

Vishuddhi-Left

Here works our self confidence... our faith in God that he forgives us (790722); The centre of self confidence (851128); Controlled by the Deity of Shri Vishnumaya (850806); Through the power of the left Vishuddhi, we can become good speakers, and are able to expose those who are wrongdoers (890814.1); Left Vishuddhi should be ok, if we wish to say mantras (830202); On the left hand side of the Vishuddhi... Shri Krishna's power, Vishnumaya, his sister resides... there he resides as Gopala, as the one who lived in Gokul and played as a child (860823)

If you have been immoral, you get left Vishuddhi... is the basics... then there is the sister relationship... then the guilt that is built in the Subconscious - if you become immoral, in the Subconscious the guilt is built in. The guilt is a subconscious action, is what you call the conditioning in the left. It could be from your previous lives also... it could be that you have said something very filthy which you do not remember; Do not worry what guilt you have... now forget it... detach yourself... the one that has committed mistake is your ego, not you... you are pure... you are the Spirit. So don't condemn yourself for that... and do not tax your minds... we are not psychoanalysts at all (800907)

Left Vishuddhi gives all kinds of social problems (801116); Problems start when we get confused about 'sisters' relationships, or the pure relationships like those of our mother. Confusion with relationships with other men, other women, or no understanding of men and women relationships, lead to guilt, because we know it is wrong (810330); Vishnumaya will see that husband and wife sit together (850901); On the left hand side is Vishnumaya... is the sisterly relationship. When the sister, who is your pure relation, is not treated as a sister... when the attitude of a person towards women is of indulgence and of lust, then we develop the left Vishuddhi. When we develop the left Vishuddhi very strongly, and if we have a bad Agnya, or if there are eyes which are roving, then this left Vishuddhi causes a lot of trouble (860823)

Sahajvidya - Vishuddhi-Left

Then we get problems from feeling guilty, like 'I should not have said that...' or 'I should not have gone there...' For this we should say 'Mother I am not guilty' (810330); Vishuddhi... may catch when we feel guilty, and prevent the Kundalini from rising above it, and which may result in spondylitis or angina (900811.2); Also can be in problem, if we smoke (811005); Problems include sarcasm (850806), shyness, timidity (MME), problems of inferiority complex, slyness (890814.1), and people who never talk (820711), are uncollective, fearful and frightened, and always see negativity in others (830202); Sometimes it may be that a man is having a bad time with his sister (790618)

Left Vishuddhi may be bad because we have never respected our chastity, or we have crossed the Mariadas, the limits, or we have neglected some kind of morality, or we have gone on a wrong path against the Mother or the Father, or we have said 'No' to the Mother (850901); The ego reaction hides in left Vishuddhi (830202); Is like a kind of a perverted ego, and will not accept that anyone can be better than me (850901); Slyness, when it goes down too much, it goes into a perverted sex life (801116)

Left Vishuddhi is the indication of the mistakes, the wrongs, the sins. Then we start giving explanations, instead of facing it and saying 'I was wrong, next time I am not going to do it' (850901); Once you start giving explanations, then left Vishuddhi becomes bloated. Left Vishuddhi people will always give explanations... will always answer back... give sarcasm (850901); We cannot afford to have left Vishuddhi; People who are with Mother go into left Vishuddhi very fast, because they are lacking in protocol - as soon as you cross the limits, left Vishuddhi is created. There should be awe, respect for your Mother, which is guarded by left Vishuddhi. This is the hidden power of Shri Ganesha. Ganesha's powers are all expressed through left Vishuddhi (850901)

Disturbing and moving about is nothing but the upheaval of the left Vishuddhi. All this show-off, or disturbing, or trying to be overpowering, or very forward person, or bumptiousness... all these come from left Vishuddhi, because you want to overcome your left Vishuddhi so you do it - and then it is added to. The more you try to overcome it, the more it is added to (850901)

Sahajvidya - Vishuddhi-Left

If you tell someone he is catching left Vishuddhi, he will become even worse - what a vicious circle it is. So how to correct it, how to break the vicious circle, is to face it... tell yourself 'No! I have done this today... tomorrow I am going to do it... No! Stop it now! Stop!' - give yourself shocks. If you have done something wrong, punish yourself, for example by not doing something that you would like to do normally (850901); So we have to correct the instrument. Now if you think you are the electricity, you can correct it, but if you think you are the instrument you can never correct it (800907)

To correct the left Vishuddhi, put left hand towards the Mother, (or the photo), and right hand on Mother Earth, give a bandhan to the left Vishuddhi, and say in your heart: "Mother I am not guilty". But these become rituals if you do not say it from your heart (860305; 850901). On left Vishuddhi point Mother says She fails... it is for us to do it. Forget the past - now you belong to a new family, a Holy family - people who are saints are sitting here, and amongst them you are (850901)

Also I find that in Europe, people do not clear their throats... and tongues... which is another thing that is very much on left Vishuddhi... and that must be one of the reasons that your left Vishuddhis are bad. And so, though it is not fashionable here in the west... but it is very important... to put your two fingers in the mouth... and rub... and clear your tongue in such a way that everything comes out... in the morning is important... because that accumulates... and then it rots... so this has to be done. Maybe you think that if you are doing this... you will make a noise and all that... doesn't matter... you have to clear out your throat... and that is how you'll keep your Vishuddhis very clean (860504)

I have known of people who were caught up with Left Vishuddhi and have become devilish by nature... devilish... they have gone out of Sahaja Yoga... they have criticised Sahaja Yoga... they have tried to trouble me a lot... so don't think that if Vishuddhi is spoiled there's nothing so special about it - it can be a very dangerous centre. Of course Heart, Agnya and Vishuddhi... these three centres one has to guard against... because three of them can allow you... or can force

Sahajvidya - Vishuddhi-Left

you to become one with identification of evil as your own... you might just feel it's nice to be evil... you might just feel that it is a great fun to be evil... and you might become evil... so at the Vishuddhi chakra one has to be extremely careful (860823)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 890814.1 Shri Krishna Avatara, Saffron Walden - see 890814 good 55
- 860823.3 Shri Krishna Puja, Lac Noir - see 860823.1 good 45
- 860823.2 Gita, Lac Noir - see 860823.2 good 30
- 860823.1 Govinda, Lac Noir - see 860823.2 good 25
- 860504 2nd Sahastrara Talk, Milan - see 860504.2 not good 55
- 860305 Wimbledon Address - see 860305 good 45
- 850901 Vishnumaya Puja, Wimbledon - see 850901 good 50
- 790618 Jim Proctor's House, Leeds [not a talk - informal only] poor 50
- 790722 Leeds at Jim's House poor 45
- 800907 How to know where you are - Chelsham Road good 120
- 801116 New Age - Plaw Hatch Seminar good 70
- 810330 Vishuddhi & Agnya, Sydney Poor 170
- 811005 Beauty that you are - Houston good 70
- 820711 Nabhi to Sahastrara, Derby good 90
- 830202 Vishuddhi Chakra - Delhi (+ Q&A: 5 mins) good 80
- 850806.1 Lambeth Ashram Talk/part 1 - Chelsham Road not good 90
- 850806.2 Lambeth Ashram Talk/part 2 - Chelsham Road not good 45
- 850901 Vishnumaya Puja/Brompton Sq Puja, Wimbledon/Brompton Sq
- 851128 William Blake, Hammersmith (C100) Not good
- 860305 Wimbledon address/Brompton Square
- 860504.1 Sahastrara Puja talk, Alpe Motta, Milan good 85
- 860504.2 2nd Sahastrara Talk, Milan/Delhi University address
- 860823.1 Shri Krishna Puja, Lac Noir/ Raksha Bandhan, Hampstead
- 860823.2 Govinda/Gita, Lac Noir
- 900811.2 Canadadesha 1 - Vancouver, Canada good 35
- MME = Meta Modern Era by Shri Mataji Nirmala Devi