

Correcting the Hamsa Chakra

The Hamsa chakra is a very material thing... and has to be worked on, on a material level only... and is where you get troubles like sinus, colds and coughs, and all that... and can result from the drying up of the nose... because of the use of central heating. Now... what you are doing actually... is to neglect certain laws of nature... like...in London, or anywhere... it's all heated up inside the rooms... too much it is... it's very dry... we all know that in England we have to have a humidifier isn't it. Just leave some water or something, or fill a tub in the bath and keep it open... so there is humidity in the room.

Also may result from dry conditions in home or workplace, and can be corrected by the use of ghee or oil in the nose - just one drop in each nostril, morning and evening Butter is also good for sinus problems, and can be administered warm with a dropper, to the inside of the nose for 3 to 4 days, where it lines the inner dry and cracked membranes... butter is softening in it's effect; It is important to put ghee in the nose to correct a bad Hamsa, otherwise, there will remain a susceptibility to Aids.

Also for Hamsa chakra it's important not to kiss people... I think kissing must be given up, because in kissing, you do allow the germs of another person... in Sahaja Yoga it's alright... but that doesn't mean you go crazy with the kissing. The more you start expressing your love by all these gestures, the less it is, inside. So to do it superficially... anything... too much... has to be avoided in your discretion... but avoiding extremes... avoiding too much outward expression, again can create another indiscretion.

Best way to balance the nadis at Hamsa, is by breathing exercise: breath in through one nostril, hold the breath for a while, then let it go out through the other. Now breath in through that nostril, hold for a while then let it go through the first one again. Do this three times only, and very slowly.

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Inhalers are also very good. The best is the 'neti' where you fill with water to below the spout, add 2 to 3 drops of whatever you get for inhaling, and then put (the spout - Ed) into one nostril and allow it to go in, breathing in through the other nostril. This clears (the Hamsa - Ed) and is a very good thing. Do this every night before sleeping for 3 to 4 days, and you will be absolutely cleared out.

Imbalance comes from imbalance in our temperament, where one (person - Ed) starts dominating the other. Avoid eating anything that is sharp or sour; With the Hamsa... if the problem is from the left side, then this may be corrected by keeping the eyes focused on the ground, or by using Ida Nadi Swamini, or Mahakali mantras, or the Surya mantra. The mantra for the Hamsa is: Hamsa Chakra Swamini, 3 times; Other mantras for the Hamsa chakra include Pranava, and Omkara (especially for T.M. people).

Hot and cold is a very important thing one has to know. You should never take a bath with hot water in the open, or with the window open... if you do, sure shot you will get a temperature. If you have to take a hot water bath, take it in the night, or at the time when you can go off into your bed; But if you take a bath with cold water, you can never catch cold, because the temperature is the same... nobody catches cold or anything... so in running water is the cleanest, and where you can... get into cold water; Normally a cold bath is best... but if not possible, then take a tepid water.

This will solve one of the problems that you do not expose yourself to too much cold or heat.

In India, the custom is to eat very hot food... garam garam kha... so garam... they are really garam people. In England they eat so much of cold foods that I am amazed... the amount of ice western people eat, we can't understand.

We don't understand... how to discriminate between hot and cold. Food also we should not eat immediately from the oven, sizzling... sizzling food you should not eat. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot.

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Another precaution you have to take is that when you are sitting in the Sun, sometimes your head gets very heated up, and then immediately if you go and get cold water, definitely you will get sick - no doubt about it. So if you are sitting in the Sun, immediately you should never, never, never take any water, til you have eaten something sweet... take some sugar, or jagari, or a biscuit or something... even if you are very thirsty you should not take it; If these little precautions have been taken, then nothing should happen to Sahaja Yogis... if we get sick then our Mother gets sick... that's what the problem is.

- Jai Shri Mataji -