

A big thank you to all those who responded kindly with such warm words of encouragement, quite a nice change from what seems the more normal Sahaj response - something that we all need to introspect ourselves about, and see **where** we are coming up shall we say just a little short of the ideal.

More on that subject in due course. To return to the subject in hand, this first issue is again being sent out & will be followed immediately by the second so that you will at least have something new to read & meditate on. The full set so far consists of just 10 items - they are being created as we go along, so will be sent out quite soon. They will also ultimately be part of the SahajVidya website.

It is understood that if you reply, or indeed have some comment to make, then you are already on the Community Mailing List. If however you have found out about this ABC Project in some other way, please indicate clearly that you want to be added to a special supplementary ABC Mailing List. Jai Shri Mataji

an ABC of SAHAJA YOGA for NEWCOMERS 001

To meet & fill a gap that exists for new people coming to our family of Sahaja Yogis, a new project to introduce some of the basics of SAHAJA YOGA is being launched.

Some of the more interesting not to say the more important issues will be posted at more or less regular intervals. This will enable us all to quickly rise to the same levels of competence in our understanding and practice of Sahaja Yoga... and will, perhaps more importantly add to our experiencing of more JOY in all that we do.

To start it off, we are posting 1 or 2 articles on the very important central topic of the Kundalini itself, which although at the very core of Sahaja Yoga, is perhaps somewhat overlooked.

Note: The 'numbers' in brackets are the date of the talk, where SHRI MATAJI actually Spoke these words. These talks are available, if you speak to any established Sahaja Yogi. In the 1st article the 810919 reads as Yr 1981 Sep 19th.

Kundalini goes upwards always

'No it doesn't go down, Kundalini never goes down, it goes upwards always. The thing that comes down is the Grace, the Grace comes down, not the Kundalini. The Kundalini goes, always goes, upwards, as the Grace comes on your Sympathetics, which cools you down completely - you become absolutely relaxed, but the Kundalini itself always goes upwards, it never comes down, but in people it so happens that Kundalini goes through the central path. Now if it is sort of very much ah, rugged or if it is extremely smooth due to the mistakes of the seekers, then it falls down. It 'falls down' is a different point, than 'going' like that, it falls down. Then you have to raise it again & tie it up, again raise it & tie it up (810919)

KUNDALINI - absolutely PURE: NIRMALA

The Kundalini is the one that thinks... the one that understands... the one that loves you, & knows each & everything about you in this life & the life before. She is absolute dharma, absolute righteousness, absolute purity... the ideal-most personality that you could think of, which doesn't tolerate any nonsense, falsehood, or untruth. She's Nirmala... She's pure - purity personified. She doesn't accept any compromise... & She is within you... see how beautiful you are. She is not afraid of anyone... cannot be enticed, enchanted or tempted by anything... & She loves, but Her love is that pure... that nothing is higher for Her than Her own love. She never reconciles to anything, & She is the one who gives you your Self Realisation. So we have to find out methods of pleasing Her... what makes Her so unhappy... why doesn't She want to rise... we have to find out the means & methods (791111)

Talk to be listened to

I would say that this lecture must be listened to, again & again... & to be taken in... not to be questioned... not to be questioned... to be taken in... to be absorbed (860504 - 4th May 1986 - Sahastrara Puja Talk, Milan (French Translation) good 89 mins)

Mishaps

If there are no events or mishaps, then you cannot see the surmounting quality of the Divine... if the surmounting quality of the Divine has to be seen, we have to see the obstructions (881211); If suddenly a negative force comes in to trouble you... so what... otherwise how will you know what you are. If there is no darkness, how will you know you are the light (961020)

ABSORB & TRANSFORM

Sahaja Yoga is not just to pass energy through you - you have to absorb... to assimilate it & transform yourselves. You have to transform completely within yourselves (800127.2); Absorbing means when one's faith starts encompassing what I say... absorbing... not criticising... not repelling back... but absorbing it. Absorption is the only way to grow... & what is the mouth of Absorption... is Nirvichara... when you do not think about it; Absorption is only possible when you have faith... & the whole thing goes into you... you just go on sucking it like a child (800518); How to suck... just become thoughtless... it will go in... try to become thoughtless, & you'll imbibe. The thoughts are coming from ego... just tell them 'be humble'... & they'll disappear (800907)

So there you are - More such extracts will be offered as time goes by. It is suggested that all these e-mails be saved in a special folder labelled as 'ABC saved articles' or some such, for future reference.

So... we hope that you enjoyed...

Much love to all

JAI SHRI MATAJI

Any replies or correspondence can be sent to: nick@sahajvidya.org.uk