

# Aches and Pains

In Sahaja Yoga, when you get Self Realisation... in the beginning may not be... but little later on... you start yourself feeling the 'pangs of sin'... and also of the sinful people... so you avoid the company of sinful people... you have to... if you remain in the company of sinful people... then you get headaches... you get Agnya catching... and you get all kinds of complications... and you want to run away from that place... you can't bear it. Best way to strengthen yourself is... to be together... as Sahaja Yogis... you must attend the programs... or when there is a collective Aarti... or Puja... or Meditation (770126.1)

- Jai Shri Mataji -

## Tape References:

Date/Ref - Title - Qual - mins

-770126.1 Bordi Attention - see 770126.1 poor 40