

# Integration

The essence of Sahastrara (830204)... when all the aspect of our being... Mental, Physical, Emotional and Spiritual are in one accord (870513); You are not only a physical being... you are also an emotional being. If you pay too much attention to your physical side, you can become a dry personality... absolutely. Such a person gets heart troubles... because the spirit resides in the heart, and if you are too much physical, then the heart goes out - you must pay attention to your spirit. So you are not only a physical being... you are also a mental being... you are an emotional being... and, a spiritual being... all these must be integrated... and there should be a complete balance (821008)

- Jai Shri Mataji -

## Tape References

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

-821008 We don't have to suffer, Bedford - see 821007(Video) Good

830204 Sahastrara, Delhi (+ Q&A: 10 mins) good 60

870513 Melbourne PP [PP video set 4/5,6] good

- end -

27 Mar 2003