

# Bandhan

Let us put ourselves into bandhan... after raising our Kundalini... raise it... attention on your Sahastrara... don't close your eyes... push back your head... one!... again!... sit straight... take it up on your head... two!... three!... (Shri Mataji raises the Kundalini three times, and ties three times at the last raising - Ed). Now put the bandhan... (Shri Mataji starts with the right hand level with, and outside the left hip, and moves this hand upwards, outside the outline of the body, over the top of the head and down the right side, to the level of, and outside the right hip, describing a horseshoe shape, and then returns along the same path to the starting point - Ed)... one!... two... do it properly... systematically... three... all of us should do it properly... four... five... try to wait... as I am doing it (Shri Mataji does it steadily and slowly - Ed)... six... seven. Still we have not done it properly... we all should do it in one rhythm... let's do it again... one... slowly... two...with attention on Sahastrara... three... how do I do it... four... five... good... six... attention on Sahastrara... seven... rising? Let's have the last binding (Shri Mataji raises the Kundalini one last time - Ed)... ha... now see... clear... tremendous (850504)

Solve all problems with one bandhan - it works... but, you should be in full connection with the Divine (951224)... a bandhan puts the Chaitanya into action (890808); For left side problems, give a bandhan, or burn your name (870408); In the morning time, you have to give yourself a bandhan... and when you are going out... don't go out without giving yourself a bandhan (880921); When you put on a bandhan, how long it will last... depends on your intensity... after some time you don't need any bandhan (.0011)

## Sahajvidya - Bandhan

If you sit down anywhere, say in a music program, and you suddenly start giving a bandhan... it's madness... or you start raising your Kundalini... it's stupid. It should not be done that way. You have to sit with dignity, with understanding... others are watching you (871224)

- Jai Shri Mataji -

### Tape References:

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

- 871224 We are here for our ascent, Poona - see 871213 good 30
- 850504 You have to be in Nirvikalpa - Vienna good 50
- 870408 Talk to Sahaja Yogis - St.Martins Lane, London good 45
- 880921 Speech at Ammonk Ashram, New York good 35
- 890808 Shri Ganesha Puja - Les Diablerets, France good 45
- 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75