

So it should be very clear that our hands are very very important to any Sahaja Yogi. To complete our knowledge, we will next time talk about how we use our hands, daily... as we raise the Kundalini, apply the Bandhan, Meditate, work on people, work on ourselves, give Realisation, do massage on ourselves, or on others, navigate our way through life etc etc

The Hands

In Sahaja Yoga, we must work with the hands - we cannot work it out by thinking; Raise the Kundalini more and more with the hands, and you will feel more. Only the hands can do it; We must feel vibrations in the hands, or if there is a problem, feel in the places of the chakras, and later feel in the brain (830202); All these seven centres are reflected in our fingers and in our hands (790720); From the hands the energy flows. With these hands we can feel the All Pervading Power, we can manoeuvre it, manage it, organise it. We feel that we become Part and Parcel of the Whole (871023); 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)

So you have to raise the Kundalini with your hands... and you can see... that as far as the hand moves, the Kundalini moves... and you can feel it within your spine (810511); still you can raise the Kundalini of others... and nothing will go wrong with the person whose Kundalini you are raising... to that purity it is (791111)

In the hands is he feeling... just rub your hands a little bit... give a little water in the hands like this... [Shri Mataji gives her glass of vibrated water to hand around - Ed]... pour it... because what is happening is there is too much heat... on the right hand... just put it in the hand and let them rub a little bit... everyone... you can give a little bit... just rub it... rub it hard... on the finger tips especially... see now... you may blow it also... on the hands... very hot... alright... see now... is it cool... alright... good (840622)

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

Now if we have ego, what we should do is raise the left side, and put it to the right side... there's no other way out... you have to use your hands (830121)

Mohammed said that 'your hands will speak', meaning that on your hands, on your finger tips you will feel your own defects... when the Judgement Time comes (871023); To get your vibrations alright you must wash your hands... use water as much as you can... wash your hands 10 times... is very essential (800927); Ghee and butter... can be rubbed onto the fingers and hands, to soothe them down, because the heat from the other people can make them dried up (830209)

A Photo of the Hands, with a candle in front, is very good for the eyes, and for the blindness caused by bhoots (800517.2); Now in Sahaja Yoga it is proved now... when you rub my feet, 'you' feel better, not me... you rub my hands, 'you' feel better... when you fall at my feet, 'you' feel better (800927)

In the Devi, the Left Hand is the Hand by which She gives... the Hand of Generosity (801027)... while the Right Hand is the Hand with which She gives Protection (801027); To get vibrations in the left hand, ask the question: "Is Shri Mataji the Holy Ghost?" (870516)

Now how do you raise the Kundalini... we can raise it with the attention... but it should not be done, because others should 'know' that something has been done... because people, unless and until they see something being done to them they are not going to believe... so you have to raise the Kundalini with your hands... and you can see... that as far as the hand moves, the Kundalini moves... and you can feel it within your spine (810511); Move on his head 3½ times... [indicating with hand above the head, fingers down, rotating clockwise, and rising upwards]... bring it up... no no... other way round... clockwise (840622)

Yesterday we had somebody who had very bad eczema... all his hands were absolutely charred and horrible... both the hands... and I asked him to put his hands towards me... maybe he might have been cured only by putting his hands... but I had to make the mark of cross and swastika on his hands... and it cleared out. So he saw me doing something... otherwise... 'oh it might have been a coincidence' (810511)

Massage

Olive oil can be used for a massage on the Vishuddhi, as well as the head and backbone. When you touch somebody with oil, you see, the Krishna tattwa acts... because Krishna is the one who represents the Madhuria, the sweetness of your character. In little, little things are expressed Madhuria... like in poetry or in relating some events - Krishna's Leelas were all full of Madhuria... it's like a sport... it's like a sport (850502); If you have to rub or to massage, you can use oil, or even powder... to reduce the friction (800907)

Hair is to be oiled properly... lot of oil should be used, before say Saturday or something, so that when you have your bath, you clear out your oil completely. You get 'conditioners' here... is a good idea... but in India we use oil. You can use conditioners if you want, but make the hair smooth with it... and then you must do... with your own hands a nice massage... or one Sahaja Yogi can do for another... a nice massage for the head. You will be surprised that your head will be very clear. You can give a massage on the head... and also on the backbone, and the Vishuddhi chakra... it will give a better feeling (850502); We lose our hair very fast, because we don't use oil as we should... starting with the hair at the Sahastrara (910728)

So before you start getting bald, better try putting some oil on your head... that's one very important thing, Sahaja Yogis have to do... you can take vibrated oil if you like... and... I think olive oil is good... but better than olive oil, I find, is coconut oil... it is better for the growth of the hair (860504)

If proper care is taken in childhood, with adequate vitamins A & D, massaging with cod liver oil, or olive oil, and with proper sunning, then we would get colds less... it is a Vishuddhi problem (800517.2); Children, if they are not massaged fully, they become very restless (840902)

Vibrations

Vibrations come as an indication from your Spirit - so the information that is given is Absolute (860305); We should use our vibratory awareness all the time - this we forget (800517.1);

If you want it to circulate and flow, then you must open another door of giving Realisation to others. If you open one door, at Sahastrara... it's not sufficient... you have to open another door... otherwise it doesn't flow (891203)

To get your vibrations alright you must wash your hands... use water as much as you can... wash your hands 10 times... is very essential (800927)

There is so much Knowledge in Sahaja Yoga, that despite planning to do some more on the topic of LEFT & RIGHT we end up instead talking about something else instead. So we shall continue where we left off, next time, hopefully.

Just enough space left to wish you all well.

Jai SHRI MATAJI