

Relaxed

There has to be lot of relaxed and a mobile temperament a person should have... those who believe that they have to be... they have to be very accurate must know that your accuracy will be challenged by the Divine Power. If you are absolutely lethargic, lenient, dishevelled, we can say absolutely confused... you are not in the centre... and on the contrary if you are very strict, like a rock of Gibraltar... and like a big Hitler-like behaviour... you should be in time... everybody must have proper steps... must walk properly... that's not being Sahaj... that's not being Sahaj (890709)

Now look at all these flowers... see one by one... see how beautiful they are... every one is different... even one leaf of one flower will not match with another... one petal won't match with another... all different but so relaxed... creating beauty... giving us so much of joy... all different... placed in different manner... moving in different manner... every one has a different angle... but there is unison... there is oneness in them that they all want to give us joy (890709)

I hope you understand what I am trying to say... that a person who is relaxed need not be a person who is lethargic... but alert... alert you can be as well as you can be relaxed... because you are Sahaja Yogis (890709)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

890709 The Importance of Friendship, Devi Puja, Melun, France

- end -

23 Mar 2016