

Yukti

Deftness (830128); Trick or 'technique of', as 'the Yukti of yoga' (910001); A Sanskrit word meaning 'unity' or yoga (791009.1); First is Yoga... means the Unity, or as called in Sanskrit, Yukti... of your attention, called as Jiva... and your Spirit, called as Shiva. These two must meet... unless and until they meet, you cannot reach your Absolute (791009.1)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

830128 Introduction to Sahaja Yoga - Delhi Quality: good 75 min

791009 Maintaining the Purity of S. Yoga, Caxton Hall - Quality: good 35

- end -

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