

We believe that the methods shown in this book will promote the mental and physical health of the reader. These methods, however, are not a substitute for professional medical treatment when needed. The authors are not responsible for any claims resulting from the use of such methods by the reader, or from the reader's sole reliance on such methods, including without limitation any claims for personal injuries resulting from or arising out of the alleged negligence of the authors.

Sahaja Yoga

Treatments

This is a compilation of Her Holiness Shri Mataji Nirmala Devi's talks, tapes and books.

These treatments are to be used only by people regularly practicing Sahaja Yoga for their spiritual ascent, and in conjunction with vibratory awareness. The treatments are remedies, not cures. The real cure lies in the recognition of and complete surrender to Her Holiness.

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Shri Mataji Nirmala Devi

MEDITATION AND CLEANSING PRACTICES

Shri Mataji's photograph itself gives the cool breeze of vibrations. Please keep it in an appropriate place, and treat it respectfully by cleaning it daily with rose water and putting kumkum on Shri Mataji's forehead.

In the morning after waking, washing and taking tea, sit comfortably either in a chair with feet apart, or in a crossed-legged position if sitting on the floor, with hands outstretched and palms upward toward the photograph of Shri Mataji.

Initially, raise your Kundalini and make 7 bandhans around your chakra system. Sit with eyes closed and let your thoughts flow, keeping your attention at the top of your head. Slowly, you will notice the flow of vibrations on your hands.

Vibrations should be cool and flow over both palms. If there is a tingling or burning sensation in your hands, this means some blockages are indicated in the chakras or nadis. Don't worry, just allow the Kundalini to work it out. She will do the job of clearing you, and will allow you to enter into Nirvichara Samadhi where you are relaxed and there is no thought in your head.

Enjoy the vibrations and after fifteen or twenty minutes, take a bandhan, do Namaskar to Shri Mataji and start your regular day's work.

In the evening, before sleeping, fill a bucket or basin with lukewarm water, add some rock salt or sea salt, light a candle, raise your Kundalini, give yourself a bandhan, and sit with your feet in the salt water, watching the photograph through the flame, or close your eyes and allow the thoughts to disappear. The salt water will absorb all the negativity from your lower chakras, the flame will burn the negativity from the Agnya Chakra, and you will be in thoughtless awareness much more quickly.

You will be aware of the cool vibrations on your hands, and you will feel the cool breeze coming from your head. After a proper disposal of the basin of water, you are ready for meditation.

The best time for meditation is between 5 and 6 AM. At this time the left side becomes passive and the right side active, so there is a quiet and balanced time in between.

To cool down the right side it is good to meditate after sunset and generally we should meditate before sleeping.

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Hot Right Side

Put the right hand toward the photograph and raise the left hand toward the ether. The ether takes away the heat, but what actually happens is that your right side gets the vibrations and the heat is pushed toward the left and passes into the ether. You have too much heat, and this heat has to go away.

Right-sided people should not use any light at all, should not sit in the sun, but should sit in moonlight. They should read poetry. They should not worry about time nor watch the clock. They should become emotional people. They should sing songs of bhakti. They should not do hatha yoga.

Cold Left Side

Left-sided people are those who are docile, who bear much from others, cry and weep much, and feel like a victim. They have problems because their organs are lethargic, their heart, liver and intestines. All these left-sided things can be cured. They might have some sort of a baddha in them; perhaps they are possessed. Some are possessed by right side also, not just the left. Left side possessions are peculiar because they give you pain in the body. Right-sided persons do not have pain themselves. They give pain to others by being sarcastic, aggressive and troublesome. Left-sided people give pain to themselves.

Left side needs to be cleared by light. Light is to be put in front of the photograph, left hand toward the photograph, right hand on Mother Earth. The left hand gets the light, the light passes through, and the Mother Earth sucks all the negative forces out through the right hand. After doing this you will be cleared out. Then use the photograph with both hands toward it and feet in salt water. Allow the vibrations to clear you out. Sit for 5 to 10 minutes, dispose of the water in the proper way, and then sit in meditation. Everyday you should foot soak for 10 minutes.

Don't leave the house without giving yourself a bandhan. Your attention must be in Sahasrara all the time. Your attention should be on children, flowers, and all beautiful things. Concentrate your attention and you become very relaxed and relieved. Keep your eyes away from things which are anti-God, or against Sahaja Yoga or Sahaj culture. We must leave behind our identities as American, English, Indian, etc., and remember that we belong to the Kingdom of God as Universal Beings.

*Heat in the system can be because of left side or right side also.

Balancing

Left Side Problems

If you have less, or even no vibrations on your left hand, then there is an “overuse”, an imbalance or damage in the left side. There are several ways to correct this imbalance.

1. Raise the right side and lower the left side - taking from the balanced and giving to the exhausted side.
2. Left hand toward the photograph and right hand flat on the Mother Earth, or on the heart. The Mother Earth sucks the problems out of the left side.
3. In front of the left hand have a burning candle, right hand with palm pressed to the Mother Earth.
4. With the left hand toward the photograph, the right hand is holding a burning candle or camphor, slowly raising it up and down on your left side, in order to warm up the frozen left side.
5. Stop daydreaming and indulging in the past. Be dynamic and not lethargic.
6. Warm up the left side with a protein diet.
7. Use the mantra, “Om twameva sakshat, Shri Mahakali, Bhadrakali, Kali Kalki sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi namoh namaha.” When there is a problem on the left side, then it means that it is frozen. We have to try to defrost it and warm it up again.

Also for the left side-

1. Right hand on the Mother Earth
2. Use the affirmation, “Shri Mataji, You are Shuddha Iccha, the pure desire for God, and as such I worship You.”

Method to see, on your hand, which left side chakras are catching.

1. After raising Kundalini and giving bandhan, light a candle.
2. Move the candle with your right hand below the outstretched, downward facing left hand, only slightly touching the hand with the flame.
3. Do not move too quickly or, especially, too slowly because you must not burn yourself.
4. Make 11 or 21 movements.
5. Turn the left hand over and look to see where there is soot on your hand.
6. It shows damage on the chakras and also the clearance.
7. Do this often to see how the negativity works out.

Right Side Problems

If you are feeling less or no vibrations, or heat on your right hand, then there is an imbalance on the right side.

There are several ways of correcting this imbalance:

Raise the left side and lower the right side - taking from the strong left and giving to the exhausted right side. Right hand toward the photograph and left hand pointing toward the ether, or placed on the liver. In this way, the "Akash" absorbs all the heat and the fumes of the right side.

Right hand toward the photograph, left hand holding an ice pack on the liver.

Use carbohydrate diet and lots of sugar to cool down the right side. (Liver diet, page 51)

Use ice packs on liver and right side.

Stop futuristic attitude and over planning. Stay in the center.

Have a rest during the day.

Use mantras for the right side

When there is a problem on the right side, it means that it is heated up and needs to be cooled down and soothed.

Mooladhara Chakra

Qualities

Eternal child, innocence, wisdom, purity, Holiness of Mother

Causes of Catch

Unauthorized person trying to raise the Kundalini; sin against the Mother, Her holiness, Her innocence and purity, which has been under attack all the time; misuse of sex, sex outside of marriage, sex for indulgent enjoyment, perversion of sex (some false gurus know that and attack the chakras, and slow down or even ruin the seeker); misused tantrism; any sex initiations by false gurus.

Treatments

Center Mooladhara

1. Give vibrations to the Chakra, left hand toward the photograph, and right hand on the sacrum bone.
2. Use the mantras to Shri Ganesha and Shri Gaurimata.
3. Use the affirmation, "Shri Mataji, kindly make me innocent."
4. Say, "Shri Ganesha, please forgive me."
5. Sit on the Mother Earth while taking vibrations (Mooladhara is made of the earth element) and Mother Earth will powerfully absorb the negativity of the Chakra.
6. Take foot soak treatment and allow all the negativity to go into the salt water.
7. Maintain purity of eyes and thoughts.
8. Take Ajwain dhuni treatment.
9. Shoe beat the problem.
10. Keep your eyes on Mother Earth.
11. Be honest with yourself. Be mindful of impurity in thoughts or words.

Left Mooladhara

All the above for the center.

1. Use mantras to Shri Ganesha and Shri Gaurimata.
2. Affirmation, "Shri Mataji, by Your grace I am the pure innocence of a child."
3. IMPORTANT! Make puja to Shri Ganesha in Shri Mataji.
4. Stop all tantric and occult practices.

Right Mooladhara

1. Dissolve all puritanical ideas of sex, and all austere attitudes. Rigidity of any kind must be neutralized.
2. For constipation use carbohydrate diet for some time - not macrobiotic diet.
3. Perform puja to Shri Kartikeya in Shri Mataji, praying that he destroys all the demonic forces and casts them to Hell.
4. Use mantra to Shri Kartikeya.
5. Use affirmation, "Shri Mataji, verily, You are the killer of demons."

Swadisthan Chakra

Qualities

Creativity, aesthetics

Right Side

Essence of creativity, external aspects, pure source of thinking, energy of the liver

Left Side

Knowledge of Divine techniques, truth, arts

Right Swadisthan

(center and right are the same)

Causes of Catch

Thinking, planning and organizing makes you lose your spontaneity; also extreme futuristic attitude and extreme book learning and studying

Treatments

1. Left hand toward photograph, right hand on the Chakra; give vibrations.
2. Left hand on right Swadisthan, use affirmation, "Mother, please take away all my thoughts and doubts, and give me inner peace." Or, "Mother, truly, You are the Creator and I do nothing at all." "Shri Mataji, please enlighten the power of creativity within me."
3. Use mantras to Shri Brahmadeva/Saraswati, Shri Lakshmana, and Shri Hazrat Ali Fatima.
4. Left hand on right Swadisthan, use Shri Himalaya mantra for cooling.
5. Use cold or even ice water with salt for foot soaking.
6. Ice bag (of natural material) on right Swadisthan and liver.
7. Stop excessive planning, thinking, and being futuristic.
8. Dissolve the tendency toward anger by shoe beating.
9. Surrender your creativity to God, be spontaneous.
10. Use liver diet, lots of sugar, sweating a lot, and brushing down the right side.
11. Awaken the left side with Shri Shiva, Chandradev or Mahakali puja (these are the cooling aspects within you). Write poetry, sing bhajans, awaken the expressive side of your nature.

Combinations

Right Swadisthan / Right Nabhi - hot liver. Impatience, nausea, craving for salty foods. Use special liver diet.

Right Swadisthan / Right Heart - possession by father

With all right side problems one should sleep a lot, also in the daytime.

Left Swadisthan

Causes of Catch

Something unauthorized has entered into you (a bhoot); spiritualism and black magic; false gurus; extreme servility and slavishness (you have to be yourself)

Treatments

1. Warm salt water foot soak with a candle at the back Swadisthan.
2. Bandhan with candle around your front Swadisthan.
3. Take Shri Ganesha mantra as quickly as you can, 4 times.
4. Say, "Shri Mataji, please give me pure knowledge."
5. Say, "Mother, please give me Nirmala Vidya."
6. Make a string from cotton wool, knot it 7 times while taking the mantras for the left side. Soak this thread in ghee (or in mustard oil if ghee is not available), light it and while looking at the flame, take Shri Shuddha Ichha mantra until the thread is fully burned.
7. Use Shri Nirmala Vidya mantra (Pure knowledge) and Shri Shuddha Ichha mantra (pure desire for God).
8. Use affirmation, "Mother, by Your grace, I am the pure knowledge of truth."
9. Stop indulging in impure knowledge like teachings of false gurus.
10. Give vibrations to Chakra, right hand on the left side.
11. Important: If there is a spirit possession, use Matka treatment and the affirmation, "In the name of Shri Mataji Nirmala Devi, the incarnation of the Holy Spirit, all the negativity which is possessing me, GO TO HELL !!!!!!" Have a candle near the left Swadisthan and the right hand pressed to the left Swadisthan.

Other Affirmations

"Mother, please give me the Divine techniques and exclude all other techniques."

"Mother, by Your grace, I am the powerful knowledge of the Divine and the Truth."

Stop all involvement in past techniques of meditation. Stop all involvement in mediumship, clairvoyance, trance, clairaudience and other psychic practices.

Stop all psychiatric and psychotherapeutic treatments for mental disorders, and slowly reduce the intake of drugs given for disturbances.

Dispose of books, tapes, etc. which are found to be giving bad vibrations. Pure knowledge comes from sources giving cool vibrations.

A catch in the left Swadisthan means that there is some sort of a spirit possession or bhoot working. Bhoot is a Sanskrit word for dead spirit. A bhoot is a psychic entity or the spirit of a disembodied person which can enter our psychic field and drain our energy. There are many kinds of bhoots. Some confer supernatural powers such as clairvoyance, telekinesis, seeing into the past or the future, and certain forms of healing. Others known as baddhas just manipulate one's behavior and make one negative. Baddhas are at war with our Spirit and give us tension and indecision. Some baddhas are harsh or positive in a limiting way, while others are over-sympathetic to the problems of others, but destructive of the self.

Children are especially vulnerable to bhoots and should not go into cemeteries or churches where dead bodies are buried. Both bhoots and baddhas may be recognized by vibrations. The vibrations help to locate them either by blocking the body, or by a prickling, burning sensation on the fingers. Have nothing to do with dead spirits. They manifest in your thoughts, your actions, or in any chakra as a disturbance of the purity of your subtle body. They have to be cleared out by:

1. Matka treatment
2. Shoe beating
3. String knotting
4. Paper burning
5. Candle treatment
6. Suitable treatment for the Chakra
7. Take food which helps to warm you. Increase the intake of salt.
8. Havan

Bhoots run away from music and whenever there is eating and music making.

The best treatment for bhoots in children is seven chilies and one lemon treatment (see page 39).

Nabhi Chakra

Qualities

Contentment, evolution, morality, nourishment, ethics, dharma (righteousness), ten commandments, honesty, welfare and well being, maintenance

Lakshmi principle: Seeking God.

Center Nabhi Chakra

Causes of Catch

Asceticism; fasting; extreme use of pharmaceutical drugs or alcohol; fanaticism; untidiness in self, home or eating habits.

Treatments

1. Use the Mantras to Shri Lakshmi Vishnu or Lakshmi Narayana.
2. Use the affirmation, "Mother, please make me satisfied."
3. Give vibrations to the Nabhi.
4. Foot soak in salt water. Water element is the most important for this Chakra. It should be used in every way: drinking vibrated water, foot soak, bathing, etc.
5. In addition, there is some fire element in the Nabhi also.
6. Vibrate all food and drinks which are not prepared by Sahaja Yogis.
7. Massage the mid-back and stomach areas.
8. Massage the knees.
9. Eat enough food to keep your body covered with flesh, eat only until you are satisfied.
10. Be honest toward others and especially toward yourself.
11. Be satisfied with everything that happens to you, whether it seems nice or bad. It is always the right thing for you and you should try to happily make the best of it.

Left Nabhi Chakra

Causes of Catch

Family and household worries; suppression of wife or husband; too much rushing around; worrying

Treatments

1. Use the mantra to Shri Gruhalakshmi.
2. Use the affirmation, "Mother, by Your grace, I am satisfied," or, "Mother, by Your grace, I am a generous person."
3. Say, "Mother, please enlighten all the qualities of Shri Gruhalakshmi within me."
4. Give vibrations to the left side of the Chakra.
5. Develop the habit of being satisfied with every aspect of life. Do not complain but be able to bear the problems. This is a special quality of Gruhalakshmi.
6. Develop the qualities of auspiciousness and generosity. Remember that the only value contained in matter is the pleasure it gives others. Avoid miserliness.
7. When the roles of husband and wife are reversed, correct that. The husband should be active, slightly stronger and a little dominating. The wife should be passive, a little receding, drawing her silent power as the Gruhalakshmi. Men and women are equal but not similar.
8. Abandon all tendencies to be a frantic person, i.e. rushing meals, always doing things in a jerky manner, and unable to relax. This affects the spleen, our speedometer, very badly. It loses control and diseases result.
9. Avoid recooked food and leftovers. Do not eat too much raw food, and chew your food well.
10. Increase salt intake, especially if your problems are generally on the left side.
11. Foot soak in warm water.
12. For overweight problem, take juice of 7 limes in warm water, 3 times a day. (see page 54)
13. For cold liver problems (causing allergies, hypersensitivity, rashes and dry skin problems) take 1/4 teaspoon of gheru, 1 teaspoon of honey and warm water, 3 times a day.
14. Give bandhan with a candle, clockwise around the left Nabhi. Left Nabhi is also to be cleared through the Agnya by forgiving.

Right Nabhi Chakra

Causes of Catch

Excessive fasting in the name of God; unhealthy nourishment; inappropriate attention on money

Treatments

1. Use the mantra to Shri Rajalakshmi or Shri Shesha Lakshmana.
2. Use the affirmation, “Shri Mataji, You are the Royal Dignity in me,” or, “Shri Mataji, verily, You solve all my family / money worries, and take care of my well being.”
3. Say, “Shri Mataji, please enlighten all the qualities of Shri Rajalakshmi within me.”
4. Give vibrations to the right side of the Chakra and to the liver. Massage with an ice bag (of natural materials). These catches will always be associated with the right Swadisthan when the liver is hot.
5. Foot soak in cold or ice water.
6. Take the liver diet (see page 51).
7. Stop worrying about money, work, family and material problems. All cheating and corrupt tendencies must be given up. Trust that God the Father will take care of you.
8. Where attention goes to these outside things, the Atma becomes covered or recedes and the Joy is lost. By bringing the attention back to the Atma, attention is purified, the problems get solved, the liver cools down, and the Joy returns.

Remember, liver problems are attention problems!

Void Ocean of Illusion

Qualities

Guru principle

L. Raja Janaka 10,000-16,000 B.C., India	R. Confucius 551 B.C., China
L. Abraham 2,000 B.C., Mesopotamia	R. Socrates 469 B.C., Greece
L. Zarathushtra 1,000 B.C., Persia	R. Mohammed 570 A.D., Mecca
L. Lao Tse 640 B.C., China	R. Guru Nanaka 1469 A.D., India
L. Sai Baba of Shirdi 1856 A.D., India	R. Moses 1,300 B.C., Egypt

Treatments

1. Use the mantras to Shri Adi Guru Dattatreya and where appropriate His 10 incarnations:
Left: Janaka, Abraham, Lao Tse, Zarathushtra, Sai Baba of Shirdi
Right: Moses, Nanaka, Socrates, Confucius, Mohammed
2. Use affirmation, "Shri Mataji, make me my own Guru/Master."
3. Give vibrations to the Void.
4. Where there has been adherence to a false guru, forget about it.
5. Throw away all prasada, pendants, books, photographs, ashes, dresses and other objects given by the false guru.
6. Stop all techniques like chanting, fasting, and special meditative techniques taught by the false guru.
7. Shoe beat the guru and the various forms of negativity you are suffering from him, e.g., a recluse state, disturbed attention, anti-social habits, etc.

Right Side

1. Understand that Shri Mataji gives you the knowledge, so She is your teacher, guru or master.
2. Use affirmation, "Mother, verily, You are my Master."
3. Use the mantras of the right side guru incarnations.

Left Side

1. Here, through the teachings and the grace of Shri Mataji, you are to become your own master.
2. Use affirmation, "Mother, by Thy grace, I am my own master."
3. Use the mantras of the left side guru incarnations.

Severe Problems

1. Take Matka treatment for 1 week. Also use string knotting, and paper burning techniques.
2. With stomach problems, drink vibrated salt water.
3. Perform Havan to remove baddhas of the false gurus.
4. There may be a strong Agnya catch along with the void catch. In this case, the eyes may be unsteady or eyelids may flicker when closed. Keep the eyes open and simply watch Shri Mataji's Agnya Chakra while foot soaking.
5. Foot soak in warm salt water for the left side, cold for the right.

A Special Case

When there is a strong devotion to one of the past incarnations of the Adi Guru (e.g., Sai Baba of Shirdi, Confucius, etc.), these devotees will often feel that by accepting Shri Mataji they are deserting the guru whom they loved and worshipped until Self-realization. This often causes a big obstacle for the Kundalini's ascent and gives a serious left Vishuddhi catch.

It has to be explained that all the incarnations of the Adi Guru have taken their place in Shri Mataji, and they can be worshipped in Her. The Shakti is the same, and by worshiping them in Her, They are pleased. By not accepting that their Satgurus are now part of Shri Mataji, they are angering the Satgurus and this will block the Kundalini from moving beyond the void.

Use the following, naming the appropriate Satguru:

1. "Shri Mataji, are You Buddha?" (e.g., if seeker is attached to Buddha)
2. Affirm: "Shri Mataji, truly, You are Buddha."

Heart Chakra

Anahat

Center Heart

Qualities

Holy Mother of the universe, physical mother, self-confidence, fearlessness, sense of security, development of antibodies

Causes of Catch

Insecurity; fear; problems with or as the mother; childhood in an unhappy family

Treatments

1. Use the mantras to Shri Jagadamba, Shri Ganapati or Shri Durga Mata.
2. Use affirmation, "Shri Mataji, make me a fearless person."
3. Give vibrations to the front and back heart.
4. Breathe deeply and slowly in and out for awhile.
5. Breathe in, hold the breath, in your mind say, "Jagadamba" 12 times, breathe out, repeat 3 times.
6. Right hand on center heart, say the name of Jagadamba out loud 12 times.
7. Candle treatment if left Swadisthan is catching as well as the center Heart.
8. Perform puja with 108 names of the Devi.
9. Read Devi Mahatmyam
10. Recite Psalm 23 from the Bible.
11. If one has fear, write it on a piece of paper, put bandhan around it and burn or bury it.
12. Take the prayer, "Mother, You are the most powerful Mother of the universe, and You are my Mother. You love me and You protect me, and nothing, absolutely nothing, can happen to me."

Left Heart

Qualities

The self, Atma, Spirit, to be (existence), Love, Joy

Causes of Catch

Disturbed relation with the mother; bad emotional relationships; excessive physical and mental exercise; hatha yoga; blind faith; lack of confidence in God; anti-God activities; outside attention; no seeking; no interest in self; materialistic life

Treatments

1. Use the mantra to Shri Shiva Parvati and Atma Paramatma.
2. Use affirmation, "Mother, I am the spirit," or "Mother, You are my true mother."
3. Give vibrations to left heart.
4. Put Shri Mataji in your heart, and feel the Joy of Her presence and Her love.
5. Keep the attention on the Atma.
6. Where left heart catches due to over activity of the right side, raise the left side and lower the right side 108 times, and also ventilate the catch by putting the right hand to the photograph and the left hand upwards, pointing to the sky. The ether will dissolve the heat.
7. Ask for forgiveness for any mistakes done against the Spirit, without feeling guilty.
8. Where the heart has been affected by false gurus, use the practices listed under Void.
9. Use candle and camphor as a bandhan.
10. Take the mantra to Nirmala Atma Shiva.
11. Affirmation, "I am the Spirit, only the Spirit, not this ego, not these conditionings, not this body, not these emotions. Only the Spirit I am, only the Spirit." Do this several times with your whole heart.
12. Be happy, joyful, cheerful.

Right Heart

Qualities

Dutiful, happy, blissful life as father, husband and king who gives us auspicious boundaries; responsibility

Causes of Catch

Emotional aggression; problem with father; arrogant and reckless behavior; unauthorized domination; economical and political suppression

Treatments

1. Use the mantra to Shri Sita Ram.
2. Use the affirmation, “Shri Mataji, verily, You are the responsibility in me,” or, “Shri Mataji, You are the boundaries of good conduct and the benevolence of a good father,” or, “Mother, You are my true father.”
3. Say, “Shri Mataji, you are my mother and my father. Pleased enlighten the power of creativity in me. Make me powerful to fulfill all my responsibilities. Please make me a responsible Sahaja Yogi.”
4. Give vibrations to the right Heart Chakra, and also use an ice pack.
5. Don't take too much responsibility, also do not be irresponsible.
6. Develop the qualities of strength and protection as a father and husband. Correct any wrong relationships which are coming from you as a father, husband, son or brother. Wives should not give a reason for their husbands to withdraw protective qualities.
7. Take proper care of, and responsibility for, your family. Develop a benevolent attitude in Sahaja Yoga and in the community.
8. Develop the boundaries of good conduct in family life and in society (Maryadas).
9. Where the right heart catches due to an over-emotional nature, raise the right side and lower the left side 108 times. Clear out the right heart catch by putting the left hand to the photograph and the right hand on the Mother Earth. This releases the left side problem which caused the right heart to catch.
10. Read the Rama Kavacha (see Mantra Book).
11. If there is a spirit possession, tell the relative, “I am a realized soul now, you do not have to take care of me. I am perfectly all right. Please take a new birth. Shri Mataji is alive now and you will also have your Self-realization.”

Vishuddhi Chakra

Center Vishuddhi

Qualities

Collective consciousness, Divine diplomacy, playful witness, omnipresence

Causes of Catch

Aggression; arrogance; lack of collectivity; lack of witness power

Treatments

1. Use the mantra to Shri Radha Krishna.
2. Use affirmation, “Mother, make me a detached witness,” Or, “Shri Mataji, make me part and parcel of the whole of the Virat,” Or, “Shri Mataji, make me a discriminating and self-correcting person.”
3. Give vibrations to the Vishuddhi Chakra.
4. Develop the quality of detachment and be in the witness state.
5. Massage the Vishuddhi area with oil, ghee or butter.
6. Take butter with warm water to wet the Vishuddhi, but avoid swallowing too much because, if you have a Vishuddhi problem, you have a liver problem, and too much butter is bad for the liver.
7. Take salt water; gargle night and morning. Use tulsi tea and burn camphor.
8. Use Ajwain dhuni to clear nasal passages, sinuses and bronchitis.
9. Sip a little vibrated salt water through the nose.

Left Vishuddhi

Qualities

Brother-sister relationship, self-respect

Causes of Catch

Feeling guilty; immorality; insidious way of speaking; sarcasm; lack of self-respect; being poor in words; chanting false mantras

Treatments

1. Use mantra to Shri Vishnumaya (Sister of Shri Krishna).
2. Use affirmation, “Mother, I am not guilty at all, as I am the Spirit. By Thy grace, how can I be guilty?”
3. Give vibrations to the Vishuddhi Chakra.
4. Avoid excusing your ego by feeling guilty after doing something wrong or indulging your ego.
5. Develop the quality of purity in brother and sister relationships.
6. Face any immorality or other sins of the past, and know that Mother forgives you and that you should not feel guilty.
7. Evaluate yourself as an expression of the love of God. Don’t feel “useless” or inadequate. Don’t be dominated by others.
8. Talk about Sahaja Yoga to others with confidence.
9. Sing bhajans with your whole heart. Use your voice for worshiping Shri Mataji.
10. Do not be sarcastic or cynical.
11. If you have been using a mantra by a false guru, it has to be neutralized by affirming, “Shri Mataji, You are the Source of all the great Mantras,” or, “Sarva Mantra Siddhi.”
12. Read the section on Special Treatments for the Vishuddhi Chakra.

Right Vishuddhi

Qualities

Witness of self, sweetness in sound, words, thoughts and behavior

Causes of Catch

Cold; excessive responsibility; smoking; swearing; harsh talking; sinus trouble; too much singing and talking

Treatments

1. Use the mantras to Shri Yeshodamata, and Shri Vitthala Rukhmini.
2. Use affirmation, “Shri Mataji, verily, You are the sweet countenance of my words and deeds,” or, “Shri Mataji, please take away all my aggression and dominance. Give me a sweet voice, and make me a sweet and collective person.” or, “Shri Mataji, you are the responsible one. I do nothing, You do everything.”
3. Give vibrations to the right Vishuddhi.
4. Speak less, and when you do speak, try to avoid any tendency to dominate others by your voice.
5. Develop the quality of speaking sweetly to others.
6. Pay less attention to the taste of food.
7. Forgive everyone and dissolve your anger.
8. Don’t argue with people or spend a lot of time convincing people of your point of view.
9. See below the special treatments for the Vishuddhi Chakra.

Special Treatments for the Vishuddhi Chakra

The Vishuddhi Chakra has two main aspects. On one side it expresses the capacity to be a witness of the whole. Shri Krishna, the deity of the Vishuddhi, shows how to be the master of one’s Yoga and to be fully detached and still live and work in society. Through this detachment the whole universe becomes a divine play (leela).

Furthermore, the Vishuddhi stands for collectivity. When the first aspect is attacked, then one will have severe colds, bad attention and ear, nose and throat problems frequently. When your relationship toward collectivity is disturbed, then we use aggressive words and speak sarcastically. These things further disturb the Vishuddhi Chakra.

Common rules

1. Always protect the throat against cold, dust or too much talking by wearing a scarf made of natural material such as wool, cotton, etc.
2. Always wash your hands before eating so you don’t take in negative vibrations with your food.

Mantras

1. Left Vishuddhi mantra is the best because it releases both sides. It should be done outside. Also take the affirmation, “Mother, I am not guilty.” Take the mantra to Sarva Mantra Siddhi, or mantra to Mantrika to neutralize mantras done previously to false gurus.
2. Right Vishuddhi mantra, Shri Vitthala Rukhmini.
Affirmation, “Mother, You are the sweetness of my words and deeds.”
3. For the center, use the mantra to Shri Radha Krishna.
Affirmation, “Mother, please make me a detached witness.” “Shri Mataji, please make me part and parcel of the whole.”
4. Tilt your head back, put your index fingers in your ears and chant 16 times, “Allahu Akbar” (God is great).

Exercise

1. Basrika (nasal breathing exercise). Breathe slowly, always reducing the length of the breath, never increasing. Continue until you reach the point of not breathing in and out.
2. Raja Yoga - born with energy - to feel one with the whole. Feel the dignity of being part of the ocean of wholeness. Put your Vishuddhi finger on your neck and your tongue toward the roof of your mouth. Feel the dignity and sweetness of it.
3. After you have chanted, "Allahhu Akbar," you might press your chin onto your breastbone, roll back your tongue without touching the gums, in a very relaxed way breathe in and out very slowly a few times. Keep your attention at Sahasrara.

Medical Treatments

The best for Vishuddhi treatment is ghee, butter, oil, and salt. Oil is for the Krishna principle which is very important, salt is for the Master principle. Both principles are mixed in collectivity. When every single person is taking responsibility, then collectivity starts.

Eyes

1. When the eyes become weak due to too much reading, learning, and watching inauspicious things, use Netranjan or Kajal on your lower eyelids before sleeping.
2. Especially for the lower chakras use the following:
 - a) Rub a little Tiger Balm under your nose.
 - b) Rub a little honey on your lower eyelid.
 - c) Look at the sky, the green grass or the earth more often.

Ears

1. Drop oil of primula into ears.
2. Put some garlic in olive oil, warm it up a little, soak cotton wool and put into ears before going to bed.

Nose

1. Drop ghee mixed with a little camphor into your nose, or use Coldstop. Use this daily for your Hamsa.
2. Put Tiger Balm around your nose.
3. To clear your Agnya, smell fragrant flowers.

Mouth

1. Brush your teeth at least twice daily with a soft brush and a mixture of mouthwash and paste. Use dental floss also.
2. Massage gums with finger using mustard oil and salt. Very hard food is not good for the teeth. Do not allow anything to stick between your teeth.
3. Clean the surface of your tongue with a stainless steel tongue cleaner.

Neck and Shoulder

External

1. Massage the neck daily with olive oil or any oil which contains vitamins. Afterward cover yourself with a shawl. The oil dissolves the tensions and has a good effect on the skin.
2. Massage your neck, chest and shoulders with tiger balm, Essential balm, or Vick's Vapo Rub. Afterwards, cover yourself and don't go into the cold.

Internal

1. Gargle with warm salt water or sage tea twice daily.
2. Use a netilota, a gravity pot with a spout, to put warm salt water in the nostrils. Tilt head to one side and put into one nostril, then the other.
3. Eat honey for severe problems.
4. Chew raw licorice.
5. Melt some butter or ghee in hot water and take it.
6. Mix haldi with black pepper and ghee and take it.
7. Put some butter with a pinch of salt on the thumb. Rub the butter as deeply inside the throat as possible. Swallow.
8. Roast some onions and inhale the steam.
9. Roast onion skin and put on your sinuses for 15 minutes.
10. Put Tiger Balm or Essential Balm in hot water and inhale it.
11. Ajwain dhuni: burn Ajwain on charcoal and inhale the fumes.

Face and Head

1. Massage the sinuses, neck and shoulders with olive oil where you feel pain.
2. Once a week, massage your head with coconut or almond oil. Massage your head with fingers so that the scalp is moving. Sleep through the night and wash out the next day.
3. Gently pull at the hair in the region of the head associated with the Nabhi. It is above the area of the back Agnya.

All of the above should be carried out religiously for a period of 10 days to a month. In severe cases, repeat after some period of time.

Hands

Bring the energies from the back of each hand over to the front if you feel cool on the back and not the palm. The right hand represents wisdom on the front, and knowledge on the back. The left hand represents intuition on the front, and reason on the back. This helps keep you in balance.

Mental Aspects

1. Right Vishuddhi - Avoid talking too much. Avoid arguments because when you argue, you suck in the bhoots of the other person. Always use the sweetest and nicest words you know. Speak melodically and in a controlled way. Do not use sarcasm. If you are sarcastic, mantras lose their power.
2. Left Vishuddhi - Do not remain in a bad mood. Do not speak too much about yourself, but direct your conversation to others. Do not feel guilty. Feeling guilty means that the negativity works in a very sly manner.

Hamsa Chakra

Also called Lambica Chakra

Location

Between the eyebrows, exactly in the center where the ha and tha nadis (left and right channels) cross each other. The eyes, nose, sinuses, tongue, teeth and throat are related to it, so sinus trouble, colds, coughs, and headache are also related to it.

Quality

Discretion - If this center is awakened, we immediately know what is auspicious and what is not auspicious. Intelligence can not give you discretion. This center is connected to the outside. The eyes are also a door for bhoots to enter. The eyes start to shine when the Kundalini rises. The light of this center is extremely powerful, and if you follow the Divine discretion, you will be protected.

Causes of Catch

Lust; greed; using eyes indiscreetly; smelling rotten things like cheese; smelling tobacco or perfume; use of bad language; putting your attention on nonsensical things; artificial behavior; all extreme behavior from left to right; eating sizzling hot or freezing cold food.

Deities

This center is managed by Shri Ganesha at the Mooladhara, and Shri Swarupa/Pranava.

Treatments

1. Do candle treatment at Hamsa.
2. Use the affirmation, "Shri Mataji, make me a self-correcting and discriminating person."
3. Say the mantra to Shri Hamsa Chakra Swamini.
4. Put ghee or oil in the nose or down the back of the throat. A little camphor may be used with the ghee.
5. Do jal neli treatment, take warm salt water into one nostril, expel from the other. Then repeat in the reverse direction.
6. Put ashes from a Havan on the Hamsa Chakra before going to bed.
7. Eat food that is moist, not oily or dry.
8. Press the heel of the hand (the point which corresponds to the Mooladhara) on the spot between the eyebrows to clear this Chakra.
9. Believe that your true desires will work out.
10. Put your attention on Mother, rather than wanting Her attention on you.
11. Ask Mother to reside in your Hamsa Chakra so that you are all the time stationed in the power of discretion, Divine discretion.
12. Left Problem - keep eyes on ground and take Ida Nadi Swamini, Mahakali, or Surya mantras.
13. Right Problem or Liver Problem - Chandra mantra
14. Breathing exercise will clear Hamsa - breath in one nostril, hold breath, breath out through other nostril. Repeat three times slowly.

(More information is available on Hamsa Chakra Puja tapes, 1988 and 1992.)

Agnya Chakra

Center Agnya

Qualities

Thoughtless awareness, forgiveness, compassion, resurrection

Causes of Catch

Uncontrolled thinking; too much reading or TV watching; Jewish or Christian “fanaticism”; worries; psychopharmacology; sexual fantasies; flirting; pornography; unforgiving nature

Treatments

1. Use the mantras to Shri Mary Jesus, Shri Mahavishnu, Shri Hiranya Garbha, or Shri Mahalakshmi.
2. Use affirmation, “Shri Mataji, I forgive everyone, so please forgive me.”
3. Use affirmation, “Mother, make me a forgiving and sacrificing person.”
4. Give vibrations by directing the vibration to the center Agnya Chakra, located inside the head at the point of the crossing of the optic chiasma at the pituitary gland.
5. Know that when the Kundalini rises to your Agnya Chakra, all your past sins are forgiven, and your karmas are dissolved. Forget the past. The future does not exist - just be in the present.
6. Develop the state of thoughtless awareness, alert but not thinking (Nirvichara Samadhi). Use this state to dissolve your tendency to think too much.
7. Pray the Lord’s Prayer with your whole heart.
8. Watch, in a relaxed way, Mother’s Agnya in the photograph.
9. If we are tired or overactive when learning, say, “Mother, I am not learning,” or, “Mother, I learn nothing.”
10. Apply vibrated kumkum, sandalwood oil, or balm on the forehead to protect the Agnya Chakra.
11. Let the down flow of the Brahmashakti remove all the angularities in your thinking so that your thoughts and attention get purified and smoothed out.
12. Use the subtle aspects of the fire element to enlighten this Chakra.
13. Where there has been any initiation by a false guru, longer treatment may be required to remove the baddhas put into the Agnya by the guru. Look at Void treatment for this.
14. Look through a flame at the Agnya of Shri Mataji.
15. Smell scented flowers.

Left Agnya Chakra

Qualities

Constitution, remembrance, capacity of seeing (eyesight).

Causes of Catch

Doing harm to yourself; self pity; conditionings; inability to forgive yourself

Treatments

1. Use the mantras to Shri Maha Ganesha, Shri Maha Bhairava, Shri Mahavira, Shri Mahakali, Shri Adi Shankaracharya, and Shri Manas Ahamkara.
2. Use the affirmation, “Shri Mataji, by Your grace, please forgive me.”
3. Give vibrations to the back of the head and, for super ego, to the whole of the head.
4. Without feeling guilty, ask for forgiveness.
5. Avoid all impure use of the eyes. This will be connected with the left Mooladhara.
6. Use candle treatment on the back of the head.
7. Tap on the back of the head with right palm, left hand toward the photograph.

8. Reduce the pressure of the super ego by stroking from your right temple, across the back, downward to the Swadisthan Chakra. Use mantra to Shri Mahakali Shakti.
9. Where there is excessive heat in the back or on the right side of your head, use ice packs instead of candle treatment.
10. Sometimes superego becomes over bloated. This squeezes the ego and presses down on the Vishuddhi at the base of the skull and neck. This is sometimes wrongly treated as a Vishuddhi problem, and can be cured as above.
11. Do not live in the past. Reflecting on past events, relationships and nostalgic attitudes feeds the super ego. Break any useless conditionings and habits.
12. Surrender to the Super Ego of Shri Mataji.
13. In severe cases, use burning camphor bandhans at the back of the head.

Right Agnya Chakra

Qualities

Ego, I-ness

Causes of Catch

Wrong ideas about God; doubt; worries; violence against others; aggressive attitude; egoism

Treatments

1. Use the mantras to Shri Maha Kartikeya, Shri Maha Hanumana, Shri Buddha, and Shri Mahasaraswati. For ego, use these mantras plus Shri Mahat Ahamkara.
2. Use affirmation, "Shri Mataji, by Your grace, keep me in Your Divine attention."
3. Give vibrations to the forehead, the whole left side and also the top of the head.
4. Reduce the pressure of the ego by stroking from the left temple, over the forehead toward the right side, downward on the right side toward the right Swadisthan Chakra. Use mantra to Shri Mahasaraswati Shakti.
5. Where there is an excessive over-bloating of the ego, the super ego becomes squeezed and memory problems show up. Treatment as above.
6. Forgive everyone. Do not hold grudges or unforgiving attitudes as others can manipulate your thoughts. To forgive is the simplest thing when seen in this light, and it is also a great power of protection from malevolent thoughts. The power of forgiveness makes you very strong and beautifully opens the way of Kundalini to the Sahasrara.
7. Try to see that Lord Jesus Christ was opening the way to spiritual rebirth. When this Agnya Chakra clears, our awareness fills with the light of His being, now in Shri Mataji.
8. Allow no unrealized person to touch your Agnya, between your eyebrows, or your eyelids.
9. Where there is excessive heat in the front and left side or top, use an ice bag on the area.
10. Do not be futuristic. The future does not exist in the present. If right Swadisthan is caught, very often right Agnya is also caught. This causes serious problems and should be corrected with the treatments given above.
11. Forget the many wrong conditionings given by the Christian church. See the essence that was Christ.
12. Stop all meditative practices which involve the Agnya. Do not use concentration or visualization techniques and abandon mind control methods, clairvoyance, hypnosis and other siddhis of this right Agnya Chakra. They are possessions and must be removed. (See information on bhoots, page 11.)

Treatment for Back Agnya - Use Moov, mantras to Shri Mahaganesh, Shri Mahakali, and Shri Mahabairavanath.

Treatment for Front Agnya - White Tiger Balm or Vick's Vapo-Rub which is colorless.

Ekadesha Rudra

Location

Forehead, above Agnya Chakra at about the hairline

Qualities

The Ekadeshas are standing around your forehead to look after that area. They are watching over you and will protect you.

Deities

Shri Mahaganesha, Shri Mahabhairava, Shri Hiranya Garbha, Shri Buddha, Shri Mahavira, Shri Jesus, Shri Lakshmi Narayana, Shri Shiva Shakti, Shri Kartikeya, Shri Mahahanumana, Shri Brahmadeva Saraswati

Treatments

1. Establish your innocence. Look at the Mother Earth.
2. Cleanse your Void. The Ekadesha principle is built in the Void.
3. Put your attention more on nature than on people.
4. Be careful of too much organizing and planning. Avoid speaking in public.
5. Obstinacy causes a catch here.
6. Make a full commitment to Sahaja Yoga. Anything less may cause a catch here.
7. The Ekadesha Rudra collects from the left and the right sympathetic. Therefore a combination of a left and a right catch will particularly affect it.
8. To develop the force at this center, meditate with sincerity and understanding. Be introspective. Watch your actions; are they moving toward your ascent, or your destruction?
9. Develop your vibratory awareness. Vibratory awareness is a messenger which is absolute, which communicates what is wrong with you, and with others.

(more information is available on Ekadesha Rudra Puja talk, 1988)

Sahasrara Chakra

Qualities

Integration, collective consciousness, silence

Causes of Catch

Atheism; doubt in God and in Shri Mataji; anti-God activities; anti-Sahaj activities

Treatments

1. Use the three great mantras to Shri Mataji Nirmala Devi.
2. Use affirmation, “Mother, please give me my Self-realization,” or “Mother, please be in my head,” or, “Mother, please establish my Self-realization,” or “Mother, please accept my complete surrender and my most sincere thanks for making me a Sahaja Yogi.”
3. Give vibrations to the crown of the head by massaging your scalp clockwise, using any of the affirmations given above.
4. Mantra to Shri Moksha Dayani.
5. Develop a dedication to Shri Mataji through your meditation, not just recognition, but dedication. Know that She is in every molecule of creation and that She has created the creation.
6. Know that She alone has given Self-realization. None of the other incarnations gave this to you, but now they may be worshipped in Shri Mataji.
7. Know that through Her only, the collectivity of all realized souls is being achieved.
8. Know that She is the fulfillment of the prophesy of the Lord Jesus Christ: “I will send you a Comforter, a Counselor, a Redeemer, the Holy Spirit, who will teach you all the truth.”
9. Know that the power which destroys all the negativity is working through Her Collective Being, first as the Ekadesha Rudra and ultimately as Shri Kalki.
10. Strengthen your connection to the Divine by stabilizing your Kundalini at the Sahasrara Chakra. Then only will the Brahmashakti increasingly purify your being and give you the joy of Self-realization.
11. For your left Sahasrara problems, which indicate a problem of the right side, use the affirmation, “Shri Mataji, verily, You are the victory over all the challenges to ascent.” (Shri Kalki’s Shakti)
12. Stroke down from the left temple across the back of the head toward the left Swadisthan Chakra several times.
13. For right Sahasrara problems, which indicate a problem on the left side, use the affirmation, “Shri Mataji, by Your grace, I am protected from all challenges, and I will be victorious over all challenges to ascent,” Or, “Shri Mataji, by Your grace, I am fortunate to be in the Attention of the Holy Spirit.” (Shri Mataji’s Shakti)
14. Cover the sides of the head with cupped hands to reduce the balloons of ego and superego.
15. Massage the scalp and spine with oil. This affects all the chakras in the Sahasrara. (see Oil Massage).
16. Finally, know that Shri Mataji has fulfilled all our desires as seekers. Now we have to fully establish our place as realized souls in the kingdom of God.

Whole Center Channel

Sushumna Nadi

The center channel - being in the present

Deities

Shri Mahalakshmi

Color

Golden

Treatments

1. Use oil massage on the head and spine.
2. Press one hand flat on the Brahmrandhra and the other hand toward the photograph. Change hands.

Whole Left Side

Ida Nadi

Also Moon Channel -being in the past

Deities

Shri Mahakali, Shri Bhairava (Archangel Michael), Shri Chandra (Moon),
Shri Ganesha

Color

Light blue, becomes black when exhausted

Temperature

Cool (not cold), becomes frozen when exhausted

Treatments

1. Sit in the sunlight.
2. Use lemons and candle.
3. For back Agnya, have morning sunlight on your back Agnya.
4. Use all the techniques to warm up the left side.
5. If you are left sided, you have a back Agnya catch, see Back Agnya.
6. Left side must be cleared before you can clear the right side.
7. Lie on Mother Earth, flat on the back, palms of hands on ground. Pray, "Shri Mataji, by Your grace, please clear the negativity from the three channels through the element of the earth." "Shri Mataji, by Your grace, please clear all the catches from all the chakras through the element of the earth."
8. Take the mantras for the three channels, mantras relevant to the catches and problems.
9. Say affirmations to replace negativity with positive qualities.

Whole Right Side

Pingala Nadi

Also Sun Channel -being in the future

Deities

Shri Mahasaraswati, Shri Surya, Shri Hanumana (Archangel Gabriel), Shri Yamuna, Shri Kartikeya

Color

Light orange, becomes dark red when exhausted

Temperature

Warm (not hot); becomes hot when exhausted

Treatments

1. Sit in the moonlight, right hand toward photograph, left hand in cold water, raise the left and lower the right.
2. Ask, "Shri Mataji, are You Mahakali?"
3. Stop instructing others.
4. Ask God for forgiveness.
5. Use all that is cooling.

Combination Catches

Often there is a combination of catches in different chakras. The catches could be caused by a catch or problem on another chakra, or by an external cause. As an example, roving eyes may be the cause of a catch at the Agnya Chakra, but can also disturb one's purity of thought, therefore causing a catch at the Mooladhara Chakra. The problem in the eyes may only be cured by clearing the Mooladhara and the Agnya Chakras. In the same way a problem in the Swadisthana Chakra may lead to diabetes which affects the eyes and the heart, and can be cured only by clearing the Swadhithana, the Agnya, and the Anahat Chakras.

1. Mooladhara and Swadisthana Chakras: The Mooladhara Chakra is the center of innocence, purity and wisdom. The Swadhithana is the center of creativity and aesthetics. When one reads, hears, or sees impure things (literature or art), or one follows tantric practices, purity and creativity are disrupted. Shri Ganesha and Shri Brahmadeva Saraswati are upset. Their wrath will manifest as disorders and malfunctioning of the reproductive organs, venereal disease, cancer, AIDS.

Uneasiness and restlessness, and attention problems may cause catches at Anahat and Agnya and the problems which result from that.

Clear Mooladhara using treatments in that section of the book. Read Holy books, sing bhajans, pray to Shri Mataji to clear all the catches, surrender to Her Holiness, lead a chaste and honest life, and follow the teachings of Sahaja Yoga.

2. Mooladhara, Swadisthana and Nabhi Chakras: The Nabhi Chakra is the seat of Shri Lakshmi Narayana, protector and controller of dharma, dharmic life and balance. Leading an impure life of illicit relations, selfish actions, immoral and illegal behavior, Shri Ganesha and Shri Lakshmi are disturbed. If false gurus are worshipped, Shri Brahmadeva Saraswati and Shri Lakshmi Narayana are upset. This destroys balance, purity, and prudence, which leads to dissatisfaction in life, impatience, intolerance in one's actions and behavior.

To restore balance of all three chakras, use affirmations, Ajwain Dhuni and Ajwain Pani.

3. Mooladhara and Anahat Chakras: Anahat is the seat of Shri Jagadamba, Shri Durga, Shri Sita Rama, and Shri Shiva Parvati. Shri Jagadamba is pure energy, courage, and fearlessness. Therefore, fear in the heart, or any action which causes fear are anti-Anahat. Shri Sita Rama reside in the heart, and are the embodiment of dharma, tolerance and wisdom. Any action which is anti-dharma, which shows intolerance or craftiness, is anti-Anahat. Shri Shiva Parvati, residing in the left heart, are the embodiment of self. Any action which is anti-self and causes alienation from the Divine, will affect the Anahat Chakra. Impure life, illicit relations, disrespect to elders and tyranny against youngsters are all anti-dharma, anti-innocence, anti-balance, anti-wisdom, and can cause a catch in the Mooladhara Chakra as well as the Anahat Chakra. This combination may lead to problems like angina, high blood pressure, pain in the chest, etc. Leading a Sahaj life will restore balance.

To clear these problems use shoe beating, Matka treatment, affirmation to Shri Jagadamba, and treatments for the particular Chakras.

4. Mooladhara and Agnya Chakras: The Agnya Chakra is the seat of Lord Jesus Christ, Mother Mary, Shri Buddha and Shri Mahavira. Each of these deities reflects forgiveness, tolerance, purity, and love based on respect for chastity, innocence, balance, and wisdom. Roving eyes or lustful thoughts affect both the Agnya Chakra and the Mooladhara Chakra. This will lead to scattered attention and confused thought.

To clear, use Shri Ganesha and Shri Jagadamba affirmations and mantras. Develop innocence, wisdom, courage, and fearlessness which come from an honest and pure life.

5. **Mooladhara, Anahat, and Agnya Chakras:** Respect for chastity, purity of thought and vision are linked. A roving eye causes bad thoughts; bad thoughts work against chastity and confound wisdom. Thus a catch in one chakra can lead to a catch in other chakras. In the same way impure action is anti-innocence and wisdom, and will cause anxiety and fear. But the effect is more likely to be from Agnya to Anahat to Mooladhara, than from Mooladhara to Anahat to Agnya.

The remedy lies in correcting the actions which affect the Agnya: have pure thoughts and vision which will bring peace and stability to the Heart and the Mooladhara Chakra. A combination of a catch in the Agnya Chakra and the Anahat Chakra can cause excess heat. Use candle treatment on Back Agnya and look at the earth while walking to clear it.

6. **Swadisthana and Nabhi Chakras:** The Nabhi relates to dharma and sustenance, the Swadisthana to creativity. Adharmic creative activities or use of art and literature for an adharmic cause will harm both chakras. Feeling one is the doer, and over-planning can cause both chakras to catch. This can cause weight loss, bad and aggressive temper, and over-activity.

To balance, stop over-planning, and recognize that we do nothing, that the Divine plan has already been worked out.

To clear, use ice pack on liver, affirmations of Swadisthana and Nabhi Chakras, use Shri Hazrat Ali Fatima mantra.

7. If we catch on the **Right Swadisthan and Right Nabhi**, we should also work on Left Heart and Left Vishuddhi because these chakras are automatically also affected.

8. **Swadisthana and Anahat Chakras:** A sense of security is a quality of the Anahat Chakra, the Swadisthana is the seat of creativity. Taking interest in impure behavior and life, using creativity to satisfy illicit relations, having lewd thought, can affect both these Chakras. A sense of insecurity, fear and uneasiness in the mind and body will develop.

To balance, lead a pure life and develop pure thoughts by reading holy books, seeing only dharmic films, etc.

To clear, use Matka Treatment since these catches could be caused by external negativities.

9. **Swadisthana and Agnya Chakras:** The Agnya Chakra relates to vision and thought, the Swadisthana Chakra to creativity. Taking an interest in perverted art or literature, indulging in perverted thoughts can harm both the Chakras. This can cause problems with the eyes, and may lead to diabetes.

To balance, lead a pure life.

To clear use candle on Agnya Chakra, and Shri Hazrat Ali Fatima affirmation to clear Swadisthana Chakra.

10. **Nabhi and Anahat Chakras:** Anahat and Nabhi Chakras both relate to dharma. The Nabhi can be affected by bad food which leads to gas or acidity. These cause pressure on the heart and lead to an Anahat catch. Both can lead to heart problems, loss of joy, and feelings of insecurity.

To balance, lead a dharmic life, vibrate food before eating, and clear the Chakras.

To clear, use Nabhi and Anahat affirmations.

11. **Nabhi and Vishuddhi Chakras:** Both the Nabhi and Vishuddhi Chakras are affected by bad foods and drinks. Over ambitiousness can affect the Nabhi Chakra, and lead to aggressiveness which affects the Vishuddhi. This may lead to a bad temper, foul language and anger which will result in an unbalanced way of life. Ulcers may develop.

To balance clear both Chakras.

To clear, use affirmations, Ajwain Dhuni and Ajwain Pani.

12. Anahat and Vishuddhi Chakras: Anahat is the center of fearlessness, and dharma, while Vishuddhi is the center of self-respect and the expression of sweetness toward others. The use of foul language, expression of anger, feelings of guilt will cause a catch on the Vishuddhi Chakra. These behaviors are also against the Anahat Chakra. Anger and shouting are defensive actions against something which has caused anxiety, such as fear or a feeling of insecurity which are linked to a catch at the Anahat Chakra. This is how an Agnya catch can cause problems in organs controlled by the Vishuddhi Chakra and also the other way. High blood pressure and heart problems may develop. The external parts of the nose, eyes, etc. are controlled by the Anahat Chakra. So for clearing one, clearing the other is essential.

To clear, use affirmations as well as Ajwain Dhuni and Ajwain Pani treatments.

13. Anahat and Agnya Chakras: Agnya relates to thought and vision and Anahat to feelings. Both are related as vision affects thought and thought affects feelings. Aggression and ill feelings can affect Agnya, and perverted eyes and thought can affect Anahat. Both can be affected by ego and super ego which leads to a sense of insecurity, restlessness, high blood pressure, and problems of the heart and head.

To balance, read good literature, be in Sahaja Yoga collectivity with good people.

To clear, use affirmations and Ajwain Dhuni.

14. Sahasrara or All Nadis and Chakras: When a person is too involved in worldly life, is too often in the company of non-Sahaja Yogis, has developed a doubt in him/herself, or doubt in Sahaja Yoga and God, the whole Kundalini instrument (Nadis and Chakras) can be affected. When foot soaking is not done regularly, and meditation is not practiced daily, the effects of negativity cause catches on the left side, right side, and all the Chakras including Sahasrara. Perhaps no vibrations will be felt, and tiredness and boredom develop.

To clear catches in Nadis and Sahasrara Chakra use seven chilies and one lemon treatment. Also use affirmations and mantras to clear Nadis and Chakras.

If a catch is jumping between two chakras, take the mantra to “Shri Sarva Chakra Vibaydini”.

The combinations discussed here are those most often seen and the most critical. There could, of course, be many other subtle connections which have not been covered here. For example, a combination catch in all the six Chakras (Mooladhara, Swadisthana, Nabhi, Anahat, Vishuddhi, and Agnya) can cause a catch at the Sahasrara as all the Chakras have their seats at the Sahasrara. In the same way a blockage at Sahasrara can affect all the Chakras and even the Nadis. Nadis also have their affect as problems on the left or right or both influence the Chakras on the left, the right, or on both sides.

To keep balance, follow a Sahaja way of life abiding by the guidelines of Vishwa Nirmala Dharma. Meditate and foot soak regularly.

Real cure lies in recognizing Shri Mataji, accepting her word as ultimate truth, and completely surrendering to Her.

Explanation of Treatments

Ajwain Dhuni

1. Take a plate of glowing charcoal.
2. Sit on a platform. Take bandhan.
3. Take a shawl, blanket or bed cover and cover the body and the head. Put the plate of burning charcoal in front of you, inside the cover.
4. Put a handful of Ajwain on the burning charcoal. The Ajwain smoke should rise and completely cover the chakras and the face. Inhale the smoke until the nose and eyes feel cleared. This is good for clearing the Vishuddhi Chakra.

Ajwain Pani

1. Put 2 quarts of water in a saucepan with 100 grams (3.5 ounces) of Ajwain.
2. Bring to a boil then cool to room temperature.
3. Strain the water through a clean muslin cloth.
4. Drink at least 3 or 4 times a day. This is good for clearing the first 3 chakras.

“Allahu Akbar”

With Vishuddhi fingers in ears, other fingers and thumb closed, look up at the sky. Say loudly, sixteen times, “Allahu Akbar”.

Attention Exercise

As well as clearing the chakras during meditation, we can assist the Kundalini by putting our attention on the nadis, or channels.

1. While sitting in meditation draw the attention up the center channel, starting at Mooladhara, to the Sahasrara, passing through each of the chakras. Then bring the attention down the left side of the head to the top of the left ear; draw it across the brow to the bridge of the nose, down the right nostril and all the way down the right side channel to the right Swadisthan.
2. Draw the attention back up the center channel as previously described. Now draw it down the right side of the head to the top of the right ear, across the brow to the bridge of the nose, down the left nostril and all the way down the left side channel to the Mooladhara Chakra.
3. Again take the attention up the Sushumna (center) channel to the Sahasrara. Repeat this exercise, this time going down the right and left arm in turn. Let the attention rest on the palm of the hand each time and draw the attention back to Sahasrara.
4. In the same way, draw the attention down the legs, one at a time, to the soles of the feet.
5. Finally, bring the attention up the Sushumna to Sahasrara and sit for a while in silent meditation. Enjoy the silence which is the gift of Kundalini.

Bandhan

A bandhan is the protection of Divine love.

1. Whenever you start or end a meditation, put yourself in bandhan.
2. Whenever you leave the house, do the same. Humbly ask Mother to protect you.
3. Whenever met with a challenging person or situation, give it a bandhan.
4. Write problems in your left palm with index finger; give bandhan clockwise. Pray, “Mother, Your will be done,” and then fully accept Her will.
5. When questions are asked, do the above and fully accept the will of Shri Mataji.
6. Whenever you do something and it does not work out, write the problem in your left hand, and with respect and humble love, take Shri Hanumana mantra. You will see that if you do this in the right way, with your whole desire, everything will work out miraculously.

7. Bandhan need not always be done with your hands. If you are outside, it can be done with your attention only.
8. When working on yourself, use circular bandhan while saying mantras, but while saying affirmations, use rainbow shaped bandhans. (After awakening the deity with a mantra, replace negativity with the qualities of the deity.)
9. Don't count, but put attention on each chakra in turn up to Sahasrara, and then it stays there.

Camphor Treatment

Use only on left side, never on the right or center nadis. If liver is delicate, camphoring might need to be counterbalanced by ice on the liver to avoid nausea. Do not use camphor after a meal.

Candle Treatment

1. Use a burning candle in front of the photograph.
2. Use a burning candle, moving it up and down on your left side, saying the mantras of the left side.
3. With a burning candle, give bandhans clockwise to the affected chakras on the left side.
4. Left hand toward the photograph, keep a burning candle in front of your left hand, the right hand pressed to the Mother Earth which sucks out all the negativity.
5. Use a candle behind your left Swadisthan while meditating, and not next to left thigh.
6. For Agnya Chakra, look through the flame at the Bindi on Mother's forehead. The light element clears out all the negativity.
7. Also for Agnya, use a burning candle at the level of back Agnya.
8. To find the most affected chakras on your left side, use the flame of a candle. Rotate your hand clockwise over the flame not quite touching your palm, and the damaged chakras will be shown by the soot on the corresponding area of your hand. With this method, one may watch the clearing of the chakras also. *This is only for the left side.*

Coconut to Ward Off Evil

The coconut is created in the form of a human head and possesses Divine qualities. Mother has said that a coconut is so sensitive that it will not fall on a person sleeping or sitting under the coconut tree. The coconut absorbs negativity and radiates positive vibrations. For this reason coconuts can be used in the house, workplace or office to ward off evil and negativity.

1. Take a coconut with a dry cover, full of skin and hairs, and with milk inside.
2. Remove skin and hairs so that the head and eyes are visible easily. Remove the skin in such a way that it leaves a collection of threads on the top (like a bundle of hairs).
3. Make swastikas with kumkum on the front and the back.
4. Take a jug with a neck and fill it with water.
5. Tie a cotton thread onto the neck of the jug.
6. Make a swastika on the front of the pot.
7. Put the water-filled jug in front of Mother's photograph.
8. Put the coconut with the hairs up on top of the mouth of the jug in such a way that the bottom of the coconut touches the water. Keep until the water in the coconut has dried up. If the coconut bursts or cracks, replacing it with a new one. Throw away used coconuts by putting them into a river, or by burying in a remote place.

In case of a serious problem in the workplace or house, the coconut will absorb negativity and burst or crack. This is the indication that evil has been absorbed. Coconuts may be buried at the four corners of the workplace building. Prepare the coconuts as above. Put the coconut in a hole and fill with mud. Pour vibrated water on the spot.

Foot Soak

1. For cleansing before meditation, prepare a basin or bucket by putting a handful of rock salt or sea salt in the bottom. Add enough warm water to cover your ankles.
2. Burn a candle in front of the photograph.
3. With incense, make 7 bandhans around the photograph and over the place where you will sit.
4. After Namaskar, raise your Kundalini and put yourself in bandhan.
5. Check the vibrations of the water and if necessary, give a bandhan to the basin of salt water.
6. Place your feet in the water.
7. Take the Shri Ganesha Mantra and humbly ask Shri Ganesha to remove all obstacles within and without.
8. Sit for about 10 minutes.
9. Rinse feet with clean water and dry them with towel dedicated to foot soaking (or paper towel).
10. Pour the water in the basin down the toilet and rinse basin, putting the rinse water down the toilet also.
11. Wash hands.
12. Then sit in meditation. When you have finished your meditation, raise Kundalini and give a bandhan.

For the right side, use cold or even ice water.

For the left side, use very warm water.

For the center, use lukewarm water.

One may also use a double foot soak; hot water for the left, and at the same time, cold for the right. Also bathing the feet in a river, a lake or the ocean is very useful.

Standing barefoot on the Mother Earth, pouring water over your feet and saying the mantras to Jala Tattwa (Water Principle) and Bhoomi Devi (Earth Principle) will clear out negativity.

Gheru

Shri Hanuman is covered with it. Use it for cooling.

Ghee

For Hamsa and Vishuddhi problems, put two eyedroppers full of ghee into each nostril. Natural camphor (Bhimseni) may be added.

Havan

A Havan is a very ancient ceremony which was first practiced by wise people thousands of years ago in the East. Havan means sacrifice or purification by fire.

Havan can only be done from the heart, and while its origins are in the fighting of negativity it too embodies the same kind of devotional quality as a Puja.

While Puja is a celebration of the left side, with its symbolic use of water to “wash” the feet of God, the Havan relies on another of the primordial elements, fire, the element of the right side, to burn away the negativity. Havan starts with a mantra to Shri Ganesha, after which negativity is symbolically surrendered to the fire, while the name of the relevant deity is invoked with mantras. Vibrations start flowing as the collective subtle system starts to clear out and the negativity accumulated on our chakras starts to dissipate. This brings about a profound and peacefully meditative state once the Havan is over. The Havan ends with the mantra of the Sahasrara, the seat of our Yoga.

“The essence of fire is the glow, all that is wrong, all that is evil is burnt off and then the glow shows on the faces and on the bodies of the seekers. And also the atmosphere is charged with the beautiful vibrations when you have the Havan.” 18 June 1983

Havan items

5 fruits, not citrus
flowers to decorate fire
coconut
seeds and grains
samagri
cooked rice
camphor
candle in chimney if outside
photograph
wood, paper, kindling
matches
incense and holder
ghee
long handled spoons
large bowl for mixing seeds and samagri
cups for seeds
mantra book
flashlights if outside
bag to gather ashes after havan
paper, pens for writing negativity

Ice

Ice the liver and right side chakras during the heat of the day. Give ice pack a bandhan to clear away the negativity which it has absorbed before returning it to the freezer.

Kavach of the Devi

Use the mantras to the Goddesses in the “Kavach” for protection for particular parts of the body.

Mantras

1. To vibrate food not prepared by a Sahaja Yogi, use the mantra to Shri Annapurna. If in public, blow on food to vibrate it, or give it a bandhan from underneath the table.
2. For thoughtless awareness, use the mantra to Shri Nirvichara.
3. For doubtless awareness, use the mantra to Shri Nirvikalpa Samadi.
4. To reduce ego, use the mantra to Shri Mahat Ahamkara.

Matka Treatment

Seven lemons, seven chilies, and a small amount of vibrated water are put into a clay pot with a lid (Clay flower pots with a saucer inside to hold moisture, and a larger saucer upside down on the top may be used). This clay pot is closed and placed in front of the photograph overnight to be vibrated.

Before going to bed, open the pot and place it near your head near the bed. The vibrated lemons and chilies will absorb negativity. In the morning, close the pot without looking inside. Repeat this for 7 nights without ever looking inside the pot. When the treatment is finished, seal the lid on with a flour and water paste. Offer the pot to a river, the ocean or bury it. This treatment is especially good for spirit possessions.

Oil Massage

This technique is good for clearing all the chakras. For oil massage, use coconut oil or mustard oil or,

best of all, Amla Hair Oil. Use enough to massage all the points on the head which correspond to the chakras.

1. Sit in front of a photograph of Shri Mataji.
2. Raise Kundalini and give bandhan.
3. Put both hands toward the photograph and be in meditation.
4. Another person standing or sitting behind pours oil into his right palm and applies oil in a clockwise direction to the first person's Sahasrara.
5. The second person continues to apply oil and massage the spots on the head which correspond to the chakras.
6. Continue until oil dries up, about 10 minutes.

Avoid anti-clockwise rotation of hand, use only clockwise motion.

In winter, do not use cold oil.

Paper Burning

Write a problem or the name of a troublesome person on a piece of paper. Draw a bandhan 7 times around the name without interruption.

Give yourself a bandhan and burn the paper over the toilet or some other safe place without looking directly at it. Instead of burning, the paper may also be buried.

Protection

When we are facing a negative situation we can protect ourselves by preparing a small packet. Wrap small, red, dried chilies, black mustard seeds and vibrated salt in a sheet of paper. Fold and tape it closed. Vibrate it on the altar. Carry in your pocket, under your pillow, or use to bandhan the chakras. At the end of the day, burn it with camphor or mustard oil, outdoors.

Raising Kundalini

1. Say the mantra, "Shri Mahalakshmi is protecting me."
2. Say the mantra, "Shri Mahasaraswati is protecting me."
3. Say the mantra, "Shri Mahakali is protecting me."

Seven Chilies and One Lemon

Gather seven chilies, one lemon, a plate, and a small knife.

1. Raise Kundalini and put yourself in bandhan.
2. Vibrate the chilies and lemon by placing them in front of Shri Mataji's photograph or by reciting Mother's Three Great Mantras over them.
3. As you sit in front of Shri Mataji's photograph, cut the lemon in half. Put one half on the Sahasrara. Hold the other half in your left hand. Hold all seven chilies in your right hand. Sit in thoughtless awareness for 15 minutes, letting the lemon and chilies absorb negativity.
4. When vibrations feel cool, put the two lemon halves on the plate. Without slicing completely through the rind, make two deep cuts criss-crossing each lemon half. Each lemon half will now be divided into four quarters.
5. Make four equally spaced cuts across the width of each chili, taking care not to cut completely through the chili. Place the lemon and chilies in a bag and close it.
6. Wash your hands, and return to meditation in front of the photograph. Thank Shri Mataji in Her Shri Ganesha and Shri Mahalakshmi forms for clearing the Chakras. Also thank Shri Mataji in Her Shri Annapurna form for providing the lemon and chilies.
7. Bury the bag outside.

Shoe beating

This technique was created by Mohammed Sahib.

Outside, sitting on the Mother Earth, put yourself in bandhan and raise Kundalini. With both hands on the Mother Earth take Adi Bhoomi Devi mantra and humbly request the Mother Earth to remove all your negativity.

To begin, draw with your right index finger your name in the soil. Then with right hand, give 7 bandhans to the writing. Keep your attention at Sahasrara, not on the problem you are shoe beating. Keep your eyes open and look at the Mother Earth, the green plants or the sky. Take your left shoe in your right hand and beat the problem with the heel of the shoe. After beating 108 times, rub the heel of the shoe in the earth. Put the shoe aside, give 7 bandhans to the writing and the shoe. To complete the process, blow over your hands, with your attention on the Spirit.

It is possible that 108 times is not enough. If more is needed, keep on beating with your attention on the spirit, until the vibrations start flowing at your Sahasrara and palm of left hand. Remember to always be humble and do it with all your heart and desire.

It is possible to shoe beat on a wall, an open window sill or a balcony. After finishing, put yourself in bandhan and wash your hands.

Any person or thing who is causing you distress can be shoe beaten. Simply substitute their name and proceed as above. You should not shoe beat your parents.

When shoe beating takes place, the photograph of Shri Mataji should not be present.

Shoe beating is best done as the sun rises or sets - at the change of light. It is a very effective method for neutralizing negativity.

Combination: Write the problem on paper, shoe beat, and then burn the paper afterwards.

String Knotting

This is a special method for clearing the left side, especially the Swadisthan Chakra. Gather large 100% cotton balls, or cotton twine about 10" long, mustard or olive oil, a candle, 2 pairs of tweezers.

Light the candle.

Put yourself in bandhan.

Pull the cotton ball apart into a long, thin strand.

Place the strand horizontally along the tips of the fingers of the left hand. With the right hand, roll the strand down to the palm from the finger tips several times until you have formed a long, thin string. Make the string long enough so that you can tie 7 knots in it.

As you tie the first knot, recite the Shri Ganesha mantra. Place the knot on the fleshy part of the palm beneath the thumb. Cover the knot with the corresponding area of the left hand and pray, "Shri Mataji, You who are Shri Ganesha, please come into my Mooladhara Chakra. Please remove all negativity and possessions that are preventing my spiritual ascent and place them into this knot."

Keep track of the position of the first knot, and as you make each successive knot, pass the knot you have already tied through the new knot.

Tying the second knot, repeat the technique as described above, reciting the Shri Nirmala Vidya mantra. Place the string on the right thumb, cover it with the left thumb and repeat, "Shri Mataji, You who are Shri Nirmala Vidya, come into my Swadisthan Chakra. Please remove all the negativity and possessions that are preventing my spiritual ascent and place them into this knot."

Recite the Shri Gruhalakshmi mantra for the third knot and place the string on the Nabhi finger.

Say Shri Shiva Parvati mantra for the fourth and place the string on the little finger; Shri Vishnumaya for the fifth knot and place the string on the Vishuddhi finger; Shri Mahavira for the sixth knot and place the string on the Agnya Finger.

Recite the Shri Mahakali Badrakali Kali Kalki mantra for the seventh knot. Take the first knot and place it over the Mooladhara palm (of the right hand). Lay the string in a clockwise circle on the palm of the hand with the last knot (Sahasrara) on the center of the palm. Pray to Shri Mataji, "Shri Mataji, You who are the Adi

Shakti, please remove all negativity and possessions that are preventing my spiritual ascent and place them into these knots.”

Dip the string into the mustard oil. Run your fingers along the string to squeeze out the excess oil.

Holding the string by the last knot (Sahasrara), burn it over the flame of the candle or over the toilet, without looking at the flame, as you recite the Shuddha Iccha mantra, giving thanks to Shri Agni for clearing your chakras. Ask Shri Mataji to fill you with Her Divine Vibrations.

Wash your hands and sit in meditation.

Vibrating medications

Put medications on the altar in front of Shri Mataji’s photo and ask Her to vibrate it before you take it.

Vibrated Water

Vibrated water is more able to remove heat and negativity, due to an actual change in its energy level. Vibrated water can be sprinkled around a place where the atmosphere is bad, and the negativity will quickly be dispersed.

This is in fact holy water, and has healing and cleansing properties. Jewelry can be cleansed by immersing in vibrated water, or any object can be vibrated by sprinkling with the water.

Water may be vibrated directly by Shri Mataji at a puja, or it may be placed on the altar for several hours. Alternatively, water may be vibrated with a bandhan.

Advice for Treatment

For any treatment whatsoever, remember that everything depends on your Desire or Ichha Shakti.

For the Ida Nadi, you must have the pure desire. Everything goes back to your Desire. If you have wrong desires and you take action, then everything becomes mechanical and hypocritical. The right Desire is only to achieve your growth. This is the Shuddha Ichha. If you have a gross desire, such as I must have a son, a house, etc. you will only want something else also. In pure Desire, you get everything in a bundle.

It is from genuine desire that you grow. This whole concept is your attitude toward your Ichha Shakti.

Consider the action energy or Kriya Shakti. This has two aspects, namely the physical and the mental. Physically you must sit down and meditate to become thoughtless. Mentally you must see that your mind does not go toward any nonsensical things in gross forms. You must say, “Mother, You are doing everything, and I do nothing at all.” This is the control on you.

For both left- and right-sided persons, it is important to first cleanse yourself, and then do meditation. When you move to your left side, raise your Kundalini and it just comes out. You must raise your Kundalini before meditation. Never do things mechanically when sitting in meditation or at puja. Your desire must be genuine to grow.

Right-sided people must use Bhakti (devotion), sing bhajans, have Mother seated in their hearts and move toward the left side. Cleansing must be done only by use of mantras on the central chakras. Mahakali and Mahasaraswati both act on the center from both sides and are chanted only for the purpose of raising the Kundalini. There is no use putting your attention here. Treatment of the left side through chanting of mantras for raising the Kundalini is only to improve upon your desire energy.

Another way is to raise and lower it by hand. In addition, activate the right side with mantras of Brahma-deva and Gayatri to a certain point.

When we accept that, “Shri Mataji, You are the best Doctor of the whole universe, and Your will I accept fully,” when we desire and surrender with our whole heart and never do anything mechanically, then we will feel the blessings of the Adi Shakti immediately flowing over our whole being.

Use right-sided energy to be in balance. If you love others, then their good habits come to you. If you hate others, their bad habits come to you.

Diseases of the Left Side

....are caused by lethargy.

They are low blood pressure, cancer, tumor, epilepsy, schizophrenia, virus, multiple sclerosis, meningitis, Parkinson's disease, arthritis, rheumatism, slipped disc, spondylitis, lumbago, tuberculosis, anemia, sciatica, polio and osteomyelitis, muscular and skeletal dystrophy (lethargic heart), childlessness (left Swadisthan), infections, neurosis, depressions, mosquito bites, angina.

....and their causes

Too much superego, indulging too much in the subconscious and the past; lethargic temperament causing clots in the blood; false gurus, hypnosis, alcohol, drugs, black and white magic, occultism, sex magic, homosexuality, rebirthing, perversion, tantrism, masochism, psychoanalysis (Freud), cult of the dead (Tibetan book of the dead), meditation techniques of Bhagwan/Osho, false Sai Baba of Puttapurthi, Maharaj Ji, Jehovah's Witnesses, etc.....

....Mental disturbance

Slyness, anxiety, not talking, nervousness, no self-confidence, shy of public, miserliness, too much thinking about the past, going too deeply into the subconscious.

Diseases of the Right Side

....are caused due to over activity

Fever, heart problems, heart infarction, palpitations, asthma, constipation, liver problems (hot liver), lungs, unhealthy skin, tension, cirrhosis of the liver, headache, diabetes, kidney trouble, high blood pressure, childlessness (flirting type, and thinking that one is too beautiful), insomnia, lack of memory, jaundice, malaria, hysterectomy, heavy period, etc.

....and their causes

Over-development of the ego causes a very bad heart. Quarrelsome and aggressive nature, telepathy, drugs, Hitler, supernatural powers, sadism, overly ascetic life, forced sexual abstinence, all extremes like sporting, working too much, materialism, fashion, greed for power, TM, Steiner, shamanism, Scientology, fanaticism, etc.

....mental disturbance

Idiotic ideas survive, hot temper, obnoxious behavior, cruelty, troublesome nature, talkativeness in old age, accusing nature, dominating asceticism, martyrdom.

Allergies

In a left-sided, emotional person, a slow or inactive liver may lead to allergies. Allergies are also caused by calcium deficiency in childhood. Treat the lethargic liver, and the left side. Use gheru on affected areas and cover with black cloth. (See Urticaria)

Alzheimer's

Right side problem, finding fault with others, attention outside, not on self, frequently angry (loss of balance).

Angina Pectoris

This is due to a lethargic heart. These people take to all kinds of mantras which are spoiling their left Vishuddhi. Tobacco also spoils the left Vishuddhi. This makes the pumping of the heart difficult, and so it becomes tired. Take the affirmation, "Mother, You are my beej (seed) mantra. You are the Mantrika," also, "I am not guilty at all," and "I forgive everyone, Lord." Use light and fire to clear the left side.

Anorexia

Anorexia is caused by a bhoot. Camphor may help. (see page 11)

Arthritis

Arthritis is a left side problem. Immersion in the sea is a possible treatment. For rheumatoid arthritis use vibrated gheru with olive oil to rub on affected joints.

Asthma

Asthma is mostly a left-sided psychosomatic disease where the lungs become lethargic. Sometimes it can be right-sided when persons are too dry and are always trying to dominate others, or who do not believe in Shri Rama. The dryness of the peritoneum is too much. Those whose father is dead, or are unhappy about themselves can be affected. It can also be a combination of any of these things.

Establish your security. Put an ice bag with vibrated salt added on your liver. If it is a possession, tell your relative, "I am a realized soul now, and I am perfectly well. Please go and take your rebirth, because Shri Mataji, the Adi Shakti, is alive now. You will also have your Self-realization."

Intake: for left side, no fat intake at all. Thin people can eat fat (gheru with calcium), fat is not stored. Fat people's fat is stored and not available. Oil massage on the head is very good. Also, put ghee on the feet and rub with a small bronze bowl, black color will appear.

Bacterial Diseases

They are caused by baddhas or by eating certain foods such as mushrooms, fungus, etc. Clear Mooladhara and Center Heart. Use Matka treatment, candle treatment, and the treatment of the whole left side. Bacteria is visible.

Bladder Problems

Those with urethra problems, or who are above 60 years old, should not eat raw tomatoes as they make the Nabhi sour. Treat with ice on the liver.

Blood cancer

Due to a blockage of the complete left channel (see Urticaria).

Bone Cancer

In bone cancer there is a history of trauma. During an accident, the fearful person goes into the left and is attacked by a bhoot which lies dormant, later triggering the bone cancer.

Cancer (see Epilepsy)

Originates from the total exhaustion of a chakra when it breaks down like a battery. Then the organs which are being watched by the chakra are left without control. Cells are growing wildly, without the connection with the whole. Breast cancer is due to insecurity. Cancer is often a right side problem, center heart, Rt. Agnya or Mooladhara problem.

The moment the lost energy is brought back to the chakra, it takes over the guarding duty. The growth of the cells is drawn back to normal, one with the whole. Also sometimes a spirit possession is the cause of cancer. Then Matka treatment, foot soak, shoe beating, etc.; all the treatments of the left side have to be done. As long as there is life in the organ, it can be treated. Use three candle treatment and read Kavacha of the Devi. Do Havan to not feel guilty, depressed or sad - stay in joy.

Childbirth

Mother should use Ajwain treatment to clear Mooladhara after birth of child.

Childlessness

This has two causes. From the left it is due to a left Swadisthan catch, or on the right side it comes from being too dry, "I am too beautiful," or flirtatious behavior.

Cirrhosis of the Liver

If you are over-planning and -thinking, the liver gets hot and can not fulfill its duty. (see Hot Liver)

Common Cold

Left Vishuddhi - nose is blocked. Use ghee with camphor several times a day with left Vishuddhi mantra.

Right Vishuddhi - nose is running. Use Ajwain dhuni (Ajwain seed on charcoal, inhale the smoke). Drink a decoction of tulsi, Ajwain and ginger. Have plenty of bed rest. Use cool bath in the morning in summer. In the winter, take a lukewarm bath and do not go out into the cold for one and one half hours.

Coughs and colds are due to liver problems - ice the liver.

Constipation

Caused by a dry right side. Use carbohydrate diet, not macrobiotic. Put dry figs in hot water, leave overnight, drink the juice. Nabhi mantras, circling the Void with right hand and a big throw away to earth, are good.

Depression

Whole left side is affected. One goes into the subconscious too much. Put your attention toward activity. Stop all lethargic attitudes. Use the treatment of the left side, Matka treatment, shoe beating, candle/camphor treatment, string knotting and clear out back Agnya.

Diabetes

Diabetes is the action by the right side, affected by the left side. The right side is vulnerable. First you think too much. You pay no attention to the Spirit, continue your habits, then fear adds to your vulnerability. All the fat cells are used for the brain. The right Swadisthan goes into action and neglects its left counterpart. The left side gets drained. At this stage, if some fear comes in, you also start feeling guilty. Diabetes develops.

Correction is to use Hazrat Ali's name as mantra.

Source is the Swadisthan and Nabhi on the left. Nabhi gets affected first by having fear about wife, or worries about any family member. Clear it by clearing your Agnya Chakra. Forgive with your whole heart, and do not think too much. Go into thoughtless awareness. Put left to right. Take more salt so that it neutralizes the action of sugar excretion by making sure there is enough water for crystallization. Use ice on the right Swadisthan and Nabhi. Avoid sugar. Take proper tests if necessary.

Diarrhea

Too much stimulation of the parasympathetic in the sacral region causes diarrhea. Use Gayatri mantra initially. It must also be backed by medicines. Give Ajwain dhuni. Eat white rice and banana.

Dysentery

Dysentery is a right-sided problem. Use mantra to Shri Dattatreya. An Ayurvedic tincture, khurchi, may be used.

Dystrophy of Muscles

This trouble comes from a disturbed Shri Ganesha. Establish your innocence and give treatment for the Mooladhara Chakra.

Epilepsy

This is caused when a person becomes vulnerable to bhoots because of a movement of the attention to the extreme left. Collective subconscious is the state into which you go. This happens when you develop some fear or fright and are a weak person on the left side. An accident may be the cause. The main characteristic of Epilepsy is that the individual resists the possession which comes and goes and is not permanent. The Agnya Chakra is involved. A person who has condemned himself and cannot forgive gets Epilepsy.

Cure: Bring attention to the center. To do this you first bring it to the right by saying Gayatri mantra. Then to the center by taking Brahmadeva Saraswati mantra. On moving to the right, you start feeling vibrations. Stop at this point. Do not say anymore Gayatri mantra because you must not go too much to the right. If you go too much to the right the frequency of vibrations starts decreasing. It needs proper adjustment from one side to the other. It is important that you just get the vibrations. If there is a problem, repeatedly raise the Kundalini until you feel vibrations.

Another way is to put the left hand toward the photograph, and the right hand pressed to Mother Earth. Take Shri Mahakali mantra so that the vibrations start flowing. Use candle from the back side on the left. Use candle treatment, shoe beating, Matka treatment, foot soaking and camphor treatment.

The Mooladhara and Back Agnya Chakras need treatment, and also sometimes the Right Heart and Agnya, or Left Heart and Agnya.

Fever

This comes usually through the left side, especially bacterial fever. (see Bacterial Disease)

Headache

This is usually caused by right side over activity, or too much ego. May be caused through Vishuddhi problem or also when right Swadisthan region of the head gives you pain. Balance yourself and try to be in thoughtless awareness. Ask, "Mother, please come into my head," and "Mother, please, I humbly request that You forgive me." Apply kumkum or balm directly to the Agnya Chakra.

Heart Infarction

This results from over activity on the right side, too much ego, domination and "I"-ness. Then the attention is not on the Spirit. The Spirit is neglected. This and the pressure of the ego on the left heart will lead to a heart infarction. The heart may collapse when the attention is too far outside. Then the Atma departs. The Atma gets no attention because of a materialistic nature. It may also come from too much worrying about family members, and thinking too much about the future. The heart overworks itself and becomes tired.

Cure: Put ice on the liver and heart on the right side. Move left toward the right. Sit in water. Use no light at all and no candle. Use affirmations of left heart.

Heavy Period

This is due to an overactive right side. There is too much stimulation in the sacrum region. Drink vi-

brated water with salt. Do all treatments for right side. Start 1 week before period and continue during.

High Blood Pressure

This is a right sided problem caused by over activity of the right side. Treatment is very easy. Raise left, lower the right and it will work out very quickly.

High Cholesterol

High cholesterol is due to a lethargic heart.

Hot Liver

This is caused by too much thinking and planning, and living in the future. This overworks the liver which becomes hot. Since the liver represents our attention, our attention becomes weak and we cannot keep it within. We have to cool down the liver by using the liver diet. Put left to right 108 times. Use the left hand on the liver and say, "Mother, truly, You are my Guru." Say, "Mother, please come into my attention and purify my attention." Give ice pack to the Swadisthan and massage the liver with ice. Say the mantras to Shri Chitta Shakti, Shri Shesha Narayana, Shri Himalaya, and Shri Chandrama.

Infections

These are left-sided diseases and are caused by bacteria and viruses. Use treatment of the left side, and the affected chakras. Use vibrated water and vibrated soap. Vibrated ghee is also very good.

Insomnia

Caused by an overactive right side. Put left to right. Use the mantra, "Ya Devi sarva bhuteshu, nidra rupena samsthita, Namastasay, namastasay, namastasay, namoh namaha." Massage Agnya with Agnya finger clockwise. Bandhan 3 times with deep breathing. Use mantra to "Nidrarupa".

Jaundice

The right Nabhi and right Swadisthan are affected. Put left to right 108 times. Foot soak in lukewarm water. Use affirmation, "Mother, verily, You are my guru." Strict liver diet for 2 weeks. Make tea from fresh radish leaves, sweetened with candy sugar. Drink this instead of water for three days. Also drink lots of glucose water.

Kidney Problems

The right Swadisthan is affected. Take a cool foot soak. Use ice pack on right Swadisthan. Put right hand on right Swadisthan at the back side and take the mantra to Brahmadeva Saraswati. After the mantra has finished, brush down three times. Repeat this six times. Diet should have no salt, lots of vibrated water, and no meat.

Lack of Memory

This is caused by an overactive right side. Put left to right 108 times and take the mantra, "Ya Devi sarva bhuteshu, Smruti rupena samsthita, Namastasay, namastasay, namastasay, namoh namaha."

Leukemia

(see Blood Cancer)

Low Blood Pressure

This comes from the left side, and is treated like a left side problem. Use merphentine which is available in India.

Lumbago

Take Ajwain pani (tea of Ajwain). For muscular lumbago, use Ajwain for intake and gheru for application only. In lumbago, the bone gets twisted; therefore, use vibrated kerosene oil mixed with some other oil. In a few days, it will be better.

Malaria

This comes from the right side. Cool down the right side in every way shown in the section on the right side.

Meningitis

This is a left side bacterial/virus disease. (see Bacterial Diseases)

Mosquito Bites

This is a left-sided problem. (see Bacterial Diseases)

Multiple Sclerosis

This is due to a disturbed Shri Ganesha and a left side problem. Establish your innocence, work with a candle on your left Mooladhara. Massage your muscles with vibrated vitamin oil. This same treatment works for Muscular Disorders.

Nausea

Put ice on right Nabhi and lemon on navel during afternoon nap. Pray, “Mother, please suck out all the negativity from this stomach into the lemon.” Throw away the lemon.

Neurosis

This is a left-sided disease. (see Depression)

Osteomyelitis

This is due to a lethargic left side.

Palpitations

This is caused by the right side. Put left to right 108 times. Balance right side.

Paralysis

The left side also affects the right side. Treatment depends on where paralysis is active. Give treatments to the side affected. Ask, “Mother, I humbly ask You to forgive me.” Also massage with vibrated oil.

Parkinson’s Disease

This is a clear left side disease and Mooladhara problem. Balance the left side.

Poliomyelitis

The left side and affected chakras need to be treated.

Red Face

Right Vishuddhi problem

Rheumatism

This is caused by the left side. Use vibrated kerosene with some other oil to massage the painful joints. Ask a Sahaja Yogi to put one hand on the painful joints and the other hand on the Mother Earth. The Mother Earth will suck out the pain. Give vibrations to the plants and earth.

Scars and wounds (from fire)

Treat with ghee.

Schizophrenia

This is a left-sided disease caused by a partial possession. (see Epilepsy)

Sciatica

This is caused by the left sympathetic, the left Nabhi and left Swadisthan. Put right to left and give vibrations to the affected chakras. Use vibrated kerosene with mustard oil for massage.

Skin Problems

May be due to the right or the left side when liver is too hot or too cold (see Hot Liver or Urticaria). Correct the imbalance. For Psoriasis, which is caused by an overactive liver, use ice and vibrated salt on the liver. Ghee may be used for dryness of the hands. For red spots or pimples on face, rub with herb tea, or better still, wash with rose water.

Slipped Disc

This is a left side disease. (see Lumbago)

Sore Feet

Left foot, massage with Moov. Right foot massage with Tiger Balm.

Spondylitis (Inflammation of the vertebra)

Mostly caused by left Vishuddhi. Caused by overwork, over activity and taking too much responsibility. Correct the imbalance. Affected parts need to be treated by using vibrated kerosene and any other oil. Foot soak in lukewarm salt water.

May be a possession by a bhoot which catches the individual and restricts mobility. (See section on bhoots in Swadisthana.) Use the mantra, "Mother, I am not guilty at all."

Tension

This is a right-sided problem. Use treatments for the right side.

Tuberculosis

This is caused by malnutrition, lack of protein and weak left side (left Nabhi, Swadisthan and Heart). Raise right to left. Foot soak with right hand toward floor. Give vibrations to affected chakras.

Tumor

The left side is affected. Give vibrations to the affected chakras. Use full left side treatments.

Urination, Excessive

This is due to the right side. Balance the right side. Ice on the right Swadisthan to correct.

Urticaria, Hives

This is psychosomatic. When your liver is lethargic, it becomes vulnerable. Use gheru, rub it on some stone, and take with honey. It is also good for old people. It contains soluble calcium. Use it for the application and cover with something black. The source is the left Nabhi. When the liver is lethargic, the left Nabhi becomes lethargic too. The person is not using much of his energy. Cover the body with something black so that the heat is given to it. Allergies are caused due to quick changes from cold to hot. You take a hot drink or food and immediately take cold water or even ice, and this sudden change is difficult for the system to adjust to. In the left Nabhi area is the spleen, the speedometer and adjuster of the body. Saunas

cause the same affect.

This is also the root cause of blood cancer with people who are hectic.

Varicose Veins

Massage with White Tiger Balm. Also, several times a day, lie on back and “ride a bicycle” of course without the bicycle.

Venereal Disease

This is a problem with the left sympathetic and a disturbed Shri Ganesha. Establish your innocence. Correct the imbalance of the left side.

Virus

The left sympathetic is affected. (see Bacterial Disease)

White Face

Left Vishuddhi problem.

Liver Diet

In over-activity of the right side, the liver is often disturbed. This is caused by too much thinking. The Swadisthan has to manufacture food for the brain. When the brain is overactive, this center works too hard. Liver patients usually catch on both the right Swadisthan and the right Nabhi. They experience a feeling of heat or sometimes extreme pain in the region of the liver, a lack of appetite or nausea.

The liver is the seat of attention, so a bad liver can cause a loss of the ability to collect and focus attention for any length of time. This prevents the person from going deeper.

The liver nourishes the Joy which comes from the Spirit, Atma. If the liver is damaged then it is very difficult for a people to develop this feeling of Joy within themselves, or to maintain the feeling for very long.

Eating certain foods and taking vibrations from Shri Mataji's photograph are the best things one can do for a bad liver. With the right hand toward the photograph pass the vibrations to the liver by placing the left hand on the region of the liver, underneath and a little inside the rib cage on the right side of the body.

Sit in front of Shri Mataji's picture with your right foot only in a cold foot soak. Put an ice pack on your liver, and on your ego (left front of the head). Take the mantra to Shri Chandrama seven times, the mantra to Shri Himalaya seven times, the mantra to Fatima Bi seven times.

Sugar: After realization sugar is the best food for the liver. Be sure it is cane sugar and not beet sugar. There is also a type of sugar called "Sugar Candy" (Khadisakhav) or rock sugar available in Indian shops. This is good too.

Black Kokum: This is a type of fruit available in Indian shops. They look like little prunes, but are not sweet. Pour boiling water over a small handful of kokum in a jug with about the same amount of sugar candy. Let it sit overnight and drink it the next day as you would tea or coffee.

Ginger: Ginger in almost any form is good for the liver. In the morning take a spoonful mixed with sugar, followed by a glass of water. Crystallized ginger is also very good, but should not be taken in a very hot climate or in the summer heat.

Rice: White rice is very cooling to the liver.

Chana: Chick peas can be bought dry roasted or uncooked for making dal and soups. These little nuts are very good for the whole Nabhi Chakra.

Fruit: Most fruit is good for the Nabhi Chakra, especially grapes and pure grape juice.

Vegetables, Salad, etc.: All are good, radishes in particular, and also the leaves may be boiled with sugar candy and drunk as a beverage which is extremely good for the liver.

For jaundice: Use tender radish leaves boiled in 2 cups of water. Boil down to less than one cup. Mix with vibrated sugar or candy sugar. Drink only this for 3 days.

Cooling to the liver (fruit which is sweet but has a slight bitterness): cherries, peaches, oranges, blueberries, red berries, other berries, lemons with vibrated sugar, jam, watermelon, grapes, Moong dal, cucumbers, bread, brown pasta, sabja seeds, kokum, cool drinks

Heating foods: papaya, mango, banana, apple, other dals (especially toor dal), potatoes and all root vegetables, meats, fish, eggs, nuts, milk, butter, cheese

Very Harmful to the Liver:

- Alcohol
- Fried foods
- Fatty or oily foods
- Heavy meat
- Butter ghee, or any dairy products
- Very spicy, hot foods
- Cream

- Chocolate
- Fish
- White bread
- Non-China teas
- Coffee, strong

Not Advisable

- Cheeses: mozzarella, cheddar, ricotta
- Too much milk
- Too much salt
- Too much tea

Acceptable in small amounts

- Chicken
- Yogurt - Good and very cooling for the liver, but do not take in cold climate or in the winter cold.

Recommended Diet for Hepatitis

Can also be used for a short and effective full liver diet, 1 to 2 weeks. In the beginning, when nausea and vomiting are a major problem it is beneficial to suck on a piece of lemon. When nausea is finished do not use lemons at all.

As recommended in jaundice treatment take radish leaf tea, cooled and sweetened with candy sugar for 3 days instead of water.

Rice, barley, wheat, corn millet, brown bread, well cooked boiled vegetable, vegetable soup (soup made out of dried radish is especially good), bean soup, sweet fruits: banana, papaya, cantaloupe, sweet lemon, cherries, grapes, raisins, figs, cucumbers, sweet fruit juice or cold drinks including coca cola, water with glucose sugar, honey, hard boiled eggs.

Food preparation must be only boiled and steamed, not fried or roasted. Also the food must not be eaten very hot.

Prohibited foods which must be completely avoided: milk, cheese, butter, ghee, cream, ice cream, oil, all sorts of nuts, soybean products, sesame seeds, greasy foods or even greasy preparations, fried, roasted or burnt preparations. Hot or spicy food, hot tea and coffee, acid foods, meat, chicken, fish are strictly prohibited.

Diet for Weight Loss

1. Avoid carbohydrates, i.e. sugar, milk, fruit (except oranges which may be eaten before lunch). Avoid flour except Jowar flour (see below).
2. Meat may be eaten, but avoid large quantities of beef.
3. Do not use excess oil. Ghee or mustard oil is recommended in small amounts.
4. Fruits low in carbohydrates are watermelon, strawberries, and cantaloupe.
5. Recommended foods may be eaten in any amount.
6. Vegetables should not be over-spiced, i.e. chilies. Eat from the following: lettuce, chives, parsley, cucumber, radishes, peppers, celery, jicama, olives, asparagus, string beans, cabbage, cauliflower, chard, eggplant, scallions, spinach, summer squash, zucchini squash, okra, pumpkin, turnips, broccoli, tomatoes, onions, snow pea pods. Avoid root vegetables such as potatoes and carrots.
7. This diet should be followed for one year.
8. The combination of protein with carbohydrates and especially fat with carbohydrates causes weight gain.
9. Shri Mataji has said that ladies who rode bicycles before puberty may gain excess weight.

•For weight loss, combine the juice of 7 limes with only warm water, no salt or sugar. Drink this each day, after meals, for 7 day. The second week, use 6 limes daily. The third week, use 5 limes daily. Continue in this way until you use 1 lime daily for 1 week. Combine this juice treatment with only protein foods.

•Breakfast: protein such as whites of 2 or 3 eggs with meat (cold cuts, chicken, or turkey)

•Lunch: protein with vegetables. No excess oil, blot off if necessary.

•Dinner: protein, vegetable and carbohydrate made with Jowar flour. This flour is very thick and can be shaped on a cloth, then flipped onto a pan at low heat. Sprinkle a few drops of water on it before you turn it over to help it cook nicely.

Food Recommendations

•Those with very mental jobs should eat more carbohydrates and only a little meat. Carbohydrates help the body produce more oxygen which is important for brain activity.

•After 6:00 PM do not drink black tea or coffee.

•Children should be given milk with low fat, but with sugar.

Working on Someone Else

If you are working on someone with a severe left side problem like cancer, give yourself a bandhan before you go into the room, and again before you work on them.

1. Place a candle in front of Shri Mataji's photograph, one at the left hand of the person you are working on, one at the back left Swadisthan and one for your hand as you work.
2. Raise your own Kundalini and give bandhan.
3. Raise and protect Kundalini of other person.
4. With candle on 1st Chakra, left side, repeat Shri Ganesha's mantra 4 times.
5. Starting with the 1st Chakra, move slowly up the left side, crossing Agnya and ending on the right side of the person's head. Repeat the following mantra 4 times, silently or aloud, finishing as you reach the right side of the head:
"Om twameva sakshat,
Shri Mahakali, Bhadrakali, Kali Kalki sakshat,
Shri Adi Shakti Mataji,
Shri Nirmala Devi namoh namaha."

Begin again at the Mooladhara and repeat a total of 4 times.

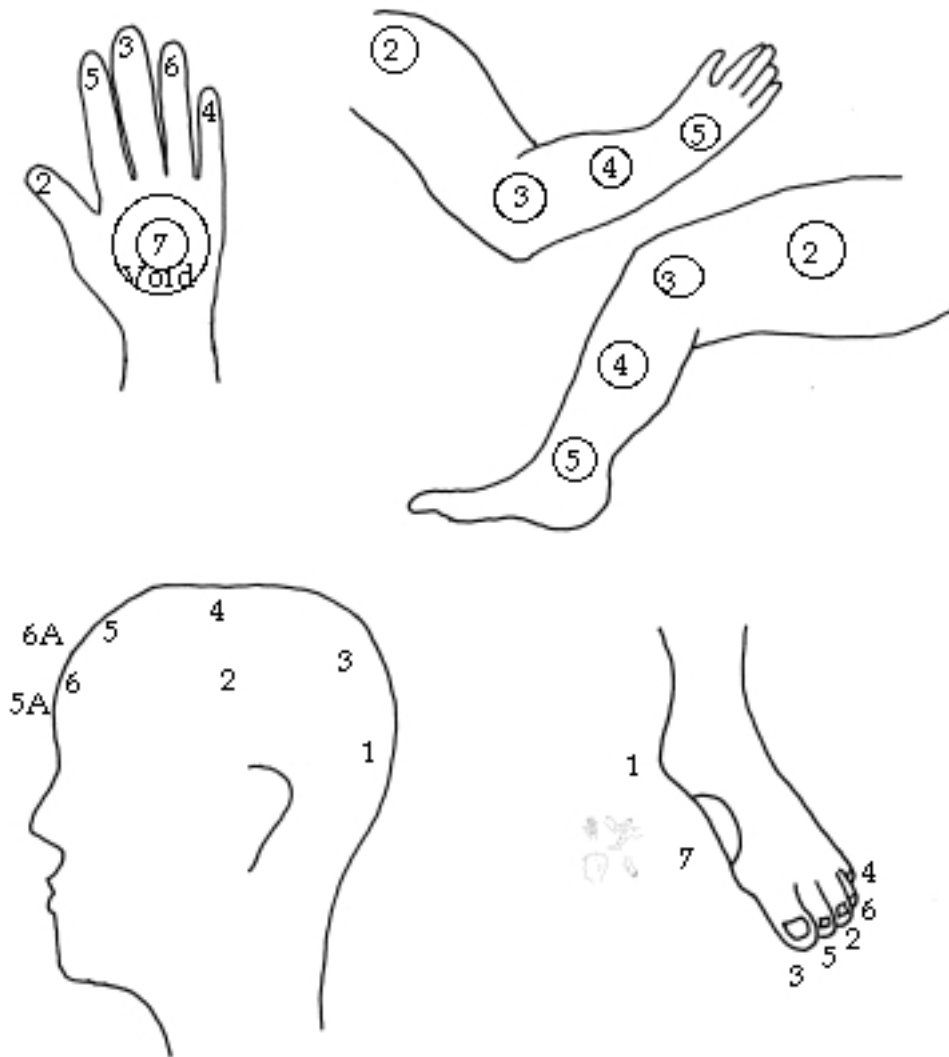
6. At the top of Sahasrara, repeat Shri Mataji's Three Great Mantras.
7. Now work on individual chakras where you still feel a problem. Candle may be used.
8. Finally raise the Kundalini of the other person, protect their vibrations, and then do the same for yourself.

The importance of your full attention cannot be overemphasized. Perform this technique as if Shri Mataji were watching you. Keep your attention from wandering. Remember, both people benefit as both Kundalinis respond. The Blessing is mutual. It is, indeed, a great honor and privilege to be empowered by Shri Mataji to perform this healing technique.

Six Enemies Related to Chakras

- Mooladhara - Lust
- Swadisthan - Anger
- Nabhi - Greed
- Heart - Attachment
- Vishuddhi - Jealousy
- Agnya - Vanity

Diagram of Chakra Locations



- | | |
|---------------|--------------------|
| 1. Mooladhara | 6. Agnya |
| 2. Swadisthan | 6A. Ekadesha Rudra |
| 3. Nabhi | 7. Sahasrara |
| 4. Anahat | |
| 5. Vishuddhi | |
| 5A. Hamsa | |

*The Void is not a Chakra, and as such, is not reflected on the arms and legs.

Twenty One Steps of Sahaja Yogis

For a Sahaja Yogi, the first step is self-realization, but if we take only this one step, we can never hope to finish the journey. Here are twenty-one steps we must take to be a Sahaja Yogi. For Mother's comments about each of these steps, see the book, Prayers, Praises & Protocol.

1. We must not forget who Shri Mataji is.
2. We must meditate every day.
3. We must not criticize others.
4. We must regularly shoe beat, foot soak, put ghee in the nose, and exchange vibrations.
5. We must not say or do anything against the Spirit.
6. We must continually listen to and view Shri Mataji's talks.
7. We must not allow ego to fool us into believing that we know best, and that everyone should behave as, and be like us.
8. We must actively live "The Golden Rule."
9. We must not be fanatical in word or deed.
10. We must work at developing our relationships with each other.
11. We must not cause trouble in the ashram.
12. We must make serious efforts to work out known problems within ourselves.
13. We must not react if corrected.
14. We must participate in at least one public program each week.
15. We must not make excuses for our own shortcomings.
16. We must refrain from being judgemental.
17. We must not gossip.
18. We must be generous with our time and resources.
19. We must not put mental concepts before vibrations.
20. We must not put material concepts before vibrations.
21. We must always remember that we all stay in Shri Mataji's house.

<u>Chakra</u>	<u>Day</u>	<u>Gem</u>	<u>Symbol</u>	<u>Color</u>	<u>Petals</u>	
Mooladhara	Tuesday	Coral	Swastika	Coral red	4	
Swadisthan	Wednesday	Topaz	David Star	Yellow	6	
Nabhi	Thursday	Emerald	Yin Yang	Green	8	
Void Area	Thursday			Green	10	
Anahat	Friday	Ruby	Flame	Purple	12	
Vishuddhi	Saturday	Sapphire	Time wheel	Blue	16	
Agnya	Sunday	Diamond	Cross	Violet	2	
Sahasrara	Monday	Pearl	Bandhan	All	1000	

	Country	<u>Organs</u>	<u>Deity</u>	<u>Element</u>	<u>Planet</u>	<u>Note</u>
	Australia	excretion, sex, prostate gland	C. Ganesha L. Gaurimata R. Kartikeya	Earth	Mars	Sa (Do)
	Africa	liver, uterus, pancreas, bladder, spleen	C: Brahmadeva/Saraswati L: Nirmala Vidya R: Shesha Lakshmana,	Fire	Mercury	Re (Re)
	C. Europe L. Austria R. France	intestines, stomach	C. Lakshmi/Vishnu L. Gruhalakshmi, Fatima Ali R. Rajalakshmi Shesha Lakshmana	Water	Jupiter	Ga (Mi)
	North Africa Spain	digestion	Adi Guru Dattatreya	Water		
	C. Ireland L. England R. Japan	lungs, breast heartbeat	C: Jagadamba L: Shiva Parvati R: Sita Rama	Air	Venus	Ma (Fa)
	C. USA, South Africa Caribbean L. Romania R. Canada Finland	neck, arms, hands, mouth face, tongue, ears, fingers upper teeth - R lower teeth - L	C. Radha Krishna L. Vishnumaya R. Yeshoda, Vitthala Rukhmini	Ether	Saturn	Pa (Sol)
	L. China R. Russia	brain, hypothalamus, sight, hearing, thought	C. Jesus/Mary L. Mahavira R. Buddha Back: Mahaganesha, Maha- kali, Mahabairavanath, Hiranya Garbha	Light	Sun Neptune	Dha (La)
	Himalayas	limbic area	Shri Mataji Kalki	All	Pluto	Ni (Ti)

Hamsa - Vancouver

Mooladhar (Kundalini) - India

There are 4 more chakras above Sahasrara: Arddhu-Bindu, Bindu, Valaya, and Pradakshina.

Afterword

“One has to read all these books and all these instructions to put in an effort to go into Meditation. All these efforts are actually to lead to the conviction that the meditative state is to be achieved through effortless surrendering.

“Up to the Agnya center is all right when you are trying to say different mantras, but you will find all the time that the Kundalini stops or is blocked at the Agnya. The reason for this is that when you put effort, you work through your Agnya, not effortlessly.

“So those that are in bhakti, they just have to become silent and effortless. So the Kundalini passes through Agnya and clears out through Sahasrara. With bhakti only you can counteract your Agnya. Now the situation of ascent at Agnya is the most difficult. The reason is if you try to by pulling or pushing the Kundalini through Agnya, you are using an effort; once you use the effort, you block your Agnya. So at the blockage of Agnya, if you just leave the Kundalini to work it out by itself, then your Agnya will be cleared out. But in bhakti with full heart, if you are singing or if you are taking My Name, then automatically Agnya opens.

“So the important thing in Sahaja Yoga is that after realization we must completely surrender ourselves to the enjoyment of bhakti. Those who have achieved that, they get this effortless ascent through the Agnya very easily. It cannot be explained, as I said. There is no rule or regulation for bhakti, but definitely it can be seen in other Sahaja Yogis who are just in that state of bliss.

“Now one may ask that this kind of surrendering may lead to your slavery. In slavery you get pain, torture and unhappiness, but in this slavery you get joy, complete freedom, strength and the beauty of your own glory. So whether you call it as slavery or anything, it makes no difference to the quality of this surrendering which is very, very important if you want to discover your own glory.”

Shri Mataji's Instructions on Meditation, Cabella, Italy, October 2, 1991; The Divine Cool Breeze, November and December 1991.

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