

Shoebeating

Technique, taught by Mohammed, and is used to combat the ego (970316); Never be proud of your ego... beat yourself 108 times... shoebeat 108 times (810524); If you feel angry and aggressive, take a chapel (an Indian term for the footwear that they wear - Ed) and shoebeat yourself (951224); For right side problems, beat with shoes (870408); Is to be used for all fanatics (781005); Every morning you must beat yourself with shoes... if you have a chance, do it... that's how you cleanse... that's a part (800907); Beat the false gurus with shoes (791118)

If you start to feel negative, you should go and shoebeat yourself, or take a pillow and beat it hard (781005); When I tell to some people, they'll say 'I know Mother... I know I do that'. Then why do you do it... that means you are possessed... you are a possessed person. That you know this is wrong... still you are doing it... then you are a possessed person. Then it's better you beat yourself with shoes (800927); After so many years, if you are possessed, then I think you should beat yourselves every day 108 times... it's a very low grade behaviour (830821)

As far as possible, elders should not be beaten with shoes... you can ask somebody older than them, to beat them with shoes (801205)

- Jai Shri Mataji -

Tape References:

Date/Ref - Title - Qual - mins

-791118 Where stand in SY/How get in Med'n, Dollis Hill see 791009.1 good 45
781005 Dharma [+ further 30 mins - Qual. not good] good 40
800907 How to know where you are - Chelsham Road good 120
800927 Lethargy - Chelsham Road good 75
801205 Marriage & Collectivity, Chelsham Road poor 20
810524 Subconscious, Supraconscious, Chelsham Road not good 70
830821 Mother Earth - Surbiton good 50
870408 Talk to Sahaja Yogis - St.Martins Lane, London good 45
951224 Christmas Puja - G'pule ("The 7 Awarenesses") good 75
970316 Power of Rudras and desirelessness, Delhi good 15