

Nirmala Vidya

Is the science of the Divine Laws, which you must know how to manage, because the Living Reality is your Power (811103); If you are catching on a chakra or centre, just put your hand there - don't feel condemned about it. All is made easy and simple, but it is difficult for a sophisticated man to become that simple... children are very simple (811103)

There are many... techniques... and include: Meditation; Using the Photo; Raising left or right side; Using Light and Fire; Candles; Using Mother Earth and Water or even Ice; Adjusting Food; Footsoaking; Sugar; Salt (830121); Shoebeating (800907); Introspection (910728); Giving Bandhan (870408); Use of Vibrated Water (781005) etc.; In use, give the body different, different types of treatments - use wisdom (830204); These things work. We must become experts in Nirmala Vidya (811103); All techniques in Sahaja Yoga must be learned and mastered (760330)

Just say Nirmala Vidya... Om Twamewa Sakshat Nirmala Vidya... tell him to put his hand on the... on left Swadisthan... tell him... you just say Nirmala Vidya... Nirmala is 'pure'... Vidya is the 'art'... Vidya is the 'knowledge'... 'Pure Knowledge'. After you are Realised, then you get the knowledge isn't it... that's it... you are the embodiment of Pure Knowledge... and the technique you see (791015)

Nirmalites

We are here to be Nirmalites, to fight all that is wrong, to stand for right and to emancipate the whole humanity (880103); We are all enlightened... we are all Nirmalites... in everything you see, you feel the joy pouring in... you can't understand how - you see something that you see every day, and there is joy (850502)

Nirmala

Completely without any mala, or mire (820731); Pure (850806); Clean (880106); The same as Nishkalanka, meaning spotlessly clean; This is the time of cleansing - that is why I am here, as Nirmala, to cleanse you (790928)

Nirmala Tattwa

The principle of cleansing (MME); Pure Principle of life (951224)

Shuddha

Pure, as in Shuddha Vidya, Pure Knowledge (840708)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

- 880106 Swimming in the sky of joy - G'pule - see 871220 good 25
 - 880103 Patience and sweetness - G'pule - see 871213 good 15
 - 820731 Dedication through Meditation - Cheltenham - see 820731(Video)
 - 791015 How Realisation should.. develop, Caxton Hall - see 790928 good 30
 - 790928 Kundalini/Kalki Shakti, Bombay - see 790928 good 45
 - 790928 Kundalini/Kalki Shakti/How Realisation should be allowed... develop
 - 790928.2 Kalki/Talk on all chakras [duplicate, better quality but incomplete]
 - 811103 You must grow fast in Sahaja Yoga, Brahman Crt [+French] good 75
 - 820731 Dedication through Meditation - Cheltenham good 60
 - 840708 To Know the Truth - Ilford [with 40 mins Q&A] good 40
 - 850502 Niraananda, Vienna Ashram good 60
 - 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 95
 - 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 50
 - 951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
- MME = Meta Modern Era by Shri Mataji Nirmala Devi