

## **SHOE-BEATING in Sahaja Yoga**

### **Shri Mataji's Instructions**

Technique, taught by Mohammed, and is used to combat the ego (970316); Never be proud of your ego... beat yourself 108 times... shoebeat 108 times (810524); If you feel angry and aggressive, take a chapel (an Indian term for the footwear that they wear - Ed) and shoebeat yourself (951224); For right side problems, beat with shoes (870408); Is to be used for all fanatics (781005); Every morning you must beat yourself with shoes... if you have a chance, do it... that's how you cleanse... that's a part (800907); Beat the false gurus with shoes (791118)

If you start to feel negative, you should go and shoebeat yourself, or take a pillow and beat it hard (781005); When I tell to some people, they'll say 'I know Mother... I know I do that'. Then why do you do it... that means you are possessed... you are a possessed person. That you know this is wrong... still you are doing it... then you are a possessed person. Then it's better you beat yourself with shoes (800927); After so many years, if you are possessed, then I think you should beat yourselves every day 108 times... it's a very low grade behaviour (830821)

As far as possible, elders should not be beaten with shoes... you can ask somebody older than them, to beat them with shoes (801205)

### **Recommendations**

It is probably better not to shoebeat your spouse, but if it is necessary, ask someone else to do it, or better still is to shoebeat the problem or negativity within that person, rather than to shoebeat directly their name.

It is best done out in the open, sitting on Mother Earth. Remove your shoes and sit cross legged on the ground, with your left shoe within reach. Raise your Kundalini & put yourself in bandhan as if entering meditation. Start by shoebeating yourself, then shoebeat whatever problems are causing you difficulty, as many as you wish, and finally finish by shoebeating yourself once more.

When you are shoebeating, first describe a circular bandhan 7 times on the ground directly in front of you, with your right hand, whilst your left hand is kept away or on your lap. Then using your right hand or right index finger, write the name of the person or thing that you wish to shoebeat, on the ground where you previously described the circular bandhan, and once again describe a circular bandhan 7 times around what you have just written. Now take the left shoe, and whilst putting your attention to the sky, beat the thing that you have written on the ground 108 times with the heel of your shoe. There is no need to use excessive force or make a racket.

When complete you can do the same for any other negativities that are attacking yourself or another person, or any other problems requiring improvement. When completed, remember to finish with a shoebeat of yourself once more. Finish by raising Kundalini and putting yourself in bandhan.

Shoebeating is to be done regularly on a daily basis, and may be done even more often for difficult or intractable problems.

If you are having problems with another individual, better to shoebeat yourself first, rather than get angry with that person. Also it is sometimes better to shoebeat the problem, within yourself or another, rather than to just rely on shoebeating that person directly... although you can do both. It is actually good if someone else will shoebeat you... it helps & is to be welcomed. Remember it is not in any sense, a way of hurting or 'getting at' someone, but rather a positive way of helping that other person by driving out the negativity that is causing the problem.