

There are many techniques used in Sahaja Yoga. Here are just a few of the more common of them. Try to be a little bit wary of any questionable techniques that you may come across, at least to begin with

Footsoaking

Technique used daily for clearing the subtle system (830121), and for only 10 minutes, you have to sit, but with full heart (830204), and is done with salt in water (830129); Everyone must have a regular sitting in the water every day... that's important. You have to soak your feet in the water, because the water is the ocean (830121)

The simplest way is... I mean we have found this... that after Realisation, if you go for seven days treatment with soaking feet before my photograph, it works out. Then you start establishing your auspiciousness... and once you have established it... then you don't lose it very easily.

Afterwards when you become very strong, you don't mind working on anyone whatsoever (800721)

Everyday you must soak your feet in water... if you have the chance, do it... because that is how you cleanse. I was amazed that some people just don't soak their feet... don't do anything... and they're supposed to be Sahaja Yogis. This is our way of life... is to keep ourselves cleansed... this is bathing ourselves; All those who have to be Sahaja Yogis, who have to live in ashrams, have to soak their feet every night... and have to meditate (800907); Sit with both your hands towards the photograph, and put both the feet in the water, with little bit of salt in it, for about 5 or 10 minutes. You must allow the vibrations to clear you out... then wipe your feet, and put the water properly into some disposal, and then sit down for meditation. If you can do that every day, even 10 minutes is more than sufficient... you don't have to do anything in an extreme manner (880921)

Shoebeating

Technique, taught by Mohammed, and is used to combat the ego (970316); Never be proud of your ego... beat yourself 108 times... shoebeat 108 times (810524); If you feel angry and aggressive, take a chapel (an Indian term for the footwear that they wear - Ed) and shoebeat yourself (951224); For right side problems, beat with shoes (870408); Is to be used for all fanatics (781005); Every morning you must beat yourself with shoes... if you have a chance, do it... that's how you cleanse... that's a part (800907); Beat the false gurus with shoes (791118)

If you start to feel negative, you should go and shoebeat yourself, or take a pillow and beat it hard (781005); When I tell to some people, they'll say 'I know Mother... I know I do that'. Then why do you do it... that means you are possessed... you are a possessed person. That you know this is wrong... still you are doing it... then you are a possessed person. Then it's better you beat yourself with shoes (800927); After so many years, if you are possessed, then I think you should beat yourselves every day 108 times... it's a very low grade behaviour (830821)

As far as possible, elders should not be beaten with shoes... you can ask somebody older than them, to beat them with shoes (801205)

Using the left shoe in the right hand, beat the name written on the ground with your right index finger, beating with the heel of the shoe only.

Meditation

Already dealt with in issues 004 & 015. Soon to be again described as a special variation, Effortless Meditation.

Introspection

Also already described in issue 011 and also to be practiced regularly.

Candle/Fire/Flame

If the flame of a candle starts flickering in front of the Photo, this is alright, and means that there is a problem, and that it is being corrected by the Photo (810328); Baddhas can be burned off by the fire, by the flame, and are to be seen as the flickering of the flame (781005), while bhoots are also burned with the candle... and may go pop, pop, pop - and that's why the candle has to be put (920209); An enlightened flame will burn off any impurity, anything that is unwanted in a person - fire is a purifier (781005); Used with the candle to clear the LEFT side subtle system (830121); Is the quality of the right side (781005); Just ask the fire to take away your problems... it takes away (800609); Fire burns, and gives light - it also cooks, and nourishes others. You are the fire and the light, and the controller of the two, and the choice to be either. Better start to be the light (811103)

Behind... he has to be given light... his back Agnya is not alright... tell them to... give light on his back Agnya (950625); If they have a problem with the Agnya, they should use a candle at the back... if their eyesight is getting weak, or is shortsighted (830209); By using a candle in a certain way, we have cured blood cancer (890617.2); For a person who is left sided, a good ghee lamp should be burnt... and then to see me through that. A candle is nice to look at... but I think that ghee is better (840214)

Those who went off to sleep... who were struggling at that time... of my lecture... may not have understood. It's a very difficult and a subtle subject... but those who have been like that should look after themselves... should find out. One thing they can do is to put a candle near their left Swadisthan, a little far... and put one candle before the photograph... and put left hand towards the photograph, and right hand on Mother Earth... it works... and the candle at the back should be kept little far away because it makes sound, it goes this way, and that way... it burns. Those who have been taking drugs, not LSD, but other drugs, the drowsy people who feel sleepy, whose brains are destroyed by drugs... all those people can benefit a lot by this... do it every day (860504)

Then you have Fire... we call it as Agni... but it is a very silent fire... it doesn't burn anybody... but it burns all the wrong things within you... whatever wrong things you have, it burns... and it burns the wrong things in other people also. Moreover, a Realised Soul cannot get burnt... the fire cannot burn... the burning cannot come to him... it is very important to understand... also if you are doing something wrong, it may burn you... but if you are a good Sahaja Yogi... and I should say a perfect Sahaja Yogi, fire will never burn you. We have an example of Sitaji... that she went into the fire... nothing burnt her (981216)

Fire burns, and gives light (811103); Is the quality of the right side (781005); and for right sided people, they should not use any light at all... they should not sit in the Sun (880921)

There are many more Techniques & Treatments still to come in Sahaja Yoga. We need to remember them and apply them as and when they are needed, and not just to file them away somewhere for later... when they tend to be sometimes forgotten...in some place where we all store 'Those Good Intentions'

SOME MORE FUTURE ITEMS

The way we eat i.e. the foods we eat - Left sided or Right sided
The way we talk - Mona/Talking/Arguments/Gossip/Judging types
Limes - Lemons - Ice - Ajwain - Neem
Exchanging Vibrations - thinking & acting collectively

We need to really make an effort to construct a Recognised Register of ALL Techniques that have been actually taught by our GURU, Shri Mataji Nirmala Devi & not any well intentioned but imaginary ones that only confuse everyone

For this we need everybody's HELP and good intentions.

Raise Kundalini & Reduce Sympathetics
- see 009

Use our HANDS not our Brains
See 009

Balance & Imbalance
see the items dealt with in issue 004 & 009

Correct Use of Hands
Left or Right - Which to use
see 009

Massage
See 012

So here we feel sure that we can rely on the Absolute Cooperation of All Sahaja Yogis the world over in this endeavour, which we feel sure will Please our Beloved Shri Mataji -
Jai Shri Mataji