

# Mental Activity

Recognition of our Mother, is the mental activity of the Heart. Develop it by introspection and meditation, developing those waves of gratitude, love, oneness and Joy (910505); When your attention goes to the Spirit, joy starts bubbling in your life. No mental activity can take you there - only by Kundalini awakening is it possible (980320)

Mentally you cannot understand Sahaja Yoga... you cannot... don't try to rationalise it (790608.2); Right side activity: too much mental activity, which develops the ego (790616); Mental activity... is contra-indicated for any form of Sahaj or Spiritual activity, or for one's ascent, or for the expression of love or compassion (950917)

- Jai Shri Mataji -

## Tape References

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

-910505 Sahastrara Puja, I schina, I taly - see 910915 good 40

790608.2 Maria's House Tape 2 poor

790616 Dr Johnson House, Birmingham not good 55

910505 Sahastrara Puja, I schia, I taly

950917 Patriotism and Modernism, Shakti Devi Puja - Moscow good 75

980320 Felicitations, Delhi good 55