

Pillow

Best way to take out the anger within you... is to, say... take a pillow... and hit it hard... or which ever way... take it out... not to bear anger within you - it comes from your liver. You may not even show anger... but inside is anger... so just take it out... clear it out... the liver. If you go on accumulating anger, and bearing it up... it burns your liver - if you show it off... it burns others' livers. So best is to take it out (810904)

A pillow is alright (to sit on - Ed), as long as it is not made of nylon (830302)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

-830302 Public Lecture, Perth - see 830301 (+Q&A: 10 mins) good 35

810904 Advice given by Shri Mataji, Brahman Court poor

830302 False Gurus and Satgurus - Dalkeith (Q & A) - see sub good 160

- end -

27 Jun 2003