

# Earth - Ground - Clay

Mother Earth is created out of the 5 elements: Earth, Fire, Air, Water, and Ether (781005), and is used to clear the subtle system (830121)... Mother Earth sucks all our problems (800609); If you sit down on the ground, and put your left hand towards the photo, or the Sun, and the right hand on the Mother Earth, and say the Shri Ganesha mantra, or the Atharvasheersha, your left side will be cured - if you take vibrations on the left side, then you clear out your Mooladhara in such a manner that the problems of Mooladhara are solved. So try to sit on the ground as much as you can (881207), and clear your Mooladharas (830104); Is also used for correcting the right side (830121)

Now... this principle of Mother Earth works... the subtle... because it's a Mother... and that gives you all the nourishment... and makes you grow... healthy. And this is how this subtlety works, of the Mother Earth... she is the one who is the giver of birth to all these flowers, and all these trees... but she also plays a big part in us... and she is our Mother (981216); And so many subtle things of this Mother Earth come into us... and one of them is gravity... and so a person becomes very attractive... not in the physical sense... but in the spiritual sense. Such a person attracts others... they feel attracted... and they feel something special is about this person... this is one of the qualities of Mother Earth. If she had not kept us attracted... we would have fallen off, with her movement. Also, other qualities of the Mother Earth start manifesting within us... and we become very... extremely, tolerant and a patient person. Look at the Mother Earth, how much she tolerates our nonsense... how many wrong things we do against her... but still she tolerates (981216)

Sitting on the ground, cross legged, is the best for Self Realisation (900811.2); To clear the Mooladhara, try to sit on the ground as much as you can and try to meditate with your left hand towards the Sun and the right hand on the Mother Earth, especially in Maharashtra, which is a special place for the Mooladhara chakra (881207)

## Sahajvidya Earth - Ground - Clay

I like you people because you are sitting on the ground... it's very good... for meditation if you can sit on the Mother Earth, it will be extremely good, because the special quality of the Mother Earth which also I have unfortunately, is that I suck your problems... she too sucks your problems, and when she sucks your problems, you get rid of them without any difficulty. If you cannot say sit on the ground, then you take a stone, or some marble, or something which is natural, on which you should try to sit. But if you sit on the plastic and do your meditation... I don't know what is going to help you... the plastic? That's why I request you always to use natural things... natural things can absorb your problems very well (970525)

Here in India we use the clay, to clean our hands, because the clay here is very good... just use the clay nicely... and clean your hands - it's very important (881221); Also you can put the clay on the stomach to take out the temperature... it's a natural way (881221)

The soil... the clay of Maharashtra... every particle is vibrated... it is a very important thing... the vibrated clay from Maharashtra... I myself went, before the Puja, to select it... so that they could give it as a present to you. It's a very important thing... a very great thing... that's the most important thing you are taking from here. All other things are of a utility of a very gross nature (.0011)

- Jai Shri Mataji -

### Tape References:

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

- 881221 Hygiene - Sangli - see 881217 good 45
- 881207 Mooladhara - Aurangabad - see 881207 good 30
- 830121 How to proceed - Vaitarna - see 830104.1 - side B good 35
- 781005 Dharma [+ further 30 mins - Qual. not good] good 40
- 800609 Subtlety Within - Caxton Hall good 50
- 860803 Bhoomi Devi Puja, England good 20
- 881207 Why do we come to India-Dec 88/1 - India
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- 970525 Respect the Mother Earth, Cabella good
- 981216 India Tour '98 - tape 1 - The Elements Not good 20
- 981216 The Subtle Elements

- end -

5 Jan 2003