

Hamsa Treatment

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. Indians, Maharashtrians especially, take a Kaduk bath... means with very hot water... this is an absolutely wrong idea. 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 - the temperature is kept the same as the room temperature. People have died... of their lung cancer, because they can't get out of 'their' bad habit of taking bath every morning. I call it bad habit for Indians, not for the English... because they take their bath, and then immediately are going out to work. So take your bath at 4 o'clock in the morning, stay in the house and get used to the climate, and then go out... or take your bath in the night (.0011)

All extreme behaviour from left and right creates problems of Hamsa... like if you eat some fruit... then after that you should not take water. You should take water... after... some carbohydrates... but not anything fried. After taking anything fried... you should not take water - you can take a biscuit... or bread... something like that to dry up your... throat, and then take water (.0011)

Now, heat and cold... for example... to take coffee, and then take water is absolutely wrong. Water if you take, then gradually heat it up... and take coffee last... and then don't take water til you have taken some carbohydrates. I mean this is what it is... is the heat and the cold... the combination of the heat and the cold should be understood (.0011)

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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. To compensate for all that... what one can do is to take some water... with little little salt in it... little salt is a good idea... but that should not be very hot or very cold, but should be tepid... and take it in the nose... I would say after brushing your teeth. Take it in thrice, and thrice you take it out... by that you'll clear out your sinuses... you will make it humid (.0011)

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. Indiscriminately they'll take ice cream... and after that they'll take coffee... or after coffee they'll take ice cream... before eating ice they'll have hot... that's the worst of all. 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. I don't know why such devilish ideas are coming - let your juices flow out to digest it... and then eat it... otherwise you'll burn your tongue... your palate... burn everything. So best is to keep a tepid understanding of food also... so water should not be very hot... food should not be very hot (.0011)

Colds cause most people to catch on 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; If it is the 'right' side catching, or if it is the liver, then we can use the name of Chandra, which will cool it down (800517.2)

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Problems can include shooting headaches on one side, or sinus problems, and may result from being overloaded with decision making. Avoid eating anything that is sharp or sour (MME); 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 (841005; 870408); 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 (810330; 830202; 850502)

Now, in 'collectivity', the Krishna Principle plus the principle of Guru are mixed. So, when he becomes the Guru, then collectivity starts... when the principles of these two get integrated, then the collectivity starts... and as a result of that you get Discretion. So to improve the discretion part... we take vibrated ghee or butter, which is heated up... and put it in the nose. But before that we gargle... with salt... which represents the Guru principle (850502)

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. 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 (800517.2)

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Putting ghee in the nose is a very simple yet a very important thing, to correct a bad hamsa. One of the symptoms of Aids is a bad Hamsa. It is important to put ghee in the nose to correct a bad Hamsa, otherwise, there will remain a susceptibility to Aids (870503.1); For treatment of Hamsa, which is more on the physical side - it's outside that's why - it has to be more on the physical side... so either we use ghee and all that... as you know... but 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 (880710)

The mantra for the Hamsa is: Twamewa Sakshat Hamsa Chakra Swamini Sakshat Shri Mataji Nirmala Devi Namoh Namah, 3 times (800517.2); Other mantras for the Hamsa chakra include Pranava, and Omkara (791009.1)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 880710.2 Discretion of Hamsa, second talk - see 880710 good 10
 - 880710.1 Discretion of Hamsa - see 880710 good 55
 - 870503.1 Sahastrara Puja, Australia - see 870503 good 45
 - 791009.1 Maintaining purity of S Yoga/Where... stand in Sahaja Yoga
 - 800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90
 - 810330 Vishuddhi & Agnya, Sydney Poor 170
 - 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
 - 841005 Farewell to Mother - Chelsham Road good 50
 - 850502 Niraananda, Vienna Ashram good 60
 - 870408 Talk to Sahaja Yogis, St.Martins Lane, London good 45
 - 880710 Discretion of Hamsa, Munich
- MME = Meta Modern Era by Shri Mataji Nirmala Devi