

Audiotapes

They are very precious, and should be respected. Should be purchased, and not borrowed (890808); Everyone should have one tape each. Some people take one for the centre, and all listen, and that's it... or one tape for the whole country. No, we must have one tape each - sit down and listen again and again... with pencil and paper, and see what I am saying. Every tape should be with you; Why some Sahaja Yogis don't have tapes... if we can get them free... we would like to have. But, if we try to save money... money tries to save itself - there is a mutual understanding (890611)

You must all individually also work it out that you study Sahaja Yoga in a way. In most of the tapes whatever I have said can be seen... found out... what is said about health... what is said about children... because I spontaneously say things... and if you can sort it out you will know so many things... I mean if you sit down and do a study of these tapes it will help you to find out so many little little things that are so important for life. You can clarify it... can note it down... that this Mother said about these things... it will be very good for us to sort it out this way... what point is to be noted down in different headings... can put different different headings, and jot it down. Mother has said so... Mother has said so... whatever is not on the tape you should not listen to... whatever is on tape is authentic... whatever is recorded already should be accepted (890725)

There are so many things I have said, there are so many lectures that I would like you to hear. These are beautiful precious lectures, which people in other countries use them while travelling long distances, and also otherwise for meditation... so many are working it out that way. So if you really are interested in your Self, in your ascent... to be one with the whole, to be in the Kingdom of God, then please take these tapes, listen to them, meditate on them... meditation will become very much easier (980706); After listening to my lectures, you just go into meditation... actually my lectures are not to be understood by your brains, but by

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your Kundalini... and through your heart. So it doesn't matter if you don't remember something... it's alright... but it will come handy whenever you want to use it... some words or sentences... you will not know from where it is coming... it's all recorded (880921)

I think all of you should buy one tape recorder each, because you see... that is one way of growing... because a Sahaja Yogi told me that when he started listening to them his English improved tremendously... and he said... 'the vibrations are coming from them... and I started growing'... so it's a very good idea to have tapes... and in your spare time put them on and listen to them. It's a very good thing and helps a lot - that will really mature you very much I think... a very good idea (801019); Some tapes from Switzerland 1980 and earlier are tremendous (801019)

We record Mother's Vibrations and superimpose Mother's Lecture on that, so that it has double effect (791009.1)

Meditation, and listening to the enlightened talks, are two of the ways that one can use to steady the attention, which has a very transitory nature (861221)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 890725 Arrival speech - Melicharg - see 890723 good 20
- 890611 Dynamism and ascent, Connecticut - see 890611 good 55
- 861221 Chalmala Welcome Address - see 861221 good 5
- 801019 Puja Fighting Asuras, Durga Temple, Hampstead, see 820514 good 15
- 791009.1 Maintaining the purity of Sahaja Yoga/Where... stand in Sahaja Yoga
- 801019.3 Spreading Sahaja Yoga in Europe
- 861221 Six Puja Talks - India 1986/87
- 880921 Speech at Ammonk Ashram, New York good 35
- 890611 Dynamism, Virata Puja, Connecticut, USA
- 890808 Shri Ganesha Puja - Les Diablerets, France good 45
- 980706 Holland Park School, London 1998 good