

## Checking Vibrations

Ask each other... to check yourselves - be humble about it. Be on the alert. Ask others... otherwise how will you know if you are catching. Not to take this for granted, because unless and until we transform ourselves, Sahaja Yoga has no meaning (800127.2)

- Jai Shri Mataji -

### Tape References

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

800127.2 Powers bestowed upon S. Yogis & how maintain them,  
Bordi Quality: good ... c. 30 mins

- end -

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