

SANKOCH... of Shri Rama on the Right Heart Chakra

It is felt that a short note on the quality that Shri Mataji calls **Sankoch** is called for, as it is included in the chart 'Chakra Qualities' and also the 'Right Side Chakras & Nadis' chart under the 'Heart Chakra' and as no literal single word translation is possible, it becomes necessary to try to describe it's characteristics. In the past, it seems it has somehow been translated as 'responsibility' - yet as we know... 'responsibility', although it 'may' be carried and performed with 'love and compassion', it does not of itself possess any of those 'qualities of the heart'. But 'Sankoch' has at it's heart (sorry for the pun) the very quality of the heart itself... love... in action. What better than to return to some of Shri Mataji's words on the subject:

"Shri Rama... is the embodiment of all the good qualities in a man... like **Sankoch**... you see there is a Sankoch... like not... sort of... to go to somebody's house... and then... to start demanding... this and that... rather...you should be... worried... how far to go with a person... how far to talk to a person... how far to go with your wife... with your children... you see... all that is Sankoch. Sankoch means... restraint... in a wise way... enlightened restraint... how far to go is the question (.0012)

"Not to say something in such a way that you touch the wrong side of a person... is Sankoch. The delicacy of understanding. You see... this arrogance and rudeness comes to us because we have no Sankoch. That Sankoch, that understanding comes if you love someone and understand (820402)

Sahajvidya - A Note on Sankoch

"Shri Rama being Sankochi... means he's a man full of Grace (850000.2); Shri Rama was known to be a very formal person... Sankoch... that he would go to any extent to bear upon himself the problems, than to tell others to do something... this is one of the greatest qualities of Shri Rama... that he would not order anyone do anything for him. The softness of Shri Rama goes to the extremes... which I call the Sankoch (871004; 861223)

"There's no word in English language... because you have 'formality' ... which is a very insipid word to describe Sankoch... because there's no integration between your 'heart' and 'formality'... but if you can think of a 'formality of the heart', what do you call that... sweet formality... it's an action... formality of the heart... in action you see (820402)

"Rama was on the right side of the heart... means the heart put to activity... do you understand that. When you are in the left heart that's your sincerity... your heart felt thing... but the heart felt thing... what's the use you see. There are many Sahaja Yogis who really feel this world is horrible and something must be done... Sahaja Yoga must be brought in... but how many of you are really putting that to action... absolutely into action. Without that your Rama's tattwa cannot be improved. Rama's tattwa is only improved when you put all the things into action... that's exactly what Shri Rama did (820402)

"So we have a Sahaja Yoga tradition also in which when we speak to each other we have that Sankoch within us of Shri Rama. If you don't have that Sankoch you get right heart... and that right heart is very dangerous thing in a country like England where the climate is so bad... because it gives you a horrible thing called Asthma. So this Sankoch one has to learn... the Mariadas, means the boundaries of your relationships (820402)"

Sahajvidya - A Note on Sankoch

So then where is 'Responsibility' in the scheme of things. Once again we can see what Shri Mataji has to say:

"...think of what responsibilities you can take up (830821); Responsibility is a quality of the Vishuddhi (831001)... that's why most of us have bad Vishuddhis, because we do not take responsibility... and we have to be much much more responsible than even ordinary government servants are (830821); This Vishuddhi centre can also catch, if we feel 'too responsible', and can result in tensions and headaches - the remedy is to witness, and realise that everything is done by the Divine (890801)..."

Anyone who would like to go to the original material can find the main points on these audiotapes:

Sankoch

.0012	Weekend seminar in Pune, Tape 2
820402	Shri Rama's birthday, Chelsham Road
871004	Dasshera Puja/Shri Rama, Les Avants, Switzerland
861223	Six Puja Talks, India 1986/87 - talk at Nasik

Responsibility

831001	Santa Cruz interview
830821	Mother Earth - Surbiton
890801	First Know Thy 'Self', Porchester Hall

Jai Shri Mataji