

Right side & Left side

Now if we have ego, what we should do is raise the left side, & put it to the right side... there's no other way out... you have to use your hands; Then everyone must soak their feet daily, & must do daily meditation. For correcting your Right side, use the Mother Earth or water or even ice or also carbohydrate or vegetarian types of foods. For Left side, use light or fire or nitrogenous foods i.e. proteins (830121)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830121 Assess Yourself, How to Proceed, Vaitarna

- end -

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Source: www.sahajvidya.org.uk/jsmsy