

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 & 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 Water

Water in which the Shri Ganesha Tattwa is enlightened, and which when applied to for example the eyes or taken into the stomach, it acts (890808); Water can be vibrated by Realised Souls, and when taken in by someone, can then make that person dharmic; If taken in repeatedly, then that person will not get cancer of the stomach. 'Curing Waters' are vibrated waters; We can use vibrated water to improve the attention, by drinking it so that it works on the void area; Given to plants etc. will produce better crops (781005)

Preparation and Use:

Best is to try and get some water vibrated directly by Shri Mataji Herself, in a dropper bottle. Alternatively, place a little water in a clean container in front of Shri Mataji's Photo, overnight, to get it vibrated, or a Sahaja Yogi can take vibrations with Left hand from the Photo & give to the water with the Right hand.

One or two drops is sufficient, placed in a dropper bottle, & topped up with clean cold tap water. Keep this bottle carefully & do not contaminate the contents. Can be replenished when needed by simply adding more clean tap water before it dries out.

Apply, without touching the dropper itself to avoid contamination, to the palms rub hands together, & spread it where it is needed e.g. onto the head or chakras. Can be added to cooking, to all foods & drinks. Not for use in gargling or footsoaking. May also be sprayed around the home, to improve the vibrations, but not directly onto the floor or near W.C. Be careful of electrics.

Vibrated Oil

Olive oil can be used for a massage on the Vishuddhi, as well as the head and backbone. When you touch somebody with oil, you see, the Krishna tattwa acts. In little little things are expressed Madhuria; Olive oil, heated up... with one garlic piece in it... that's very good for the ears; So oil is the one that keeps your Vishuddhi alright (850502); Oil is useful for correcting a bad Hamsa Chakra, by putting it into the nose (841005); Before you start getting bald, better try putting some oil on your head... you can take Vibrated oil if you like... and... I think Olive oil is good... but better than Olive oil, I find, is Coconut oil... it is better for the growth of the hair (860504); Oil is to be put on your heads at least once a week... that will keep your heads cool (881221)

If you have any problems that you feel exhausted, your nerves need attention, you are a nervous type of person, then Almond oil is also good for you (860504)

Preparation and Use

Best is to get some oil vibrated directly by Shri Mataji, in a suitable dropper bottle, or you can place a few drops in a clean vessel in front of Shri Mataji's Photo, overnight, to get it vibrated, or a Sahaja Yogi can take vibrations from Photo with the left hand & give to the oil with the right hand. One or two drops is then sufficient, placed in a dropper bottle, & topped up with the appropriate oil, as long as it has not dried out.

Apply one or two drops to the palms, without touching the dropper to avoid contamination, and spread where needed, on head or chakras. Use dropper to add 1 or 2 drops as indicated above, for the nose & ears, warming the bottle as needed with warm water from the tap.