

Kingston Sahaja Yoga Meeting
Teaching the 'Sahaja Yoga' style of enlightened living
Fridays from 12 noon to 2 pm, weekly
Entry & Tuition entirely free. on the 3rd floor, John Lewis store

Techniques & Treatments used in Sahaja Yoga

There are in fact many, all of which have been provided by our Satguru, Shri Adi Shakti Mataji Sakshat Shri Nirmala Devi. They are all very simple and inexpensive to use, so there is really no reason for not doing them on a regular basis. But if they are to work, they all have to be practised. We should perhaps start by familiarising our selves with the range of available techniques, and choose a few that would seem to be suited to our needs. So here we will go to 'Sitemap' at tab No 6 along the bottom of the screen, and click on "Treatments & Techniques". Depending on what you choose, you will either see 'Treatments' or 'Techniques'. In either case you will be able to explore & see what is available within Sahaja Yoga.

We would suggest that a start be made with the following: 'Raise Kundalini'; 'Bandhan'; 'Footsoaking'; 'Meditation'; and then depending on what you find, you could move to 'Raising Left side;' or 'Raising Right side'; to get into balance. Here again we might remind ourselves of what we learned in the "L & R Balancing" topic that we saw earlier. Then also we might look for 'Lemons & Chillies' and also 'Limes'.

Then again, depending on what we find, we can progress to other techniques. But beware of one thing! We here need to click onto "Pitfalls" in the QuickAccessBar and select 'wp3's' and go to 'Warnings' and read through the collection of 13 clips so far, to make sure that we take on board all the various warnings given to us all by our Guru, Shri Mataji Nirmala Devi.

Then we can also look at 'Shoebeating'; 'Paper burning'; 'String Burning'. They all work but again it is important to practice them... otherwise you will see no difference.

Some other very important techniques are those like 'Neem' or 'Ajwain Dhuni', which are much more widespread in their effect, and can be used to treat systemic type problems, that can be quite troublesome.

In Sahaja Yoga, when in India, we collected the leaves from the Neem tree, and we ground it up and then we boiled it in a pan to make a sort of a tea, as long as you don't drink it, because it is very bitter, but just you can apply it to the skin that has some skin blemishes on it, or you can bath in it, as long as you don't drink it. It is very medicinal, and drives away all the negativity.

It may surprise you to learn that the colour 'RED' frightens the evil, & that is used by Shri Mataji on Her Agnya Chakra. The red mark is very important because then you don't catch any bhoots.

Occasionally we have someone going to India, and we try and remember to ask them if they can look out for a supply of either Neem tree leaves or Ajwain seeds.

'Ajwain Dhuni' You all should have it, it's a very good thing, ajwain. Also those who are having diarrhoea can have it, it's alright... it just clears you out completely. Is used also for right Vishuddhi problems... and may follow the taking of a 'basil tea'

Next will be:

The Sahaja Yoga range of Literature & Teaching & Learning Aids