

Disturbances

In your meditation, disturbances should not upset you at all... any disturbances whatsoever (871224)

All these things like disturbing, moving about, showing-off, trying to be overpowering, or very forward person, or bumptiousness all come from left Vishuddhi. Because you want to overcome your left Vishuddhi, so you do it, and then it is added to (850901)

If you see somebody who you don't like, or who has been harsh to you, or cruel to you... you get annoyed... disturbed - at that time... say 'I forgive'... you have to say 'I forgive' if there is disturbance. A Sahaja Yogi is to be known by his character... by his righteousness... by his behaviour... the behaviour of a Sahaja Yogi should be extremely peaceful... Sahaja Yogis who are just rushing up and down... upset... are not Sahaja Yogis (850310)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-871224 We are here for our ascent - Poona - see 871213 good 30

-850901 Vishnumaya Puja, Wimbledon - see 850901 good 50

-850310 Public programme, Masonic Hall, Sydney - see 850310.1 good 25

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq