

# Alasya

Lethargy (800927); Laziness (850806); Krishna was against laziness. If we are feeling sleepy, or lazy, then put Right to Left 7 times, with the Right hand, whilst watching Mother, or it can be done also with the Photo (821101)

- Jai Shri Mataji -

## Tape References

### Date/Ref - Title - Qual - mins

800927 Lethargy - Chelsham Road - Good c. 75 mins

- end -

2 Mar 2016

Source: [www.sahajvidya.org.uk/jsmsy](http://www.sahajvidya.org.uk/jsmsy)