

# Balance

Balance is needed for our ascent (830512); First put the left hand towards the Mother, or towards the Photo, and the right hand out, then put the left hand up, and the right hand towards the Mother (791118); If you don't have a balance, you'll just get vibrations in one hand (830512); If you feel vibrations equally in both hands, this means that you are in balance, that you are balanced (830202); If there is a disparity, then adjust it by giving a bandhan (811103)

You are not only a physical being... you are also an emotional being. If you pay too much attention to your physical side, you can become a dry personality... absolutely. Such a person gets heart troubles... because the spirit resides in the heart, and if you are too much physical, then the heart goes out - you must pay attention to your spirit. So you are not only a physical being... you are also a mental being... you are an emotional being... and, a spiritual being... all these must be integrated... and there should be a complete balance (821008)

You can find out in a second whether you are on a conditioning side or not... if the left side is catching, then you are conditioned, and may suffer from pains etc. If the right side is catching, then you are on an ego trip, and may have health problems. Or you may be wobbly (800517.1); If you use any one of these powers, superego and ego, too much... then the other one gets frozen (811006)

If we are feeling sleepy, or lazy... then put Right to Left 7 times, with the Right hand, whilst watching Mother, or it can be done also with the Photo (821101); Those who have left hand problems... means who have left side problems... should raise their right... all of you (800721); If the right hand is burning but not the left hand... that is when a person is right sided, being an intellectual or futuristic person (830512), the left side subtle system is raised and taken over to the right side by movement...

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of the right hand, to bring the system into balance (830121); If we have ego, we should raise the left side, and put it to the right side... there's no other way out... you have to work it out with your hands (830121)

To get into the centre, to achieve balance, first we move out of the left side to the right side, and from there to the centre. If you are feeling lethargic, are unable to get up, or are feeling sleepy or not alert, plan what you will do and get into action. Even doing Puja is a good idea. Then when you are into action, in order to get into the centre, just watch everything, just witness... say to yourself that you are not doing it (800517.2)

The right side is like an accelerator, whilst the left side is like the brake. So if the Mooladhara is not in control, if the brake is not alright, then the accelerator cannot be controlled. So we should work very hard so that our Mooladhara is brought round and is put right, and our brake is established. Then whatever work you do for Sahaja Yoga, you will not get into ego practices. It is especially important in the West, where the idea of auspiciousness and holiness is being destroyed (890423)

Some people are negative in the sense that they are on the left hand side, and some people are negative because they are on the right hand side. Some times these combinations work very well. When a dominating man tries to dominate a left hand person, they are great friends... because one dominates and the other takes domination. As soon as the left hand person comes on the centre or tries to come to the right, the dominating one starts clashing... then they are the worst of enemies. It happens like that... so be on the alert (800927)

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Now a person who is on the left should try to come in the centre... and in the same way a person who is on the right side should come to the centre. Now how do you do it... a person who is on the right side should try to become friendly with the left sided person, and the left hand side person should try to be friendly with the right sided person. So what is the give and take in this. The right sided person will be a better organiser maybe... maybe not... at least will be a better orator, or may be a better sort of a leader... may not be... you can't say... he may be the one who will suggest things and who will bring out things... who will say 'I'll do this sort of thing maybe'. The left hand person will be frightened, but will be humble, loving, more affectionate... he'll be much more at the command of others. This one will be commanding and the other will be receiving the commands (800927)

Now how do we solve the problem of this mixture. The one who is very much on the ego side should try to obey the person who is on the left side, and the left sided should try to command more on the right hand person... and it should be accepted... it should be mutually understood... there should be a contract... alright I am the ego oriented person, and you are the superego oriented, now let us do one thing... you try to dominate me, and I'll try to obey you... it will work out (800927)

But it is rather difficult to get a left sided person here (UK)... there are very few... some were left sided, but when it came to ego... they were worse than anybody else. But, you can have a left sided person... and let him dominate... til he develops his ego he's alright... if he develops, then he should stop it... but with complete understanding, watching yourself... how you develop, how far you go... a play should go on. But if you are identifying with yourself that I am always right, or nobody's right, then nothing can work out. So the best way to do this sort of thing is... 'alright you order, and I'll do'... 'let you organise and we'll do it... you tell us how to do it'. Let us decide to improve ourselves, and not to feel bad about it... we have to improve a lot (800927)

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The job of a guru is to give balance to others... if you have the Guru Principle within you, you get into balance automatically (920719); A guru is not ascetic by nature... but he's so detached, that he's ascetic... he may be a king... or a beggar... or maybe a big personality... or just an ordinary person... but if he's a guru, then in every state, he's in complete balance... nothing can disturb him... and he can never go into imbalance (920719)

- Jai Shri Mataji -

### Tape References:

#### Date/Ref - Title - Qual - mins

- 830512 Hampstead - see 840802(Video)
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 821008 We don't have to suffer, Bedford/Northampton - see 821007 Good
- 791118 Where stand in SY/How get Med'tn, Dollis Hill see 791009.1 good 45
- 800517.1 Old Arlesford, Winchester - pt 1 (Preparation for Becoming) good 5
- 800721 Auspiciousness - Caxton Hall good
- 800927 Lethargy - Chelsham Road good 75
- 811006 Krishna to Christ, Houston (was: A New Age has started) Not good 80
- 811103 You must grow fast in Sahaja Yoga, Brahman Crt [Fr.] good 75
- 821101 Self Mastery, Guru Nanak's Birthday - London (C120) good 105
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 830512 How to talk to new people - Hampstead [+PP video set 1/2] good 25
- 890423 Archangel Shri Hanumana - Margate good 45
- 920719 Guru Puja - Cabella good 65