

So... here we are again with a resumption of the series of "ABC notes of Sahaja Yoga for Newcomers", which was rudely interrupted a while back. Since then we now have a new computer with Windows 7, in 64 bit as well to boot. So after quite a longish time, we are now able to resume where we left off, with some more quite important Advices from Shri Mataji Herself, on all sorts of vital subjects for any serious Sahaja Yogi.

We have still quite a lot of ground to cover, which will take quite a while... and we anticipate that it will take us well into the New Year, before it is completed.

While this is going on, if anyone has a question that they need answering, please do not hesitate to ask. We do not guarantee that we will know the answer, but we will at least try. The answer will only come if we have Shri Mataji's Advice on our database... no made up, 'off the cuff' answers will be provided... only bona fide, genuine, authentic Advices, given by Shri Mataji will be even entertained. She is after all... Sakshat Shri Adi Shakti... supreme source of all that is Absolute, and Pure Knowledge. So here we go... Jai Shri Mataji...

( Resumed 21<sup>st</sup> Aug 2017 )

### Discretion

So it comes to the discretion how to use your Ida Nadi and Pingala Nadi and discretion to understand what is good and what is bad... what is good for you... what is benevolent... what is good for the collective... what is good for your ascent (880710)

Intelligence cannot give you discretion as far as the conditioning is concerned... discretion of the Ida Nadi is **Intuition**... if you develop that discretion within you, through your meditative powers, you develop Intuition... and Intuition is nothing but is the help of the Ganas which are surrounding you... if you learn to take help from the Ganas, you can become very intuitive. Of the whole of Sahaja Yoga, I would say 50% of that is based on intuition... and for that you have to develop a proper sense of Shri Ganesha. Ganesha is Ganapati... the master... the chief of all the Ganas - so the Ganas give you intuition (880710)

Then, **Acceptance** will give you a wonderful discretion over your ego. Whatever goes wrong... it's alright... accept it. Supposing you are lost on the way... you should not think like all other people... but think... why... Hanumana must have brought me here for some purpose... accept it... accept the situation. When you accept the situation, you are playing into the hands of the Deities... who are guiding you (880710)

And above all, the vibrations part, which you have to see... if you do something... and if the vibrations are going down, then of course... 'I'm a Sahaja Yogi... to me vibrations are my ascent' - is the most important thing. So to develop discretion on the right hand side, you have to know your goals, your destination... you must know on what path you are standing... where you are brought... where are you today... you are not like other people. That kind of a discretion you develop within yourself... for that you need pure intelligence (880710)

On one side we have the help of Shri Krishna, to give us the discretion... and on the other we have Christ... in between is placed this Hamsa. So we have two great Incarnations within us, who are the embodiment of discretion... Shri Krishna who looks after the conditioning side of it... and Christ who... looks after the ego side of it (880710)

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Now for Sahaja Yogis, it is important to understand that they have to work out their discretion in a manner that they develop their intuition... I would say the first part would be the intuition... try... experiment... but, going to extremes of everything is wrong in Sahaja Yoga... you have to do everything in moderation... like putting your attention to nonsensical things makes your vibrations absolutely disappear... so with discretion you must have common sense... practical sense (880710)

To improve the discretion... we take vibrated ghee or butter, which is heated up... and put it in the nose. But before that we gargle... with salt... which represents the Guru principle... because... when the principles of Shri Krishna plus the principle of Guru are mixed... the two get integrated, and then the collectivity starts... and as a result of that you get Discretion (850502)

Discretion is higher than debating (830512)... if you want your Spirit to be happy, if you want to keep your attention happy, then keep the attention integrated with your 'being', not with your ego... this is where discretion comes in; Also you have your vibrations there to teach you discretion... better check yourself, and nobody else (801116)

Now... one has to learn... the **Mariadas**... means the boundaries of your relationships. Shri Rama is known for his boundaries... he doesn't cross the limit... in everything... discretion of the heart should be there. Now there is no word for discretion of the heart in English language... which is Mariada... discretion of the heart is... how far to go (820402)

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Those people who are obedient to me are very powerful Sahaja Yogis... you know that... and those who are not, go down very fast. I have seen those who are disobedient, who don't listen to me, who are rude to me, who do not understand the protocol... go down very much in Sahaja Yoga... because what is lacking in you is the discretion, the Mariada... how far to go. You have to be powerful people and the power of a person increases by putting Mariadas - supposing you have wheat, and you spread it, it will spread all over and anybody, birds will come and eat it up... it will be finished. But if you put it in a sack, it will have a weight... it will have a size... it will rise in height... is useful... and it will have respect. But the thing that is all spread all over will never be respected. Nothing works out without Mariadas... you have to keep your Mariadas. All our ideas of freedom are to be bound by Mariadas... if the freedom has no Mariadas, it is abandonment... it is a nonsense... it is not going to help (820402)

#### A Very important Point for consideration, provided by the compiler of these Notes

These are all Bona fide Quotations or Advices obtained solely from Audio or Video tape recordings of Shri Mataji actually delivering a talk either to the public or to a group of Sahaja Yogis in a collective setting with, in brackets, the date of the talk, in reverse. No Quotations from any Transcriptions are ever used without first checking very carefully the recorded version for absolute accuracy.

It is suggested that we should read, and meditate on each of these in a gentle but focused way, absorbing them into our being... without any thinking being involved at all, and if necessary re-reading them again and again.

#### Quoting Mother

Care should be exercised in this respect, and we should not quote Mother, especially when She has given advice to us, or to someone in particular, and we are tempted to circulate it for everyone else - is a problem (830725); This is a very good way of troubling others... 'Mother has said so'... I might have said... might not have said... whatever it is ... ... somebody can start something like that... even if... I never said it (920719)

#### 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)

#### One other useful & important addition, which we hope you will find helpful

From now on, whenever we find a useful definition provided by our Beloved Mother, within the text of any particular Topic, we will **highlight** it, & include it in the Index provided on the left of the screen - to help in any future searches for that particular subject. Also you can go to the Main PDF file Index for a full search.

So here we are, back on track again, and hopefully this time we are here for the duration. We will really try to keep everything working properly, so that you all will have the utmost chance to rise in all understanding to those heights to which we all must surely aspire.

With very great respect and absolutely the most abundant love to all Sahaja Yogis absolutely everywhere.  
Shri Mataji Prasanna