

ABSORB & TRANSFORM

Sahaja Yoga is not just to pass energy through you - you have to absorb... to assimilate it & transform yourselves. You have to transform completely within yourselves (800127.2); Absorbing means when one's faith starts encompassing what I say... absorbing... not criticising... not repelling back... but absorbing it. Absorption is the only way to grow... & what is the mouth of Absorption... is Nirvichara... when you do not think about it; Absorption is only possible when you have faith... & the whole thing goes into you... you just go on sucking it like a child (800518); How to suck... just become thoughtless... it will go in... try to become thoughtless, & you'll imbibe. The thoughts are coming from ego... just tell them 'be humble'... & they'll disappear (800907)
- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

19800127.2 Powers bestowed upon S. Yogis & how maintain them,
Bordi Quality: good ... c. 30 mins
800518 Old Arle sford Part 3, The Real Becoming Good 30
800907 How to know where you are, Chelsham Road Good 120

- end -

29 Feb 2016

Source: www.sahajvidya.org.uk/jsmsy