

# Circulation

Source:

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

The antibodies... called 'Ganas' in Sanskrit... are under the control of the sternum bone, by which they are produced, and fight off 'attacks', or diseases... are ultimately under the control of the 'Centre Heart' chakra (MME)... where til the age of twelve years, we develop our antibodies... which later on in life go into the whole body... into the 'Circulation' and fight our diseases... and... fight our emotions (790722)

It's so absurd... I just can't understand... the women... the way they dress up... I'm surprised... this is the best way to get sick. They wear such big heels... this modern generation in the West... they are going to develop such terrible diseases... their legs will become swollen up... not only varicose veins... such big heels they wear. God has created you with such care... what are you doing to yourself - little heels are alright... but to have heels of this height... this is the best way to spoil all your nerves... and circulation (.0011)

We should cover the head in winter time, so that there is no freezing of the brain... covering is to be occasional, not all the time... if it is too tight, you can get bad circulation; Also to avoid sitting in the Sun, so the brain does not get melted (830204)

- Jai Shri Mataji -

## Tape References

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

.0011 Weekend seminar in Pune, Tape 1 good 180

790722 Leeds at Jim's House poor 45

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

MME = Meta Modern Era by Shri Mataji Nirmala Devi

- end -

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