

# Yoga Kshema Wahamya Hum

Translated this means: "First you get your Yoga, then you get your well-being" (840708); Spoken by Shri Krishna (810328); Krishna said... 'Yoga Kshema Wahamya Hum'... that you first get your Yoga... first get your Realisation... and then I'll look after your well-being... he said it clearly. The Divine looks after you so well, you can't imagine (821007); In the West, people do not believe in Yoga, whilst in the East, people do not believe in the Kshema (780619)

- Jai Shri Mataji -

## Tape References

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

- 821007 Truth is to be achieved, Bedford - see 821007(Video) Good
- 780619.2 Working out session - see 780619 not good 0
- 780619.1 Yoga Kshema, Western problems, Caxton Hall, see 780619 good 40
- 780619 Difference between East and West - Caxton Hall
- 810328 Nabhi talk, Australia [some noises + 15 mins Q&A] good 55
- 840708 To Know the Truth, Ilford [with 40mins Q&A] good 40

Source:

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