

Kingston Sahaja Yoga Meeting

Fridays 12 noon to 2 pm

3rd floor at the John Lewis store

Issue 3

Hello everyone and welcome once again. We are sorry that we were unable to all of us make it here last week... due to Health reasons, other commitments, overseas visitors etc. We will attempt to overcome any other future obstacles, possibly by arranging a rota of alternative stand-ins, if it can be arranged in time. We are currently experiencing some unforeseen obstacles, which some of you are already aware of.

This week we shall try to cover most of the basics of Sahaja Yoga once more, and see also if we can possibly fill in a few more details, with an extra hint or two, picked up by experience along the way.

You all here, have a truly very able and competent lady Teacher, Fiona, who lives only a short distance from Kingston itself. She has shown herself quite capable of conducting this meeting, and will do everything she can to help where it is required of her. This Nick, whilst temporarily handicapped by an interrupted Cataract Operation, will shortly, it is hoped, be back 'on track' once again very soon now, to help where it is required.

We would like to introduce you all to a new concept... that of 'Collective Awareness' or also known as 'Collective Consciousness' which is a sort of new sense that we have become aware of since the advent of Sahaja Yoga. Many of us have our favorite stories to tell. This also leads on to something else that we do.... Sending or giving Bandhans where help is needed.

One other item which we would like to introduce is 'The Mantra'. Some of us will have seen from previous weeks, that we have a system built up on the 7 basic chakras, each with their own Deity and associated Shakti. So here we will start with the very first Chakra, and with the very first deity. So here we also learn that India is known as a very spiritual country, where very many of these Teachings are part of the general Knowledge base of that country.

Om Twamewa Sakshat Shri Ganesha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi
Namoh Namaha

And finally for this week. We would like to once more point out that each of these notes can easily be found again when you return home by first Bokmarking the 'www.sahajavidya.org.uk/jsmsy' website on your Desktop. Then simply click on this bookmark, to go straight to the website online. Then find the Quick Access Links, and click on ABC. Then look to the right side of the screen to see the Kingston Link.