

# Akriya

Effortless; Spontaneous; Sahaja Yoga is a thing where there is Akriya... you don't have to 'do' anything... it is effortless... spontaneous; Only the Kundalini Jagrut is spontaneous, for the first time... not for the second time... afterwards you have to work it out (800927)

- Jai Shri Mataji -

## Tape References

### Date/Ref - Title - Qual - mins

800907 How to know where you are - Chelsham Road Good 20

800927 Lethargy - Chelsham Road Good 75 mins

- end -

2 Mar 2016

Source: [www.sahajvidya.org.uk/jsmsy](http://www.sahajvidya.org.uk/jsmsy)