

Extremes

'Extremes' are against the Divine - for example, saying the mantra, or taking the name of Shri Rama once only, with feeling, is sufficient (830129); One should never go to extremes in anything - only in the middle or centre can Sahaja Yoga be worked out (830131); Going to extremes is not Sahaja Yoga style... ascent is (850310); Too much of anything is not good (830302)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

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

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

830129 Swadisthan Chakra, Delhi (False Gurus, & Conditionings) good 70

830131 Nabhi Chakra, Delhi good 80

830302 False Gurus and Satgurus - Dalkeith (Q & A) good 160

850310.1 2 Public programmes, Sydney

850310.2 Shri Devi Puja, Sydney good 40

- end -

10 Sep 2002