuppie's disease' is where you are extremely hard working, very futuristic and use your conscious mind too much. Studying too much also. Then the conscious mind becomes absolutely paralyzed. You are walking alright and suddenly you are conscious that you are walking then you will suddenly fall down. I had told eight years back in America that it will come. It is very, very serious and very fast spreading!

1990-07-02 Moscow, Russia

Parkinson

The theory of suffering takes you to the subconscious where you are pestered into a melancholy state. Parkinson's disease and myelitis and all sorts of these modern diseases like AIDS all come from that kind of tendency of man. You should seek joy instead of melancholy and joy is the nature of your Spirit.

1983-09-08 Rome, Italy

There are many other diseases when you go to the left, like Parkinson and epilepsy; all these things come from the same problem.

1984-09-07 Munich, Germany

When a person's ego rises, then one gets Parkinson's disease. The reason is, their *atma* is weak, they shiver.

1979-03-22 Mumbai, India

Peritoneum

Ghee and butter can be eaten who are suffering from a drying up of their body liquids, or of their peritoneum, from fighting the anti-god elements too much. It can be rubbed onto the fingers and hands to soothe them down, because the heat from other people also can make them dried up.

1983-02-09 New Delbi, India

Perspiring

When this liver is out of gear, it cannot pass this heat into the blood stream and the heat remains in the body and you become heated up and that makes all these problems for you.

1982-05-14 Brighton, UK

You should not wear only shirts. I know, it is very hot, but in India you would not find one person, even children – they will always wear a singlet, because when it is warm it is [even] more necessary. What happens, you perspire, and you catch terrible cold.

1978-06-19 London, UK

Some people get too much cool vibrations. They will perspire and cool, means the left is finished. Now what should they do as far as fire is concerned? . . . [Put the] right hand on the heart and the left hand here [to the fire]. If anyone perspires, it means his heart is weak. So put the right hand here at the time on the heart. The heat comes in.

1980-05-17 Alresford, UK

Pregnancy Issues

Is the *Kundalini* energy present at birth? Yes! About two months or so, when you are in a foetus, it enters into your being; it is present there throughout [the pregnancy].

1983-03-02 Dalkeith, Australia

. . . the ray of consciousness passes through his fontanelle bone, the top of his brain, and enters into the personality of the foetus which is made out of the material power. There are two powers – the material power which creates the foetus and the conscious power, the *pranava*, which enters the foetus at the age of three months.

1973-03-24 Mumbai, India

You have look after your fetus. These are very important basic things which we do not know. If the mother is a sort of a speedy person, the child gets it. The mother has such an influence on the child. The blood of the mother goes into the child and that blood carries the message. That is how the children get it.

1982-10-08 Northampton, UK

Mothers who are hectic by nature, very anxious to do this, to do that and are also very hectic with their children, can give blood cancer to their unborn children, whilst they are still pregnant.

1986-09-21 Mechelen, Belgium

Doctor: Shri Mataji, this is a question regarding pregnant ladies: should they go to public meetings or not?

Shri Mataji: Of course. They need not work on people.

Doctor: Shri Mataji, if there is a doctor who is pregnant, should she work in a hospital or not?

Shri Mataji: Yes. They can work, no problem; but they should not sort of bend [down].

If they all meditate, then it is all right. Every day in the night if you meditate and morning time before going, five minutes, nothing can happen to you, and you will have a realised soul.

No camphor in pregnancy! Camphor, *ajwain* – no, they are all heat-giving. They should not eat anything heat-giving, you see, like papaya. Even fruits have their own tendencies.

2000-09-01 London, UK

Prostate Gland Issues

In the center called *Mooladhara* which is surrounded by the prostate gland [in men] and which is called as pelvic plexus, He [*Shri Ganesha*] is reflected within every person. He might be asleep, but He resides there.

1977-03-22 Mumbai, India

Prostate gland [issues] is the symptom of mind who is ego-oriented, specially [with] adulterous eyes. I am not saying that if you have adulterous eyes, you will get the prostate. If you have prostate it does not mean you have adulterous eyes. These adulterous eyes can give you prostate gland. . . . The prostate gland starts being overactive, because once you start becoming adulterous it starts reacting. The body secretes more and more of this *jada* into the prostate gland to fight. . . .

[It is like the] stomach, [it] uses energy out of food and the inert goes in the *Mooladhara*. . . . Everything that is inert, [which is] created when the energy is being used [up], goes into *Mooladhara*.

But take the gross side, the gross side is important. The man who has his rolling eyes collects *bhoots* from around. Once you start it, then look at one woman, at another woman, at another person. In the beginning it just starts as curiosity or whatever it is. Then it starts increasing. At the end of it, he is captured by the *bhoots* and they [are moving in]. And you are catching this, catching that, catching that.

1982-07-10 Derby, UK

Radiation

The best for serious troubles like cancer and radiation you were having in Kiev (referring to Chernobyl; ed.) is to use 'three candles'. One with the photograph, one to be kept here – *Left Swadhisthana*. The third one is to raise the *Kundalini*.

1991-08-24 Moscow, Russia

Scabies

The *neem* trees are very good for driving out the *baddhas*. It has a very bitter taste and the *baddhas* run away from it. If you have any sort of scabies or any skin trouble, then we boil the water with this and give a bath. It is very good for taking the bath. . . . It is a bitter thing. If you do not allow the water to go in your mouth, then it is perfectly alright.

1988-12-07 Aurangabad, India

Schizophrenia

A left-sided person may become schizophrenic. All incurable diseases come from disturbances in the *Mooladhara*, e.g. myelitis, cancers, schizophrenia etc.

1986-09-07 San Diego, CA, USA

Self Esteem (Lack of)

What is needed for a guru is self-esteem. ... To achieve the self-esteem we have to introspect, to know that, 'Today I am not what I was before. I am a realized soul, I have got ... powers of love, of compassion, of grasping things, of creativity, of giving realization to others.' ... We should not be self-conscious because that can give you ego, but we should have self-esteem. 'I am a guru. ... I am not an ordinary person. I am not on the street. I am something special. I am on the shores of truth. I have to salvage the people who are blind, who are mad.'

1985-03-17.1 Melbourne, Australia

Sexuality Issues

The people must understand that sex is a spontaneous thing. Even the animals understand. What is there to learn and talk about sex? The more you talk about it, the more horrible you become.

1982-08-27 Lausanne, Switzerland

You can see here clearly that the *Kundalini* is above the sex centre, [the *Mooladhara Chakra*]. Sex plays no part whatsoever in our evolution. Chaste sex, done with collective sanction [as marriage], gives you a balance, no doubt.

1982-08-27 Lausanne, Switzerland

Shaking

Your body is much more aware of Me than your rationalities. Say, you are a 'caught up' person, then you will not accept that you are 'caught up'. ... But the body knows me and when you come before me, the whole body shakes.

1979-11-11 London, UK

If your hands are shaking or your body is shaking or your eyes are fluttering, I mean the eyelids, then open your eyes and just watch me, just watch me on my forehead. ... It is because of too much thinking. ... Put your left hand on the stomach, the centre. Put your right hand now towards me. Now the shaking will be less.

1980-10-27 London, UK

If the left hand is shaking, put the right hand on your heart. If the right hand is shaking, put the left hand on your stomach, with the right hand towards Mother.

1983-03-02 Perth, Australia

This kind of a state is called *atita* state where you go beyond and whatever you do, you are doing it because it is to be done. Without paying any attention to it, is automatic. Nothing is important. ... The *atita* state is such that the person who is not a good man will tremble before you, who is a liar or who has cheated others will lose his tongue. A man who has adulterous eyes, who is a man ... without any control over his mind as far as the women are concerned or men are concerned, such a person will have shaking in his eyes. ... Those who have been 'caught up' will be shaking. ... They will be all exposed before the light of a *satguru*. When you achieve that you do not have to fight them, they will themselves be exposed and you will not have to do anything.
1983-07-24 Lodge Hill, UK

Skin Troubles

Skin troubles come from liver.
1983-03-05 Adelaide, Australia

Do not go in the sun too much. This is also very wrong, the way you expose your body to the sun. You will develop skin cancer. You should not burn your skin so much.
1979-02-09 Thiruvananthapuram, India

Even if you are sitting in the sun, keep your head covered.
1983-02-04 New Delhi, India

When we sit in the sun, it is not the sun that spoils our skin, but it is the liver which gets heated up and cannot bear any more of that [heat], that is how you get your skin diseases like skin cancer.
1990-03-19 Canberra, Australia

Most of the people in the West have bad liver because of their thinking habits. They go on thinking, thinking, thinking. A burning process starts. [Then] they seek the sun. On top of that they go and tan themselves. If you tan, your head will be melting more of fat cells and [the liver] will need passing more of the fat cells up there [to the brain]. That is why you develop your skin troubles and skin diseases and skin cancers.
1980-10-10 Zurich, Switzerland

Some of the [false] gurus give those ashes which actually come from the crematoriums. Such people can suffer from terrible skin troubles. It is such a secretive knowledge that it is not easy for you to understand unless and until you get your realization.
1986-07-12 Munich, Germany

You apply a mixture of turmeric and oil and all that to the body. ... This has a very secret [meaning]. If the boy is suffering from any disease or anything you can see on the skin of the boy. So, this system also helps a person to find out, if there is such a problem that exists. ... The application also soothes his skin, so it has a double purpose.

But if he has some bad skin trouble, it would show on the skin; so, the people know about it.

1984-02-14 Bordi, India

Spleen

It can easily be cured when you put your hand on the spleen, the energy flows and the spleen settles down, gets new vitality. This spleen becomes wiser, it rests, and it becomes silent.

1982-10-08 Northampton, UK

Tic

Doctor: Shri Mataji, ... for a few months he does something like this with his eyes. This is called tics. Sometimes he does this, sometimes that and sometimes with his mouth. What should we do for this?

Shri Mataji: It is caused by the *Hamsa Chakra*. ... [Apply the] onion treatment for *Hamsa* [with] hot onions.

2000-09-01 London, UK

Throat Issues

[If you are getting a dry throat] ... and there is coughing, it is best to put a few drops of *ghee* on hot milk or hot water and take that so it will spread (over the epithelial cells of the throat and trachea; ed.). It soothes. Keep a bottle of *ghee* with you. You can heat it up in hot water ... and then put two drops in the morning and in the night, before sleeping.

1987-04-08 London, UK

Eat butter because it has especially vitamin D, so calcium grows in your body. ... If you just take calcium without butter then there is a problem. Try to take butter whenever you have *Visuddhi Chakra* problem, for the physical side. You can take some butter in water, hot water. ...

When you have a problem on the drying of the epithelial cells inside, the lining, then best thing is to take some butter in the water, or eat some butter during summer time. [If you eat] no carbohydrates with it, then you will not put on weight.

1983-02-02 New Delhi, India

This *jaggery* is a very good thing when you come out from ... dusty places or have a sore throat and you take a little bit of *jaggery* and drink some water. ... One should take to simple medicines because if you take to antibiotics and this that nonsense then you become very weak. It has a reaction and then you have to take something else for the reaction. [It is a] funny thing, it is antibiotic, bio means life and it is anti-life.

1982-02-06 Niphad, India

I find that in Europe, people do not clear their throats and tongues, which is another thing that is very much on left *Visbuddhi*.

1986-05-04 Alpe Motta, Italy

After taking anything fried or after eating fruit you should not take water. You can take a biscuit or bread ... to dry up your throat, and then you can take water.

Sauces are very important for use with food to prevent the drying of the membranes of the throat.

1984-10-05 London, UK

Protect the throat from cold conditions.

1983-02-02 New Delhi, India

Tuberculosis

The center path is the *prana*. ... When it gets heated up on the left-hand side you get tuberculosis ... due to too much heat.

Tuberculosis is a disease of an over-heated left side. Although the left side is the cool side, if it gets heated up, then diseases like tuberculosis may result.

1980-05-17 Abresford, UK

Uterus Fibroids

Doctor: Shri Mataji, what is the treatment for fibroids in the uterus?

Shri Mataji: For anything of the uterus, it mostly is a left-sided problem. Any growth in the body is a left-sided problem. What they do is to get a [vessel], they put charcoal in that ... and put some *ajwain* on it. You keep it inside the WC or if you have a bidet and sit on that.

2000-09-01 London, UK

Varicose Veins

The women, they wear such big heels! This is the best to have knee troubles. Their legs will become swollen up.

1987-05-03 Thredbo, Australia

It comes from the people who stand too much all the time and they work very hard. As soon as it starts, it is better to cure [the veins]. You have to lie down every day. Those who stand every day for more than, say, three, four hours should lie down on the bed and do cycling every day. That will help.

Reduce the weight, maybe [you get it] due to [over-]weight also.

But those who stand ... if you use [low-level] heels you might be better off. With heels the pressure is distributed more to the lower five *chakras* down below – that might help.

But the best is to do exercise. After you have stood for a long time, just lie down in the bed and do cycling and also massaging, slowly massaging it downward. Also, it can work out with the ice treatment. You can put some ice before massaging. You can put the ice on them [veins] and use very cold oil and rub it; it will work out.

1986-01-13 Musalwadi, India

They wear such big high heels ... Then they get varicose veins.

1986-05-10 Rome, Italy

Viruses

Cancer and all the psychosomatic troubles come from viruses. They are all viruses of different types. If you can just get your attention away from them, you are all right. Sahaja Yoga is [doing] that. If you move towards the left, you go to the collective subconscious and there are all those things, which have gone out of the circulation of evolution, out there. If you can pull out your attention [from there], you get cured. ... For psychosomatic troubles this candle treatment helps a lot. It is a wonderful thing.

1990-06-30 Vienna, Austria

Question: All the viral and bacterial infections are left-sided?

Shri Mataji: Of course! Viral, bacterial and ‘possession’ are all from the left. But yes, other infections such as, mosquito bite, tumour fever ... come from the right side.

1986-11-04 New Delhi, India

Vomiting

The ‘center people’ are extremely ‘generous’. They cannot retain food ... If they eat at a place where they should not have eaten or if it is not properly vibrated ... they will vomit it. ... Their main disease is in their excretion and vomiting. Such a person who eats a wrong type of food or a wrong type of liquid has to immediately go and vacate it.

1983-02-09 New Delhi, India

Supposing a child which is a realized soul is taking birth in a mother and the mother is not a realized soul. Then the child will try to clear the *Nabhi* of the mother and give her lots of vomiting, or diarrhoea or something like that, by which she will clear out. [The child] will try to clear the *Nabhi* and the Void of the mother.

If she has been going to some [false] guru and all that, the child will take full care to see that

she gets rid of all the bad things she has received from a bad guru.

1980-03-16 London, UK

Wobbly Eyes

Entities are being exchanged in flirtations and result in wobbly eyes and also are the cause of those attractions that we cannot explain or understand.

1978-12-18 London, UK

You cannot afford to have wobbly eyes in Sahaja Yoga, try to put down your eyes, because these eyes cannot allow your *Kundalini* to rise.

You have to have innocent eyes, without any lust and greed.

1987-12-24 Pune, India



Subtleties



*“A healthy body is the temple of God, and the temple of God you have to keep healthy and happy.
That is the attitude.”*

There is a coefficient of Divinity

Unless and until you become the Spirit, you cannot feel ... all those beautiful things which we call as the Divine vibrations. Now, the Divine vibration flows within us when we get our Self-realization. Before that we are cut off from our Spirit.

The Spirit resides in our heart and our attention is not enlightened by that Spirit. The Spirit watches us like a witness, ... but the *Kundalini*, ... the reflection of the Holy Ghost which resides in the triangular bone, records everything that we do. It is just like a tape-recorder. ... It is a subtler knowledge; for that we have to extend ourselves. ...

Our subtle being remains working as Parasympathetic Nervous System. This Parasympathetic Nervous System is a system within us which nourishes us, gives us balance and repairs us just like a fountain of every energy, but that too has limited energy. We use the Sympathetic Nervous System when we have any emergencies – as we run fast and the heart can start pumping very fast. When we relax, the heart comes back to its own position. That happens through the Parasympathetic Nervous System. But it has a limited energy and that is how diseases are caused, because we exhaust our limited energies due to some reason.

We have three powers within us. One of them is the left-hand side power of desire, the second power is the right-hand side power of action and the central power of our evolution. The left-hand side power is manifested in the gross as Left Sympathetic Nervous System, the right-hand side is manifested within us as the Right Sympathetic Nervous System and the central one as the Parasympathetic – so in the gross we call them by these names.

At the human stage when we [evolve], we start balancing ourselves by trial and error. ... We go from one extreme to another extreme, then we try to come to the center and when we come to the center, that is the time our ascent takes place.

The left represents our past and the right represents our future, so we have to be in the present. We have to be there, but we cannot. People might be thinking at this time about the past, may be about the future; one thought rises and falls off, another thought rises and falls off.

In between the thought there is a little gap and that gap is the present. We cannot feel it within ourselves because we live in the past or in the future.

When this *Kundalini* rises, she elongates those thoughts and by that elongation the gap between the two thoughts increases and we become thoughtlessly aware.

1984-07-26 Hove, UK

Cancer and the Collective Subconsciousness

As I told you yesterday, with 'effort' you go in the wrong direction – either you move to the left side or to the right side. When you move to the left side, what happens, you get 'caught up'.

You get 'caught up' because on the left side all your collective consciousness is there. Cancer is caused by negativities – that is the one [factor] that triggers [it].

I saw a television show in which the doctors were telling people that the vulnerability of the cancer is first established when the sympathetic [nervous system] is too active. You become vulnerable but triggering takes place with some proteins called 'protein 58' and 'protein 52'. [The doctors] they give just names.

They attack you and the triggering comes from the area, which is built within us since our creation, the 'Collective Subconscious'. Unless and until you get 'caught up' by something, cancer cannot be triggered, though we are vulnerable every moment because we are so much on the sympathetic. All the time we are in emergency.

... This 'Collective Subconscious' is existing within us since our creation. If you start moving too much into it, when you bow to someone and submit to someone and that guru is an expert on all these things, which we call in Sanskrit language as *preta vidya* or *sbmashana vidya*. It is the knowledge of the dead. Then they can entice you, they can mesmerise you, they can ask you to kill yourself, they can do what they like. They will say, "Go and destroy yourself". You have heard of such cases where people have destroyed themselves. ... But we must use our intelligence to understand that, "Are we to destroy ourselves now?"

1984-07-26 Hove, UK

What is a difference between a *baddha* and a *bboot*? How will you make out a hindrance and a *bboot*?

A *baddha* is always on the centers or on your organs. If it is in the liver, this *baddha* may come in the center and then it will start moving from here to here as the *Kundalini* will move. But a *baddha* does not have its [own] arbitrary movement. As you move the *Kundalini*, the *baddha* moves. *Baddha* means the 'hindrance'.

But a *bboot* is arbitrary. It moves; it will be one moment here; it will be one moment there. It will move this side and that side. It will go to the Right Heart, then it will come to the Left Heart. If it shows an arbitrary behaviour, that means it is not controlled by your movement of your fingers through the *Kundalini* awakening, then you must know it is a *bboot*.

You can say, if there is some lump in the body, it may start moving with the bloodstream, some force is acting upon it. But by itself, it does not move. But if there is a worm, it will move by itself.

1980-05-17.2 Alresford, UK

It is only through Sahaja Yoga you can understand what lies in that brain.

All the seven centres about which I have told you in the previous lectures lie above this area.

To begin with the *Mooladhara*, it lies in the centre of your – at this point where the bone [at the back of the head] is jetting out. I do not want to use medical terminology, because some people told me they cannot understand it. Around that moves this *Swadbisthana Chakra*.

You must have seen people who suffer from diabetes they always lose their eye sight. The eye sight is first affected when they have diabetics trouble. What is the reason?

The reason is, the *Swadbisthana* is in the stomach and the *pitba* or you can say the 'seat' of that *Swadbisthana Chakra* is here at the back of your head, where the lobes which supply the energy to the eyes is seated. Around that moves the *Swadbisthana*.

In the centre is the *Mooladhara* and around that moves the *Swadbisthana*, which is responsible for this over activity. When we think too much, it is over active and the conversion of the fat cells from the stomach to the brain is done in such a fast speed. When we think too much, we are futuristic so that all other organs are neglected.

Such a *Swadbisthana*, which gets hectic, which does not understand what to do, now gets out of gear. Because of that, one of the organs, the pancreas, gets no energy from the *Swadbisthan*. It gets out of order and you develop diabetics. If anything goes wrong with the *Swadbisthana*, it spoils the 'seat' of the *Swadbisthana* [moving] around the *Mooladhara*, which is in the center.

By that you get your eyes blinded, because it is pushing down the *Mooladhara*, which is in its center. There is no use treating the eyes. The best is to treat your *Mooladhara* or treat your *Swadbisthana* because the *Swadbisthana* is absolutely augmenting the movement of the *Mooladhara*, which has to support the optic lobe.

It is so important to keep our mental being very sensible and balanced. It is very important. This is only about one *chakra*, I have told you, but all the seven *chakras* lie above the limbic area.

1984-03-20 Delhi, India

Diseases caused by neglect of *Mooladhara*

Doctor: Multiple sclerosis, Shri Mataji, ... it affects the nerves. The fat around the nerves is finished.

Shri Mataji: I know, I have cured multiple sclerosis. The hands and legs become like this – they stumble.

One thing I have seen is very surprising: if one of the two, husband and wife, is 'caught up' – then the husband gets it if the wife is 'caught up', or if the husband is 'caught up', the wife gets it. [This happens] when the *Mooladhara* gets a *baddha*.

Doctor: Shri Mataji, Left or Right *Mooladhara*?

Shri Mataji: It is left, son. You know, because if the husband is 'caught up', he is not all right,

he is left-sided, so the wife gets it, not the husband.

Whenever I ask them, “How is your wife?” or “How is your husband?”, it acts on the *Mooladbara*. . . . You should treat the wife or the husband; . . . you can use chillies for the negativity.

There are many diseases you get out of negativity, which doctors are not sort of aware of it. To be ‘caught up’ itself is a disease. Sometimes they get a bulge here, the skin bulges out like that – then there is a negativity. All around the *Agnya* you get bulges like that – it is one of the symptoms.

If it is a very extreme case, then you can make it out that it is a negativity when they start shaking before My photograph, and shouting, screaming and all that. . . . Also, a person who has a negativity is dull, but otherwise aggressive. . . . They are mostly overly aggressive on sexuality and they are wayward. . . . They have roving eyes – but even a slight negativity can do that. They are very fond of women and can create problems.

But the problem is the *Mooladbara*. The *Mooladbara* is such a great thing, it supports your nervous system and also supports your muscular system.

They have been cured; multiple sclerosis has been cured in *Sabaja Yoga*. You must do worship of *Ganesha*. Also, you can use [the smoke from *ajwain*], like as you use it for cold.

These days it is very common for human beings to be wayward, because the whole atmosphere is like that. They’re talking about it all the time.

The trouble is, the one who is ‘caught up’ does not suffer; whosoever is married to a ‘caught up’ person gets it.

AIDS is a *Mooladbara* problem. The *Mooladbara* has countless problems. The *Mooladbara* must be kept very much safe and honoured. The marriage is a sanctity, and one should live with that sanctity.

But even women have so many diseases. If they go round with other women and all that, they can catch [all these other diseases]; they all come from these bad women. [The diseases caused by *Mooladbara*], all of them come from bad women. The whole culture is so bad that we are in for trouble. Men want to have always a younger woman; so, one is discarded, then the second one is discarded, like that it goes on.

2000-09-01 London, UK

The heated *Swadhisthan* and its Effects

This [*Swadhisthan*] center is very interesting. It comes out of the Solar Plexus, we call it as *Nabhi Chakra*, and like a lotus it moves all round it. You can say in gross way it [manifests as] the Aortic Plexus. . . . It is not [the Aortic Plexus], it supplies energy to the Aortic Plexus. This

center is very important because it gives energy to our liver, to the pancreas, to our spleen, intestines and kidneys. ...

But the most important work it does is ... to supply energy to our gray cells [in the brain] which we are using all the time. When we are thinking too much, when we are acting physically and mentally, this center has to supply energy to our brain.

Ask the doctors how much we are using our gray cells? We have no idea. There is nobody who has found out how much we use our brains, but we are going on exhausting our brains; we are very futuristic.

What can happen medically to this *Swadhisthan Chakra* which has to supply [energy] to your liver? The liver is the one which takes all the poison of the body and throws it into the circulation. When liver is looked after, it is a normal process.

Then we have also a pancreas, a spleen, kidneys and the ... intestines as a whole, but the last part is very important. Such a man who is always thinking, all his energy is going to his brain and all these organs are neglected and he can be affected by any one of them.

The first thing he is affected is a bad liver, because it cannot throw its heat, which is the poison of the body, into the circulation. What happens, the heat starts rising; this heat goes higher on the right side. There we call it Right Heart, the center which controls the lungs. Such a person can get asthma.

This same thing happens to our pancreas, when it [the heat] moves to the left side. Now this heat goes to the pancreas and gives you diabetes,

Then it goes down, then to the kidney; at the kidney it coagulates, and you cannot pass urine.

Also, it can give terrible constipation and with that you might get piles and things like that.

Now for the kidney, if you go to the dialysis, you not only die, but you die bankrupt. There is a simple way of curing this kidney trouble and once this kidney is cured, it is cured forever. By helping the *Swadhisthan* you can cure also the kidney.

The most difficult thing is the spleen. Now in modern times we are very hectic, and you see what happens – the spleen, poor thing which has to produce red blood cells for emergencies, gets mad. She cannot understand, “What is the matter with this gentleman?” and it cannot cooperate with all the madness we have.

This futuristic life makes people really crazy. ... The liver gives you heat, you become very hot tempered at the slightest thing. You just shoot off and start saying things which you should never have said. Then you feel guilty. When you feel guilty, you catch this center here, Left *Vishuddhi* we call it, by which you develop spondylitis. ...

Then this heat can pass to the spleen and then you get a disease called blood cancer.

According to Sahaja Yoga, we have two types of heart attacks. One is an active massive heart attack and another one is what you call lethargic, like angina.

The first one is the massive one, where the heat reaches the heart. This heart suddenly collapses, and they die. We call it an active heart attack due to over-acting.

Another one is the lethargic heart attack, like angina. That happens if this *Vishuddhi* center is caught here, if you feel guilty.

The last but not the least is the effect of *Swadhisthan* as this heat reaches the brain and gives you paralysis on the left-hand side. As you know, [the sympathetic nervous system] crosses over its nerves. It gives you a terrible paralysis on the left-hand side, but you feel it on the right-hand side.

When the *Kundalini* rises, it nourishes those centers.

1997-04-06 Delhi, India and 1) 1998-10-02 Versilia, Italy

Spleen Issues

You get up in the morning and immediately start reading the newspaper, start getting agitated and your speedometer has started shaking, with news like this person has been beaten, that person has been hit.

The *chakra*, which is resting in your stomach, this speedometer is showing its effect. After this, you get up and rush. You thought you go by vehicle, but there is lot of heavy traffic. Again, you are frustrated. With great difficulty, on reaching office, there you find a lot of problems. You have not taken proper food. Whatever food that is given by your wife, you are just gobbling it. There is lot of trouble in this, and it results in blood cancer.

Because of a hectic life, running here, there – your speedometer gets spoilt as the red blood corpuscles which have to make blood cells, go mad. In this madness, which we call ‘go crazy’, it [the spleen] does not know which method to be used to supply blood to this mad person. Now this, what you call ‘vulnerability’, has started with regard to your cancer. With this, call it either black magic, *bhoot vidya*, or [false] *guru prasad*, or any such type of things – if they enter your internal system, then blood cancer will be caused.

If any mother is of this type, in trouble from morning to evening, . . . this disease can happen to her children also if she is pregnant at that point of time.

The entire society is made like this where everybody is working in troubled condition and in chaos. On account of this, there is the possibility of getting blood cancer. According to my thinking, there is nothing as such, for which a human being has to hurry up and create confusion.

How can this be treated? The treatment is that, as soon as the *Kundalini* comes to your *Nabhi Chakra*, peace will prevail. A human being becomes peaceful. He will be looking at things

peacefully. But that restless nature within us, that today's nature is such that you are making a venue for cancer to put its effect on you.

1986-04-02 Kolkata, India

Void Problems

The 'Void' can be spoilt by drugs and bad *gurus*. If you bow before any wrong *guru*, you catch your *Ekadesha Rudra*. On the left side when you have been dominated in your *guru tattva*, going to wrong *gurus* and doing wrong things.

Problems with the right side come if you think you are a great *guru*, of if you have tried to dominate others by your 'magnetism'. When the *Ekadesha Rudra* becomes very strong on the physical level, you get horrible troubles with the body like cancer. Actually, cancer can be felt on the stomach. You can feel the 'lub-dub' [of the pulse] on the stomach itself.

Problems come with spending your money for a wrong purpose or if somebody wants to make money out of Sahaja, drinking too much, drugs, telling lies, stealing, killing . . . – all these ten commandments. Fanaticism is against *dbarma*. There are *adbarmic* things as cabaret dancing, adultery, undignified behaviour, alcohol, wrong *gurus*, reading bad books, fanaticism, denouncing religions, materialism etc.

Various talks combined

Void Treatments

The 'Void' . . . can be cured by saying the *mantra* for the Adi Guru. Left-side *guru tattva* means when you have had other ['false'] *gurus*, then you have to say, 'I am my own *guru*'. If you have 'right' side [affected], you have to say, 'Mother you are my *guru*'. So, the five [*dbarmas*] on the right, and the five on the left can be solved.

What is the eleventh one? It is the Spirit, the *Atma*. For that you have to say, 'I am the Spirit'. The five left-side *dbarmas* are corrected by taking vibrated salt, and the five right-side *dbarmas* are corrected by taking vibrated sugar. If someone drinks some water that has been vibrated that person becomes *dharmic*.

Diarrhea is sometimes important to cleanse you out. It is alright because diarrhea and also vomiting are a parasympathetic activity. It is clearing out.

Various talks combined

Vishuddhi Problems

On the left side, if you have been immoral, then there is the sister relationship, the guilt, confusion with relationships with other men and other women. If we have a bad *Agnya*, or if there are eyes

which are roving, then this Left *Vishuddhi* causes a lot of trouble. Then we get problems like sarcasm, shyness, timidity, problems of inferiority complex, slyness and people who never talk, are uncollective, fearful and frightened and always see negativity in others, giving explanations, instead of facing your faults and saying, 'I was wrong'.

If you are lacking in protocol, as soon as you cross the limits, Left *Vishuddhi* is created.

There should be awe, respect for your Holy Mother.

Show-off, disturbing, or trying to be overpowering, or being a very forward person, or bumptiousness – all these come from a Left *Vishuddhi*, because you want to overcome your Left *Vishuddhi*; so you do it and then it is added to.

Tell yourself, "No! I have done this today, ... tomorrow I am going to do it. ... No! Stop it now! Stop!"

On Center *Vishuddhi* there could be problems when we talk against God or are against God or collectivity; [there could be] problems with communication, collectivity and an inability to sing. If we take responsibility of everything upon ourselves it can result in tensions and headaches.

The remedy is to witness and realize that everything is done by the Divine. Most of us have bad *Vishuddhis*, because we do not take responsibility, we take to negativity more easily and want special things for ourselves.

On the right side it gives all kinds of political problems, we talk too much, too loudly or use our words to intimidate others, be aggressive, arrogant or blunt. This is counteracted by *madburia*, sweetness, and also by going into *mauna*, silence. Sneezing is nothing but the Right *Vishuddhi* opening out.

The problems can include hoarseness or loss of voice, if you take the name of God in vain, have a habit of smiling for nothing at all, eyes that go on looking and pouring their greedy or lusty eyes onto others – this is the worst thing you can do to your eyes – and showing anger with the eyes, they can become mesmeric. It is a very, very dangerous thing to go on looking at something continuously with concentration. Too much of nodding is very bad for the *Vishuddhi Chakra*.

There are so many problems ... like Angina, Spondylitis, losing the voice completely or all the time coughing. ... Above all is the center of discrimination [the *Hamsa Chakra*] which only comes [open] when you are free people. As long as you are biased, have your own concepts, you cannot be discreet. ... Some people think by their talks they can cheat you, by sweet talks, artificial talks or by some maneuvering. They will get exposed and people know about them that these are the greatest liars ever known.

1986-08-23 Plaffeien, Switzerland et al.

Vishuddhi Chakra Treatment

There is another thing called primrose oil. You can get two or three drops and take it with water. That will also soothe your *Vishuddhi*. The oil keeps your *Vishuddhi* alright.

Olive oil can be used for a massage on the *Vishuddhi*, as well as the head and backbone. When you touch somebody with oil, the *Krishna tattva* acts, because *Krishna* is the one who represents the *madhuria*, the sweetness of your character. The voice should be melodious, and the language should be controlled for saying things which are sweet and beautiful – speak of Sahaja Yoga.

Protect the throat from cold conditions from very childhood by having something around your neck.

To correct the Left *Vishuddhi*, put the left hand towards the Mother or the photo, and right hand on Mother Earth. Give a *bandhan* to the Left *Vishuddhi* and say in your heart, “Mother I am not guilty”. Say it from your heart. Forget the past.

For the Right *Vishuddhi*, basil can be taken in tea and can be followed by an *ajwain dbuni* treatment. It is corrected by *madhuria*, sweetness, and also by going into *mauna*, silence. There is also the *mantra* of ‘*Radha Krishna*’, or ‘*Vitthala*’, where are problems of ears, nose and throat or where you get bad colds, or your attention gets diverted.

To clear out most of your problems about *Vishuddhi* you have to put your fingers into your ears and say ‘*Allah ho Akbar*’ 16 times.

1985-05-02 Vienna, Austria et al.

The Kavach of the Devi

This famous ancient prayer, asking for one’s protection of the *Devi* is a rich source of *mantras*, assigning a specific deity to the various parts of the body for their protection.

You can use the entire *Kavach* or for a specific part of the body only the name of the corresponding deity. For the latter use the following mantra:

*Om twamewa saksbat Sbri <name of goddess> saksbat Sbri Adi Shakti Mataji
Sbri Nirmala Devi namoh namah*

The list on the next page is compiled according to the chronological appearance in the *Kavach*.

Organ	Goddess	Organ	Goddess
Top-knot	Udyotini	Head	Uma
Forehead	Maladhari	Eye-brows	Yashasvini
<i>Hamsa</i>	Trinetra	Nose	Yamaghanta
Eyes	Shankhini	Ears	Dwarawasini
Cheeks	Kalika	Roots of the ears	Shankari
Nose	Sugandha	Lip	Charchika
Lower lip	Amrutakala	Tongue	Saraswati
Teeth	Kaumari	Throat	Chandika
Sound-box	Chitraghanta	Crown of the head	Mahamaya
Chin	Kamakshi	Speech	Sarvamangala
Neck	Bhadrakali	Spine	Dhannurdhari
Outer part of the throat	Nilagriva	Windpipe	Nalakubari
Shoulders	Khadgini	Arms	Vajra-dharini
Both hands	<i>Devi Dandini</i>	Fingers	Ambika
Nails	Shuleshwari/ Doanshra-karali	Belly	Kuleshwari
Breast	Mahadevi	Heart	<i>Lalita Devi</i>
Mind	Shoka-vinashini	Stomach	Shula-dharini
<i>Nabhi</i>	Kamini	Hidden parts	Guhyeswari
Reproductive organs	Putana kamika	Rectum	Mahisha-vahini
Waist	Bhagavati	Knees	Vindhyaasini
Thighs	Mahabala	Ankles	Narasinvhi
Feet	Tajjasi	Toes	Shri
Soles of the feet	Talavasini	Hair	Urdhvakeshini
Pores	Kauberi	Skin	Vagishwari
Blood, marrow of the bones, fat and bones	Parvati	Intestines	Kalaratri
Bile and liver	Mukuteshwari	Lustre of the nails	Jvalamukhi
Phlegm and lungs	Chudamani	Joints	Abhedya
Semen	Brahmani	Sense organs	Yogini
<i>Chakras</i>	Padmavati		

From *mana*, from the Mind, *jada* comes in

Can we go through it? Is it [the *Mooladbara*] overdeveloped or underdeveloped? That is the general principle for everything: If it overdeveloped then it is a 'hot' *Mooladbara*; if it is underdeveloped it is a 'cool' *Mooladbara*. A hot *Mooladbara* is the *Mooladbara* which is overused or has too much of heat, is overactive. ...

Mooladbara is [collecting] *jada*. And over-activity creates more *jada*. [It is] like carbon dioxide or anything like that, a waste product. All the waste products become inert and that inertness gives additional size to the prostate. Then this *jada* can go into arthritis also.

Because whatever is *jada*, inert, is actually vibrations, frozen. They are a frozen type. ...

It is like, if you put some colour in the hair, it settles down. Whatever *jada* you catch in the eyes, it settles down. And if this gets spoiled then the prostate goes out. ...

This has come because of over-reading, of seeing bad things, of all sort of things. The best thing is for this, sleep on the Mother Earth and see the Mother Earth itself.

Then this inert material starts accumulating, and that is how you get this [prostate problem]. ...

Doctor: Let us say that they have too much *jada* in that [overactive] *Mooladbara* – how to release it Mother?

Shri Mataji: what I am saying that when you have your *Mooladbara* attacked in this way that it is all clustered into *jada*. Now how to release the *Mooladbara* is the problem. Now the best thing would be to sit on the Mother Earth when this is our Sahaja Yoga. ... And you put your feet up from the Mother Earth. Put your *Mooladbara* absolutely there and ask Mother Earth to suck these problems. ...

Then there is another way, you lie down on the Mother Earth. Lift your hands, lift your body, lift your legs and just allow your *Mooladbara* to touch the Mother Earth, even for a short time. And then try to rub it. It sucks all the problems. ...

First of all, take a [pardon] (ask for forgiveness; ed.) that we have done these mistakes and we have done in ignorance, and we have accumulated lots of inert thing. So better take them away.

Doctor: Another way to release *jada* is foot soaking, isn't it?

Second Doctor: In the ocean is great.

Shri Mataji: Yes, but the best would be to sit in the sand, make a hole and put your feet up to this much inside.

Jada comes from all the five elements. What I was trying to tell you that even from *mana* the *jada* comes in. Even from *mana*, from the mind, *jada* comes in.

1982-07-10 Derby, UK

Bald Heads

You have two types of bald heads, as I told you. Some who start from here and some who start from there. (Shri Mataji points to the front of Her head and then to the back of Her head; ed.) It is a very interesting subject. [Laughing] And [then there are] those who have both; it could be. The one which starts from here (Shri Mataji points to the front of the head; ed.) are the people who have got an *Ekadasba [Rudra]* problem also, possibly. It starts with the *Ekadasba* problem. Or [it happens to people] who are not very collective . . . ; it will start receding back.

Those [for] whom [baldness] starts from here (Shri Mataji points to the back of the head; ed.) are the people who may not be good husbands, [where] maybe something is wrong with their wives, maybe [they have] bad wives or the husband-wife relationship is upsetting – then this starts at the back.

Maybe there is some incompatibility between the two or too much attachment to the wife or too much attachment to the husband, then also you start developing that.

All these things are Left *Nabhi*. The Left *Nabhi* relationship is the *Gruba Lakshmi* relationship. When you adore your wife so much that she is no more a *Gruba Lakshmi*, this also is a wrong thing.

Also, it could be because of your hectic life. If you are very hectic in your life, you are running up and down, doing too much work, then also it may start. You do not listen to your wife about it and you think you have to do this [much] work, then also it might start here. (Shri Mataji puts Her hand to the back of Her head; ed.). There are so many reasons for the Left *Nabhi* to start.

But the one that starts here (Shri Mataji points to Her forehead area; ed.), starts with the Right *Nabhi*.

1986-01-13 Musahwadi, India

Darshan

Doctor: What is the proper attitude when we take *darshan* of You, Shri Mataji?

Shri Mataji: Oh, it is rather embarrassing. [Laughter]. All right, I will close My eyes and My face, and I will tell you. [Laughter]

Now, supposing Christ appears before you and you know He is Christ, what will happen? That should be the attitude at least, minimum. Though Christ had to manage only one *chakra* (Shri Mataji touches Her *Agnya*; ed.), I have to manage seven. If that attitude develops, even thinking of Me is sufficient. You have to just think of Me and your diseases will be cured. That depth has to be reached. . . . But I am also *Mahamaya*. In your heart you should know whom you are facing.

1986-01-013 Musahwadi, India



Sanskrit Glossary

Sanskrit terms can be transliterated into English in various ways. For example, the word Svādhiṣṭhāna (सवाधषिठान) can be transliterated as Svadhisthana or Svadhishthana. Occasionally, rightly or wrongly, Swadhisthana or Swadhishthana is used.

This edition aims to ease the reading for the unfamiliar reader of Sanskrit and therefore the International Alphabet of Sanskrit Transliteration (IAST) is not applied. As shown above, in this system long vowels are marked with an overline; underdots are used for ṣ, ṭ, vocalic (syllabic) consonants and retroflexes.

<i>Agnya</i>	chakra located at the optic chiasma (in the brain)
<i>Ajwain</i>	seeds from a type of basil
<i>Ajwain dbuni</i>	slow burning of ajwain (seeds), typically on coal
<i>Atita</i>	lit.: beyond; a state of spiritual consciousness
<i>Atma(n)</i>	the (higher) Self
<i>Ayurveda</i>	lit.: biology; ancient wholistic medical system
<i>Baddba</i>	lit.: obstacle; a type of negativity
<i>Bandban</i>	lit.: motherly protection; a protective measure
<i>Bhan bban</i>	in Hindi: buzzing
<i>Bhoot</i>	deceased entity, 'spirit of the dead,'; a type of negativity
<i>Bhoot(a) vidya</i>	knowledge of the dead, 'black magic'
<i>Brabmar</i>	Ayurvedic term for antibodies
<i>Brabmaramba</i>	lit.: the giver/mother of brahmar; a name of Shri Jagadamba
<i>Brabmarandbra</i>	lit.: hole of Brahma; (cavity on) top of the head
<i>Chaitanya</i>	divine energy of bliss
<i>Chakra</i>	energy center in the subtle body
<i>Chana</i>	chickpeas
<i>Chandanasav(a)</i>	Ayurvedic herbal medicine with sandal wood as key ingredient
<i>Chandra</i>	the Moon; deity of the moon
<i>Dattatreya</i>	deity representing the guru
<i>Devi</i>	the Goddess

<i>Dharma</i>	inner rules of behaviour
<i>Ekadesha Rudra</i>	eleven energy centers or powers in the forehead
<i>Ganas</i>	type of celestial beings
<i>Ganesha</i>	deity of the Mooladhara Chakra
<i>Ganesha Stuti</i>	hymn in praise of Shri Ganesha
<i>Geru</i>	type of reddish soil from India with healing capacities
<i>Ghee</i>	clarified butter
<i>Gur kband</i>	jaggery
<i>Gulkand</i>	a syrup from rose petal extracts (mixed with water)
<i>Guna</i>	lit.: mood; basic condition of the bodily constitution
<i>Guru</i>	spiritual master
<i>Guru prasad</i>	food vibrated by the guru
<i>Hamsa</i>	energy center between the eyebrows, responsible for discrimination
<i>Hatha Yoga</i>	small part of the Patanjali Yoga, known for asanas or body postures
<i>Havan</i>	Ayurvedic fire ceremony
<i>Ida Nadi</i>	subtle energy channel, expressed through the left sympathetic nervous system
<i>Jada</i>	waste
<i>Jagadamba</i>	lit.: the mother of all; deity of the Heart (or Anahata) Chakra
<i>Kband</i>	unrefined cane sugar
<i>Kokum</i>	so-called 'Indian plum', used for health benefits
<i>Krishna</i>	deity of the Vishuddhi Chakra
<i>Kumkum</i>	red powder
<i>Kundalini</i>	reflection of the Holy Ghost within the human being, coiled in the sacrum bone
<i>Lakshmana</i>	brother of Shri Rama
<i>Lalita Chakra</i>	subtle center near the left shoulder blade
<i>Madhuria</i>	sweetness (in expression)
<i>Mabakali</i>	presiding deity of the Ida Nadi and the entire 'left side'
<i>Mabamaya</i>	lit.: the great illusion;
<i>Mana</i>	here: the mind
<i>Mantra</i>	enlightened sounds or words
<i>Mauna</i>	silence; practice of not speaking
<i>Mooladhara</i>	chakra located below the sacrum bone, expressed through the pelvic plexus
<i>Nabhi</i>	chakra, expressed through the solar plexus
<i>Nadi</i>	subtle energy channel, partly comparable to meridians
<i>Neem</i>	type of tree known for its medical potential; Ayurvedic toothpaste brand
<i>Neem ka patta</i>	Neem leaves
<i>Omkara</i>	lit.: (having the) form of OM; a name of Shri Ganesha

<i>Papad</i>	Indian food, also: papadam
<i>Pingala Nadi</i>	subtle energy channel, expressed through the right sympathetic nervous system
<i>Pitha</i>	lit.: seat; seat of the (lower) chakras in the limbic area
<i>Prakriti</i>	individual temperament or nature
<i>Prana</i>	type of subtle energy
<i>Preta vidya</i>	knowledge of the dead
<i>Sabja bij</i>	basil seeds
<i>Sabaj dharma</i>	inner rules of behaviour associated with (the state of) Sahaja Yoga
<i>Sabaja Yoga</i>	method of spontaneous en-masse self-realisation developed by Shri Mataji
<i>Sahasrara</i>	chakra in the limbic area, a chakra integrating all other centers
<i>Satguru</i>	sat – truth(ful), truly enlightened; guru - master
<i>Sattva guna</i>	one of three basic conditions of the bodily constitution, associated with the ‘center’
<i>Sattvik(as)</i>	people, who are mostly identified with the sattva guna
<i>Sbinkani</i>	a herbal Ayurvedic preparation
<i>Shree Chakra</i>	subtle center near the right shoulder blade
<i>Sbmasbana vidya</i>	lit.: cemetery knowledge
<i>Surya</i>	the Sun; deity of the sun
<i>Swadbisthan(a)</i>	chakra, expressed through the aortic plexus
<i>Tattva</i>	principle; also: tattwa
<i>Trigunatmika</i>	the three motherly aspects of divinity
<i>Triguna</i>	the three aggregates or ‘moods’ of the body
<i>Udumbara</i>	also: audumbar; Ayurvedic medicine, powder from the Indian fig
<i>Vishuddhi</i>	chakra at the level of the throat
<i>Vishwa Nirmala Dharma</i>	lit.: universal pure religion
<i>Vitthala</i>	deity of the Right Vishuddhi
<i>Ya Devi Sarva Bbutesbu, Nidra Rupena Samstitha</i>	a mantra, which is part of a Sanskrit hymn



Resources

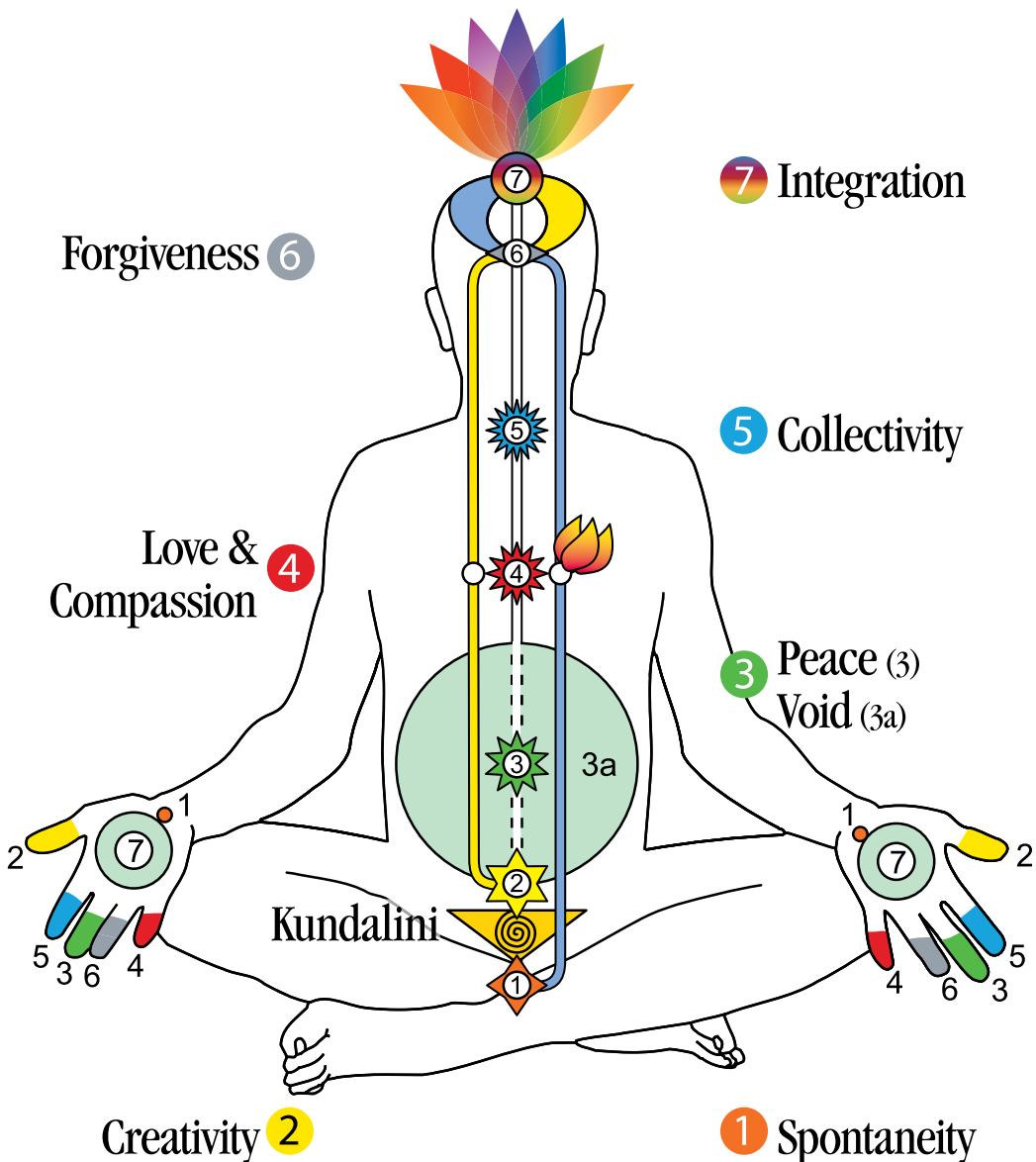
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2000-09-01 London, UK: Meeting with doctors



<https://shrimataji.org>, <https://sahajayoga.org>, <https://wemeditate.co>

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