

So here we are again with a small reminder about the Kundalini and now the question of achieving a state of Balance so that we may enjoy our daily Meditations, which are so rewarding. It should not need saying... that we all should continue with our own attendance at our own local Sahaja Yoga meetings, as well as practicing the same at home in some specially selected spot.

## Central channel

Formed by the left & right channels coming together (870500), with the power of the Sustainer, or Protector (810829); **The channel by which we evolve, the channel of our sustenance (781005); The central path of our ascent... along which the Kundalini ascends (840622); Evolution is still going on - this is not the end (781115)**

## Living Process

Anything that is living has a capacity to rise against the gravity... up to a point... up to a limited space. It is all controlled by the gravitational force. **But there is one thing that rises against this force, which has no limits, & that is your Kundalini - it cannot be controlled by the Gravitational force, unless & until you want it to be controlled (860706)**

## Kundalini

**Our Kundalini has risen without effort, and without thinking, and has changed us so much - try to support her and keep the central path clean (871016); The central path of our ascent... along which the Kundalini ascends (840622); The Kundalini sometimes dances (900105); May be nourished with pure Love and Compassion, and avoiding involvement into any relationships (920621); When all external desires dim out, and the real desire to be one with the Almighty remains, then the Kundalini can rise spontaneously (800609)**

## Balance

**Balance is needed for our ascent (830512); First put the left hand towards the Mother, or towards the Photo, and the right hand out, then put the left hand up, and the right hand towards the Mother (791118); If you don't have a balance, you'll just get vibrations in one hand (830512); If you feel vibrations equally in both hands, this means that you are in balance, that you are balanced (830202); If there is a disparity, then adjust it by giving a bandhan (811103)**

**You can find out in a second whether you are on a conditioning side or not... if the left side is catching, then you are conditioned, and may suffer from pains etc. If the right side is catching, then you are on an ego trip, and may have health problems. Or you may be wobbly (800517.1); If you use any one of these powers, superego and ego, too much... then the other one gets frozen (811006)**

### Left Sided

If we are feeling sleepy, or lazy... then put Right to Left 7 times, with the Right hand, whilst watching Mother, or it can be done also with the Photo (821101); Those who have left hand problems... means who have left side problems... should raise their right... all of you (800721)

### Right Sided

If the right hand is burning but not the left hand... that is when a person is right sided, being an intellectual or futuristic person (830512), the left side subtle system is raised and taken over to the right side by movement... of the right hand, to bring the system into balance (830121); If we have ego, we should raise the left side, and put it to the right side... there's no other way out... you have to work it out with your hands (830121)

To get into the centre, to achieve balance, first we move out of the left side to the right side, and from there to the centre. If you are feeling lethargic, are unable to get up, or are feeling sleepy or not alert, plan what you will do and get into action. Even doing Puja is a good idea. Then when you are into action, in order to get into the centre, just watch everything, just witness... say to yourself that you are not doing it (800517.2)

## Meditation

You all have to become masters in Sahaja Yoga... & for becoming masters in Sahaja Yoga I am sure you are doing meditation... introspection... & all kinds of Sahaja Yoga practices. You have to meditate collectively... whenever there is collective meditation, you must join that. With collective meditation... you get alright... all your problems are solved if you go to collective meditation regularly... I promise you (001231)

**Meditation is the most Sahaja method (760330); Is nothing but surrendering - is 'complete' surrendering (820731); Is very important, in order to achieve faith in oneself (961020); It is not necessary that you should sit for meditation for 3 to 4 hours (880105), but is to be done regularly, daily (830121), 10 minutes morning and evening (870513); This right and left side movement has to finish... you have to be in the centre, and to come in the centre the best thing is to meditate... about 10 minutes in the night and about 5 minutes in the morning; Some people do not meditate... then they cannot grow... the way you can grow is only through meditation and understanding (980706); Meditation is the medicine (850806), and is very important, in order to achieve faith in oneself (961020)**

When you meditate you are in silence, you are in thoughtless awareness... then the growth of awareness takes place, and then it opens out... but, if you are 'thinking' - it is like a lake, and the lake is completely in a turmoil... then nothing can grow. But supposing it is silent, then lotuses can grow... anything can grow. In the same way, if your mind is agitated... and your growth is not yet fully expressing itself... then it is such a vicious circle... that... you are agitated... then your growth is hindered... again you are agitated... and then your growth is again hindered. So the best way is to take to meditation... when you do, this turmoil will settle down... and when it will settle down, your growth will take place (880921)

In meditation you can become thoughtless... for a short time - this short time should go on increasing, that you are without thought. But human beings cannot understand that anything can happen spontaneously... so in Sahaja Yoga we have something very simple... the mantra, Nirvichara. So now you watch anything, saying the mantra for Nirvichara, then you'll start seeing that... witnessing that... without thinking - we become the witness, the Sakshi (920719)

So here it may be useful to know, that all these Advices are from our Guru, SHRI MATAJI NIRMALA DEVI & many more are freely available to all who so desire on a specially designed web site, which is currently being rebuilt & upgraded, & will be made available to all as soon as all work is completed..

Meantime, and as always... Much love to all

JAI SHRI MATAJI