



The first thing that we experience after the Kundalini is awakened is the state of absolute peace, & inner stillness, that is called as Thoughtless Awareness. You may well start experiencing it by just looking at this Photograph.

Thoughtless Awareness

The first thing that is established, when the Kundalini rises, and we get our Self Realisation, when we stop in the 'Present' moment. The state that exists when the Kundalini passes the sixth chakra, the Agnya chakra (890801)... and enters into the Limbic area (770215); **As soon as the Kundalini passes Agnya, there is no thought, we are in thoughtless awareness (781218); Nirvichara (770215)**

When you are in thoughtless awareness, then you are in contact with the Principle, the Shakti, the Power that permeates into every particle that is matter, into every thought that is emotion, into every planning and thinking of the whole world - you permeate into all the elements that have created this beautiful Earth. When you are in meditation, you must allow yourself to be in thoughtless awareness, because it is then that you are in the Kingdom of God; If you give vibrations in thoughtless awareness, you will not catch anything, because all the entities that enter into you, all these material problems that come into you, come when you are in those 3-Dimensions - of the emotional, physical and mental being (760330)

Those who want to grow should meditate every day, whatever time you may come home... maybe in the morning... maybe in the evening... any time... but **you will know that you are meditating, when you can get into thoughtless awareness... your reaction will be zero... you look at something... you'll just look at it, you won't react because you are thoughtless... you won't react. When that 'reaction' is not there, then everything... you'll be surprised... is Divine. Once you are absolutely thoughtlessly aware, you are 'one' with the Divine... so much so that the Divine takes over every activity, every moment of your life, and looks after you... you feel completely secured, 'one', with the Divine... and enjoy the blessings of the Divine (980510)**

Thoughtless Awareness, the term defined by Jung, where you go beyond the thinking mind, and is also the state described by the Russian Scientists as the Physical Vacuum State, needed to see or feel 'Reality' (980705; 980706); **If you cannot become thoughtless, pray to me 'forgive me for what I have done... and forgive those who have done harm...'** (750209)

After some time, when you have really become a Sahaja Yogi, you just close your eyes and then you find you are in that blissful state, where you get rid of all problems, all worrying things, and you just become silent, thoughtlessly aware (980706)

When we are in this state, everything works perfectly... we become more efficient, & it is best for our meditations. It is also preferable for when we are learning about Sahaja Yoga. We do not study as such, but rather we absorb... we imbibe.

Working on New People

For new people, you have to raise the Kundalini, but don't leave it half way... **raise the Kundalini so that it pierces the Sahastrara... then, the Kundalini will work it out.** One of the reasons that new people don't come back is that you have left it half done... there is no connection, still established; It is no good talking to them... it is not a question of conviction, but is a question of 'happening', of 'becoming' which is important. **The simple thing is that we have to make everyone 'feel' the All Pervading Power of God to begin with - unless and until they have felt it, we are not to accept them as Realised Souls - they have to feel it! (830512)**

How to approach and explain to new people what has happened, so they appreciate it's true significance: Give them Realisation and confirm that they feel the cool in the hands (791202.2)

So now, to continue with our investigation into the subjects of LEFT & RIGHT - the Topic is in fact a little larger than we are so far used to, and so it is felt more appropriate to send it out on it's own in the next issue i.e. No 8

The next issue will go out fairly quickly, and will be for the 'other' people, who are the more 'Right Sided' ones.

Once more we wish you all the very best &

Much love as always

Jai SHRI MATAJI

As always:

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