

an ABC of SAHAJA YOGA for NEWCOMERS - 023

There must seem to be so many Mantras used throughout Sahaja Yoga, that it might seem sometimes to be rather daunting to come to terms with it all.

To try to simplify it all at the very outset, we here are setting out a quite small collection of those mantras taught to us by Shri Mataji in the very early days. They are sufficient to cover the whole system for now, & we can leave any advancement til later.

Basic MANTRAS

<u>Chakras</u>	--- Names of the Deities ---		
	<u>Left</u>	<u>Centre</u>	<u>Right</u>
Sahasrara	Adi Shakti Shri Mataji		
Agnya	Mahavira	Mary/Jesus	Buddha
Vishuddhi	Vishnumaya	Radha/Krishna	Vittala/Rukmini
Heart	Shiva/Parvati	Jagadamba	Sita/Rama
Void	Adi Guru Dattatreya		
Nabhi	Gruhalakshmi	Lakshmi/Vishnu	Shesha/Lakshmana
Swadisthan	Nirmala Vidya	Saraswati/Brahmadeva	
Mooladhara	Ganesha		

Form of mantra

Om Twamewa Sakshat Shri [... Insert Deity Name ...] Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha

Sanskrit is a phonetic language, so the sounds are quite important, as they control the Kundalini

Pronunciation:

Examples

A as in cat; Or A as in Cut	Vittala; Radha; Namaha; Nirmala; Rama the final 'A' in Krishna; Ganesha

E as in May or Day Or E as in Met/Get	Devi; Ganesha

I as in Sea/Me Or I as in Sit/Miss	Devi; Vishnu; Vittala; Vidya

O as in home	Om kara

U as in Root/Who Or U as in Cook/Look	Vishnu; Vishuddhi Kundalini; Rukmini; Buddha (not as in Cup)

Exceptions:

Mary	as normal
Jesus	as normal

Note:

It should be noted here that Shri Mataji always wrote and also spoke, i.e. pronounced Sahasrara with a 't' sound. She after all is the Ultimate and Absolute Authority, and really should know. So wouldn't it really be better for all of us to follow suite.

Who on earth are we, that we should think that we know better?

You have to be your own Guru

You have to be your own Guru... means that you have to be strict with 'yourself' (910728); The Guru within will be awakened if we are very strict with ourselves (830725); We have to be strict with ourselves, we have to be our own gurus (910728)

Sanskrit

Now you should not get upset with these Sanskrit names... it has nothing to do with any particular community... they were found out by Saints who were meditating in India, and they knew Sanskrit... so Sanskrit was used. As science has developed here, so in India a science of the Kundalini was developed... of the germinating power... the residual power within us. This science actually experimented with the movement of the Kundalini... where it moves... the sound it makes... and these sounds are different on the different centres... and these sounds have been taken by those people in the ancient days, as the phonetic sounds for forming the Sanskrit language... and that's why Sanskrit is used for controlling the Kundalini... the movement of Kundalini (790608.1); These names like 'Ida Nadi' are in Sanskrit. All this was discovered thousands of years back by Seers, who gave them a Sanskrit name. Also it has some meaning... that these names they got from the Unconscious... so that they are not 'Sanskrit' names, but are the names 'actually' of those things (800809)

And, here now, a very special word for us all

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; Sahaj also means easy (920229)

- Jai Shri Mataji -

So there you are... it only remains to say, til the next time...

May Our Glorious Mother's Very Great Blessings be with you all always...

Jai Shri Mataji and Shri Mataji Prasanna

With much love to you all