

# Raising Kundalini

Now how do you raise the Kundalini... we can raise it with the attention... but it should not be done, because others should 'know' that something has been done... because people, unless and until they see something being done to them they are not going to believe... so you have to raise the Kundalini with your hands... and you can see... that as far as the hand moves, the Kundalini moves... and you can feel it within your spine (810511); Raise Kundalini from behind, and from down below: left hand steady, and right hand rotating, up, forward, down, back, and repeat... as move upwards... and tie a knot above the head. Do this 3 times, and on last time tie 3 knots (790000.2)

Now... to raise the Kundalini oneself... put your left hand in front of you... and the right hand has to be moved... up... forward... downward... backward... in this way you have to move your right hand in a clockwise manner... (round the left hand - Ed) and try to move it slowly... upwards... watching the left hand... carefully... putting the attention on the left hand... and try to raise it... now loosen your arms and give it a twist... and tie it... above the head. Now you have to do it 3 times... and third time you have to give it 3 knots... slowly... do it very slowly... watching your left hand... til you go up...above the head... loosen your shoulders... put your head up and again give it a big twist... and tie a knot... give 3 knots (840410)

Let us put ourselves into bandhan... after raising our Kundalini... raise it... attention on your Sahastrara... don't close your eyes... push back your head... one!... again!... sit straight... take it up on your head... two!... three!... (Shri Mataji raises the Kundalini three times, and ties three times at the last raising - Ed). Now put the bandhan (850504)

## Sahajvidya - Raising Kundalini

The left hand is the hand of desire... the right hand is the hand of action... please try... raise your Kundalini... give it a twist... give it a knot... and bring it down (the two hands coming down on the right and left sides)... now again... now second time... take it on top of your head... give it a knot... and now put it down (again the hands come down as before)... third time... you have to do it three knots... now bring it down (821008; 821007)

If you sit down anywhere, say in a music program, and you suddenly start giving a bandhan... it's madness... or you start raising your Kundalini... it's stupid. It should not be done that way. You have to sit with dignity, with understanding... others are watching you (871224)

- Jai Shri Mataji -

### Tape References:

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

- 871224 We are here for our ascent - Poona - see 871213 good 30
- 821008 We don't have to suffer, Bedford - see 821007(Video) Good
- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 790000.2 2nd Talk - see 790200 not good
- 790000.2 Shri Mataji working on new people good 55
- 810511 Lord Jesus, Forgiveness, Caxton Hall not good
- 840410.1 Porchester Hall poor 20
- 840410.2 Porchester Hall/South Bank Polytechnic, London
- 850504 You have to be in Nirvikalpa - Vienna good 50

Source:

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