

Coconut Oil

It would be a good idea... to start using a little oil for the head... in the night... as Sahaja Yogis, you should... better use some nice coconut oil, and rub on your head nicely, in the night... and in the morning... after all it doesn't show much... and comb your hair in a proper way. If your dresses... and your hair are... like bhoots... then the bhoots will take over, thinking... 'oh, this is a bhoot sitting down here... better take hold of that bhoot'... so dress up in a way... that you shouldn't have hair on your forehead at all... keep it straight... make it nice... and have absolutely clean foreheads (860504)

So before you start getting bald, better try putting some oil on your head... that's one very important thing, Sahaja Yogis have to do... you can take vibrated oil if you like... and... I think olive oil is good... but better than olive oil, I find, is coconut oil... it is better for the growth of the hair. But sometimes you can also put almond oil... is also good for you... because if you have any problems that you feel exhausted, your nerves need attention, you are a nervous type of person, then almond oil is good for you (860504)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

860504 Sahastrara Puja Talk, Milan (French Translation) - good 89

860504 2nd Sahastrara Talk, Milan - good 57

- End -

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Source: www.sahajvidya.org.uk/jsmsy