

An ABC of SAHAJA YOGA for NEWCOMERS INDEX

Issue No	Sec'd	Topics	Sent
000	'	Some basic instructions	'
000 INDEX	'	This Index	'
001	'	Kundalini (x2); Audiotape; Mishaps; Absorb & Transform	'
002	'	Kundalini Awakening	'
003	'	Only the Photo to work it out; The Photograph	'
004	'	Central Channel; Living Process; Kundalini; Balance; Meditation 1	'
005	'	Left sided; Lost on way	'
006	'	Lost on the way; Guilt; Birthright; Surrender, to become experts; Sahaj; To be a dust particle	'
007	'	The Photograph; Thoughtless Awareness; Working on New People	'
008	'	Right Sided	'
009	'	Imbalance; Use Hands not Brains; Hands - Left or Right.... Which to use; I spontaneously say things	'
010	'	Chakra Chart; Chakras on Hands; Chakras on Head	'
011	'	Be your Own Gurus; Introspection; Sensitivity	'
012	'	The Hands; Massage; Vibrations	'
013	'	Giving; Dynamism & Humility; Discoveries - Ideas; Sharing; The Horseshoe	'
014	'	Mother; Mother's Presence; Mother's Vision; Correction; Serious Warning; Clearing R. Side & L. Side	'
015	'	Meditation 2; Mantras	'
016	'	Techniques; Footsoaking; Shoebeating; Candle/Fire/Flame; Meditation; Introspection; Hands L or R; Massage; Raise Kundalini/Reduce Sympathetics; Use HANDS not our Brains; Balance; Imbalance	'
017	'	Freedom - Abandonment - Not Blacken Name of Divine - Arguments	'
018	'	Sincerity - Guidance - Photograph - Experience and Learn	'
019	'	Collective Consciousness - Thread - Collectivity1 - Mantras 1 - [The Number Seven]	'
020	'	Collectivity2 - Right Side - Left Side - Yuva Shakti - Mantras 2 - [Detached Love]	'
021	'	Discretion - Quoting Mother - ABSORB & TRANSFORM - [Intuition - Acceptance - Mariadas]	'
022	'	Attitude - Introspection	ok
023	'	Mantras3 - Centifugal - Centripetal - Protocol - Helping - Respect - Behaviour - Love	ok
024	'		
		Dealing with Negativity	
		Effortlessness Meditation	
		Surrender	
		Ego	
		Technique 2	
		Evolution - Intensity	

Topic	Issue No	Topic (cont'd)	Issue No
		Ideas	013
Abandonment	017	Imbalance	009; 016
Absorb & Transform	001; 021;	Introspection	011; 016; 022
Acceptance	021	Intuition	021
Arguments	017	Kundalini	001 (x2); 004; 016
Attitude	022;	Kundalini Awakening	002
Audiotape	001;	Left	009
Balance	004; 016	Left sided	005; 20
Behaviour	23	Living Process	004
Birthright	006	Lost on way	005; 006
Candle/Fire/Flame	016	Mantras	015; 019(Man1); 020(Man2); 23
Centifugal	23	Mariadas	021
Central channel	004	Massage	012; 016
Centripetal	23	Meditation	004; 015; 016
Chakra Charts	010	Mishaps	001;
Chakras on Hands	010	Mother	014
Chakras on Head	010	Mother's Presence	014
Clearing Left Side	014	Mother's Vision	014
Clearing Right Side	014	Nirvichara	007
Collective Consciousness	019	Not Blacken Name of Divine	017
Collectivity	019; 20	Number Seven	019
Correction	014	Own Gurus	011
Detached Love	020	Photograph	003; 007; 018
Discoveries	013	Privilege	018
Discoveries - Ideas	013	Protocol	23
Discretion	021	Quoting Mother	021
Dust particle	006	Respect	23
Dynamism	013	Right	009
Dynamism & Humility	013	Right Sided	008; 20
Elliptical - see Horseshoe	013	Sahaj	006; 009
Experience and Learn	018	Sensitivity	011
Experts	006	Serious Warning	014; 017
Fire/Candle/Flame	016	Seven	019
Flame/Fire/Candle	016	Sharing	013
Footsoaking	016	Shoebeating	016
Freedom	017	Sincerity	018
		Spontaneity	009; 006
		Surrender	006
		Techniques	016
		Thoughtless Awareness	007
		Thread	019
		Topic+	Issue No
		Transform	001; 021
		Treatments	016
		Use our Hands not our Brains	009; 016
		Vibrations	012
		Warning	014; 017
		Working on New People	007
		Yuva Shakti	020

03 September 2017