

# Roots

The roots of our awareness are in the brain. Human awareness grows downwards away from the Divine (860305); Shri Krishna has said that this is a tree which is upside down - the roots are upwards, and the leaves are outwards; When we are dealing with our roots, we have to be in the centre, in the core... our attention not entangled with other things, with outside things (830107)

- Jai Shri Mataji -

## Tape References

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

860305 Wimbledon Address - Good 45 mins

830107 Ganesha Puja - Rahuri - see 830113.1(5 Pujas in India) Good 20

- end -

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Source: [www.sahajvidya.org.uk/jsmsy](http://www.sahajvidya.org.uk/jsmsy)