

The use of vibrated materials in Sahaja Yoga

Note: Usually substances labelled as 'Vibrated' are personally vibrated by Shri Mataji, and are useful in many ways, as indicated below. Care should however be taken that in the case of Salt or Water, we do not use this for either Foot-soaking, or for gargling. In these instances, we can vibrate the substances ourselves. It is a good idea to make up an extra set of Vibrated Materials for daily use, and keep the originals as backup, in case of disasters.

Also note that these and other techniques are useful for Realised Souls only, i.e. only after getting Realisation.

Vibrated Salt

Salt that is vibrated helps with the stomach area, absorbing all that is mobile. The 5 left side dharmas are helped by taking vibrated salt. Salt represents the dharma in the void area, which is the ocean within us (781005); Is the quality of the Guru (810330); Vibrated salt is the best thing to give with water for a person to drink, who has a problem of possession by one of the guru bhoots (800517.2); Is useful for correcting left side problems of the Nabhi Chakra (830121); Left sided people should take salt more, and with salt they can solve many problems (830121); Salt is so important for our breathing (871213)

People who have teeth which are troubling them, must look after them. Simple thing is to use some olive oil and some salt... rub it on your gums nicely every day before sleeping... that will keep your teeth alright (860504)

For throat, gargling is a very good thing... with salt, every night. Gargling is something... is a must... for all the Sahaja Yogis... is a must (0.0012); Is to be done every morning, using salt, as a treatment for Vishuddhi (830202; 810330), with a little warm water (881221)

Practice: Add a little salt to a glass of warm water, and swallow.

Vibrated Sugar

Doctors will say you cut down your sugar in general... but it's absurd... sugar is very important for liver... if you don't take sugar I don't know what will happen to you... you will become like sticks... those people who are right sided, if they don't take sugar at all, I don't know what's going to happen to them... they'll be very irritable, hot tempered, absolutely stick-like people... they'll hit you like a stick you know... so a general statement like that is very dangerous (830308); Carbohydrates are very important for the body specially 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 (830308)

Is useful for correcting right side problems of the Nabhi Chakra; Also to assist in establishing sweetness of talking (830121); The 5 right side dharmas in the void area are helped by taking vibrated sugar (781005); Those who are liver patients can take sugar, but otherwise you should not take too much sugar (881221); Sugar is so important for our combustion (871213); Diabetes is not caused by sugar by any chance, I can tell you... of course you should not take too much also, I mean too much of everything is wrong... but you must take sugar... it's important for your liver (811006)

Supposing you are a liver patient... so we give you some sanctified or vibrated sugar to eat... white sugar. Now doctors will say... 'don't take white sugar'... but we have cured so many people of liver troubles... also migraines... and this and that... and so many problems of allergies are to be cured (821008)

To get the optimum delight of drinking tea, one should take one spoonful of sugar, not more, not less - the same in life, not too much, not too little (800517.2)

Practice: Normally, where possible we use white Cane Sugar, as indicated.