

Exercise

Those who are thin, should stop their mental exercise... they should go into thoughtless awareness... beat yourself with shoes... do all things that are possible... all the Nirmal Vidyas. Those who are fat people should take to exercises... bodily exercises. Those who cannot sit on the grass... should learn how to fix up themselves... on the grass. Try to fix up your Mooladharas. All that is possible, you should do... is to make your body, mind... and your emotions, so well prepared... you see become master of that... and that is why exercise. Every day, you must do some exercise. Those who are too much thinking should do mental exercises... those who have too much physical problems, should do physical exercises (810904)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

810904 Advice given by Shri Mataji, Brahman Court poor

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17 Jun 2003