

Here we are again, focusing this time on some of the practical things that we can do to correct our system & get into balance.

You may have noticed that some of the more important items are occasionally repeated. This will help reinforce some of these issues & help you to remember them.

Imbalance

If you do not feel vibrations equally in both hands, then there is no balance. If there are no vibrations on the right side, or if the right side is heavy, or hot, then this means that you are right sided. Also, if there are more vibrations on the left side, & none on the right side, this also means that you are right sided. If the left side is numb, this also means right sided. However, if it is the other way round, then you are left sided (830202); Some of you might start feeling hot in the hands... maybe some of you... if so, you can just throw it away... or... those who are feeling the left hand hot, please put your right hand on the heart... those who are feeling hot in the right hand, then you put your left hand on the liver... just below the ribs... & right hand towards me (790524)

The right side can be easily corrected... it shows outside... people don't like it... such a person is criticised... everybody says he's egoistical... & such a person goes 'out'. But the left sided person, you see... he's very pitiable... & you have very great pity for such a person... & you sympathise... & you get lost with that person. They are more dangerous & difficult to be cured... very difficult (860504)

This right & left side movement has to finish... you have to be in the centre, & to come in the centre the best thing is to meditate... about 10 minutes in the night & about 5 minutes in the morning. Some people do not meditate... then they cannot grow. The way you can grow is only through meditation & understanding (980706)

Use our Hands not our Brains

You are not to use your thinking for correcting your chakras - you cannot think about it & sort it out. What you can do is put bandhans, or you can give yourself a balance... with your hands... you have to move your hands & not your brains... alright. In your hand it is flowing... whether you are catching or not catching, it is flowing from your hand... it is there... the flow from your hand is there... little bit is always there (800907)

You can coin your own mantras, because you have some sort of an authority which you can use, & every mantra that you will say will be awakened... even if you are not yet out of your possessions, still you will work it out... still you can raise the Kundalini of others... & nothing will go wrong with the person whose Kundalini you are raising... to that purity it is (791111)

If you are catching on a chakra or centre, just put your hand there - don't feel condemned about it. All is made easy & simple - but it is difficult for a sophisticated man to become that simple... children are very simple (811103)

Now we have seen the differences between LEFT and RIGHT in terms of the Left and Right sides of our being... and it should therefore not be a surprise to learn that this difference extends to the HANDS also. So when it comes to using our hands to correct a catch somewhere or other, we need to be able to select the correct hand and not make the mistake of choosing the wrong one. Here again, ALL is made simple.

Hands - Left or Right - Which to use!

Left Side is the side which is cool, and needs heat (800517.2); Right Side is the side which is hot and needs cooling down (800517.2); In Sahaja Yoga, we regard the left hand as the minus (-) hand, and the right hand as the plus (+) hand. Whatever you may do with the left hand, you are sucking in, whilst with the right hand you are giving out (800517.2)

So as an example, if you want to correct a liver which is overheated, you put the left hand on the liver, and the right hand outside, and then you are taking the heat from the liver, and giving it out with the right hand (800517.2)

To clear the liver, it is no good trying to use the fire element (directly - Ed), because it would be adding fire to fire - so if you want to use the fire, then you must take out heat from the liver with the left hand, and give it to the fire with the right hand (800517.2)

The left hand is the hand of desire, and is extended towards the source of vibrations, to receive (840622); Right hand is the hand of action, and is placed on the various chakras, on the left side of the body, during the process of Kundalini Awakening (840622)

Watch your hands, to see if they are shaking, or if there is heat on one of the hands.

If the left hand is shaking or hot, put the right hand on your heart.

If the right hand is shaking or hot, put the left hand on your stomach or liver, just below the ribs - with the right hand towards Mother (830302; 790524)

Some of you might start feeling hot in the hands... maybe some of you... if so, you can just throw it away (790524)

Fumes from the activity on the left side collect in the balloon of superego, which together with those from the right side collected in the ego, cause us to be cut off or separated, from the main (790616)

So from all this, you can clearly see that for all Left side problems we use the Right Hand, & for all Right side problems we use the Left Hand, which will cool down the right side.

If we have been using the incorrect hand so far by mistake, fear not because you will not have done any harm... you will only have underlined the imbalance, or the problem rather than correcting or removing it. Just start using the correct hand & all will work out as it should do. No harm is actually done - all that will have happened is that you will have delayed the improvement that you would otherwise be already benefiting from.

ok so we have quite a bit to absorb and get used to.

Next time... a little more about the hands... & also some more about Left & Right.

We shall leave the last word for our Guru, Shri Mataji Nirmala Devi:

Shri Adi Shakti, 1989:

..... I spontaneously say things... and if you can sort it out, you will know so many things... I mean if you sit down and do a study of these tapes it will help you to find out so many little little things that are so important for life. You can clarify it... can note it down... that this Mother said about these things... it will be very good for us to sort it out this way... what point is to be noted down in different headings... can put different different headings, & jot it down. Mother has said 'so'... Mother has said 'so'...

whatever is not on the tape you should not listen to... whatever is on tape is authentic... whatever is recorded already should be accepted (890725)

Again, Much love to all, and... Shri Mataji Prasanna

Jai Shri Mataji