

Colds

Source:

www.sahajvidya.org.uk/jmsy

The cold is a disease (also hay fever)... of London and England, due to less resistance... no immunity, because of lack of calcium within us. If proper care is taken in childhood, with adequate vitamins A and D, with massaging with cod liver oil or olive oil, and with proper sunning, then we would get colds less. It is a Vishuddhi problem (800517.2); A little chillies is alright... you can develop a little taste for chillies... it's alright. It cleanses you, and it has vitamin C also in it, so it's quite good for colds and things (881207)

The Hamsa chakra is a very material thing... and has to be worked on, on a material level only... and is where you get troubles like sinus, colds and coughs, and all that... and can result from the drying up of the nose... because of the use of central heating. Now... what you are doing actually... is to neglect certain laws of nature... like...in London, or anywhere... it's all heated up inside the rooms... too much it is... it's very dry... we all know that in England we have to have a humidifier isn't it. Just leave some water or something, or fill a tub in the bath and keep it open... so there is humidity in the room (.0011)

Coughing... may be due to drying epithelial cells of the throat - ghee may be used to correct this, by putting a few drops onto hot water or milk, and taking it - it will spread over the epithelial cells. The ghee can be kept in a small bottle, which may be heated in hot water prior to use (870408); May also be due to negativity which can move arbitrarily, and can be cured by... gargling... or by the Mantra "Allah ho Akbar" said 16 times... by dhuni... and by care with some foods (830113.2); Also...you are not used to the dust, and that's another reason you get coughing. When you come out of the processions (in India - Ed) you just gargle with a little warm water, or even ordinary water, so the dust will come out (881221)

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Coughs and colds are a left side problem and indicate emotional problems... in girls, crying, whilst in men coughing or sneezing for no reason at all - coughing and sneezing to show our pitiable condition. To cure the cold, look into your emotional life. If there is too much attachment to mother or father, and if they misbehave, or do something so that the child feels hurt, then he may get colds. Any attachment that makes you foolish, or hankering after someone, creates similar troubles, especially with the 'Romeos'. It can be corrected by getting proper understanding, that we are just trustees of our children, that we should be detached, and not get these romantic feelings. On the other side, if we move to the right side more, we get dry feelings, a dry throat - we cannot speak (800517.2)

Flowing colds, characterised by sneezing, running nose, and hay fever are due to the liver producing heat (870408); The liver gives heat, whilst the cooling is done by Vishuddhi (830202); Sneezing is nothing but the right Vishuddhi opening out (790609.3); Those who have got flowing colds must know that they are liver patients... they should put some ice on their livers. Also they should put their left hand on their liver, and their right hand toward the photograph, and in the water, salt... it's a right side... those who are sneezing, or feeling hay fever, or flowing of cold... just try to treat your liver and you'll be alright (871224)

Because of Vishuddhi there are so many problems... like Angina, Spondylitis... sometimes people lose their voices completely... sometimes they have all the time coughing. Above all is the centre of discrimination, which only comes when you are free people. Til you are biased... til you have your own concepts, you cannot be discrete... and that's the one point where one must understand that to achieve your complete freedom, you have to get your Vishuddhi chakra cleared out. First and foremost is you must speak in a sweet manner, not artificially, but sweetly... speak in a manner that another person likes it... Satyam Vade... Priyam Vade... speak the truth... don't tell the lies (860823)

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It is important to wear a vest under the shirt, especially in warm weather, to prevent catching colds, particularly after perspiring (780619); Radha Krishna... is the mantra for the Vishuddhi... and is for where there are... problems of ears, nose and throat... or where you get bad colds... or where you get your attention diverted (850502)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 881221 Hygiene - Sangli - see 881217 good 45
- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 871224 We are here for our ascent - Poona - see 871213 good 30
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 780619.2 Working out session - see 780619 not good 0
- 780619.1 Yoga Kshema, Western problems, Caxton Hall - see 780619 good 40
- 780619 Difference between East and West - Caxton Hall
- 800517.2 Old Arlesford, Winchester, pt 2 (What is a Sahaja Yogi) good 90
- 830113.2 L Mooladhara & Supraconscious, Dhulia (incl 30 min Med'n) good 60
- 850502 Niraananda, Vienna Ashram good 60
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
- 881207 Why do we come to India-Dec 88/1 - India

Chakras affected: Vishuddhi; Hamsa; Emotions; Liver

- end -

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