

**Kingston Sahaja Yoga Meeting**  
**Teaching the 'Sahaja Yoga' style of enlightened living**  
**Fridays from 12 noon to 2 pm, weekly**  
**Entry & Tuition entirely free. on the 3<sup>rd</sup> floor, John Lewis store**

### **The Hands of a Realised Soul**

The hands play a very special role in Sahaja Yoga & need to be properly understood. It has been noticed all around the world, that many Sahaja Yogis are not realising the crucial importance of the role that the hands play in helping us to practice properly the art of doing Sahaja Yoga correctly in the way taught to us by Shri Mataji Nirmala Devi, our very much respected & venerated Shri Adi Guru.

We can do little better than to start by selecting the link "**L & R Balancing**" in the 'Quick Access' links bar, near the bottom of the HomePage of the '[www.sahajvidya.org.uk](http://www.sahajvidya.org.uk)' website that we have bookmarked on our own individual computers. Here we will find many individual references, each to slightly different ways of looking at and understanding how to use our own individual hands as we practice the different skills within Sahaja Yoga.

Then we can go to the 'Main Index' by clicking on '**Index**' in the 'QuickAccessBar' and then selecting the letter 'H' followed by the various topics related to '**Hands**'. All the numbers, in brackets refer to the date (in reverse) of the original tape recording from where this particular extract was taken.

Then also once again, go to '**Charts**' in the QABar and select again as we did earlier, the "**Chakras\_on\_Hands**", simply as a reminder.

Finally, this Nick learned a lot when, in India, many years back, he decided to stop thinking & simply to listen to and follow the guidance that he got from his hands... i.e. just to DO, & not to rationalise or think about it at all... & then see, what happened. Then from that time til now, he never looked back.

One further thing, is something else that Nick discovered, putting into practice some of what he had learned from the "L & R Balancing" topic, previously mentioned.

Whenever he noticed a skin blemish, something like a Boil starting to grow on his face, he would simply, using his LEFT hand, apply a small Bandhan to the boil, & then imagine he was grabbing & pulling out the offending negativity, which he then threw away. He did this just before sleeping, & when he woke up, the boil was gone! This happened time after time. Try it!

So now we have just enough room to talk about the other promised subject called "**Protocol**", & the equally related topic, **Auspiciousness**. So here we need to select "**Index**" followed by letter "P", & then of course by "Protocol" & then follow it up by then choosing "Auspiciousness" under the letter "A".

So in conclusion, we are learning that the skills in Sahaja Yoga are not picked up by using our brains or by thinking how or why things may work out... instead we are slowly realising that we may progress more quickly by simply 'doing and experiencing', and as a result we find that we are in fact learning.

So here we do offer our heart felt thanks to Shri Mataji

& we may not be surprised to learn that to offer thanks to God is a good way to open the Heart Chakra.

Jai Shri Mataji

If anyone wishes to comment or make contact regarding any aspect of this Conducted Tour, you can select the Feedback Form on the SahajVisya website. Any detailed comments if the web site is malfunctioning will be gratefully received