

# Avidya

The opposite of Vidya, and which takes away energy, rather than sustaining or nourishing (821101); Avidya... is not knowledge... is non-knowledge (821008)

- Jai Shri Mataji -

## Tape References

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

821101 Self Mastery, Guru Nanak's Birthday - London (C120) Quality:  
good 105 mins

- end -

14 Apr 2016

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