

Experience

Sahaja Yoga is learned through experience, and through nothing else - you have to experience, and then believe into it. Those who have penetrating intelligence, penetrating love and emotions, penetrating movement of the understanding, they experience and learn... experience and learn. This is the process of the penetrating type of concentrated attention. The experiences of Sahaja Yoga are the good conditionings, and to get these 'best' experiences, the first condition is of Rutumbhara Pragnya, where we have to be of that level that we get these experiences... otherwise we will be mundane type of person all of the time... and this starts with our meditation, and with the Samadhi 'seed', sprouting into the new dimension (830723.3)

We have had experiences of things working out, of many miracles happening before our eyes, but still it can happen that our attention has not settled down with these experiences. Old experiences and identifications continue - the filth of that is still on our being. Change everything - become a fresh new person - assume your position, as a Sahaja Yogi (830723.3)

- Jai Shri Mataji -

Source:

www.sahajvidya.org.uk/jmsy

Tape References:

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830723.3 Purnima Seminar, pt 3 Assume your position, Lodge Hill good 65