

Anahata

The Heart centre, the fourth centre behind the sternum bone in the spinal cord, and in which the 'lub-dub' sound in the heart is produced without percussion (MME); The Kundalini, when it reaches the top of the head, you can feel the lub-dub of a heart... Kabira has said... 'at the top of your head, you can feel Anahata'... Anahata is the sound of the heart... you can feel it... it has to happen (821007)

Anahata is a sound that we hear... after Realisation, and is actually... that the whole system is built in, with a rhythm - you talk in a rhythm... you walk in a rhythm... in everything it's very rhythmic. The rhythm is with the rhythm of Shiva. It's not heard by these ears... but by the internal ears, you can say... by the subtle ears. You can actually feel the lub-dub... into everything breathing... everything pulsates... you see that, but not with these eyes... you just feel that person... from within you (820124); Now, how do you hear all these things. If you do right side action... you develop the right side. Everything gets dried out... there's no humidity left. Then... with dried skin... and dry... you develop all these things like dried nerves... then you start hearing all these things... but they are disturbing you, and you feel unhappy. You do not really hear with these organs... or, with these eyes you don't see... nothing. As you have seen, that your hands take the Kundalini up... but you don't see anything, do you... it exists... it acts... but you don't see. That's what it is... subtle - if you can 'see', it is not subtle... it is gross. I mean, it is so simple... whatever is subtle you don't see... finished (820124)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

MME - Meta Modern Era

821007 Truth is to be achieved, Bedford - good 56

820124 Weekend Seminar Pt 1&2, Pune (see also Undated 0011 & 0012) - good 137

Chakras affected: Heart