

# Rubbing Hands

You may rub your hands a little bit... it may be your left hand is rather weak... rub it... just throw it away also (821008)

In the hands is he feeling... just rub your hands a little bit... give a little water in the hands like this... [Shri Mataji gives her glass of vibrated water to hand around - Ed]... pour it... because what is happening is there is too much heat... on the right hand... just put it in the hand and let them rub a little bit... everyone... you can give a little bit... just rub it... rub it hard... on the finger tips especially... see now... you may blow it also... on the hands... very hot... alright... see now... is it cool... alright... good (840622)

- Jai Shri Mataji -

## Tape References

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

821008 We don't have to suffer, Bedford - see 821007(Video) - Good

840622 South Bank Polytechnic, London - good 40 mins

- end -

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