

OOPS! That wasn't meant to happen... but hey this is Sahaj... so lets see to what positive thing we can convert it. (The ABC-5 can be re-issued... no problems there)

[Has already been done with the last issue - pdf No 5]

So, as Shri Hanuma comes to our aid, when we are lost on the way somewhere, so we can apply the very same logic to this situation, & see what must be the real gain that can be made from this little slip... this little mishap.

Lost on the way

Supposing you are lost on the way... you should not think like all other people... but think... 'why? Hanumana must have brought me here for some purpose'... accept it... accept the situation. **When you accept the situation, you are playing into the hands of the Deities... they are guiding you (880710)**

When we start thinking along those lines, then all sorts of possibilities open up & we may start to learn something. The normal reaction would be something like... we might retire into our shell maybe or start feeling guilty. Both are left side reactions. Better to face up to it... it's not such a bad thing, we can all make mistakes sometimes... it's not the end of the world... not yet anyway... so be cheerful & let's see what we can do... & then just carry on.

Guilt

Feelings of guilt are an escape, which can be corrected by facing up to and dealing with the situation (830121); People in the West all the time are feeling guilty, for no reason at all, and not knowing why - is a horrible thing, and is caused by the Bible teaching that we are born sinners, which is nonsense (820711), feeling guilty for something which is just an illusion (861221)... and may also be caused by psychologists (820711)... and is one of the main reasons for the left Vishuddhi catching... for the left Vishuddhi getting into problems (810330)

Much better would be to put a bandhan, & take our attention inside to Mother & request that She helps us to find the solution, & again to relax & surrender.

Birthright

Sahaja Yoga is a living process - whether you are a Hindu, a Muslim, a Christian, or anything, it is meant for you, & is your right... is your birthright to have it - & then after that, once you get the sprouting of the seed, you must allow this tree to grow (980705); This Sahaja Yoga, the communion with the Divine, is your birthright as a human being (821007)

Complete surrender - to become experts

I am your Mother... I am your Guru... now as a Guru my main concern is that you should learn all about Sahaja Yoga... you should become experts of Sahaja Yoga... & you should become yourself the gurus... this is the only concern I have... but for that complete surrender is required... then only you can learn what is the way you will handle Sahaja Yoga (900831)

And finally there is the very special word Sahaj which gives Sahaja Yoga it's name.

Sahaj

You have got everything in a Sahaj manner... and in the same Sahaj manner, you can give it to others. You got it Sahaj... in a very simple manner... you didn't do anything about it... absolutely Sahaj. Without doing anything... without saying anything, you got your Realisation... if somebody is coming to you for Realisation, you must do it in the same manner. So now we are in a Sahaj style... you have to be Sahaj (920719)

Sahaj has a very special meaning... spontaneously... you do not have to exert... you do not have to go into a penance, or work it out... in a Sahaj way you can do it; (920229)

Sahaj also means easy (920229)

The next will be the replacement of the ABC-5 simply replace the one you already have. [This we have in fact already done, with the issue that was sent out last time, as your first pdf issue - Issue No 5].

Then... next time... more about LEFT and RIGHT.

Much love again to one & all - Shri Mataji Prasanna

Jai Shri Mataji

Any replies or correspondence can be sent to: nick@sahajvidya.org.uk

" To be a dust particle "

I want to be a dust particle, which moves with the wind... goes everywhere
Can sit on the head of a king... or can go and sit on a little flower,
& it can go and sit everywhere

But I want to be a particle of dust, that is fragrant, that is nourishing,
that is enlightening

I should be a dust particle...

so that I'll permeate... into people... (830113)

Jai Shri Mataji

Much love to all