

Key to treatments in Sahaja Yoga, with reference to the Subtle Body

C

AGNYA

- Watch photo of Mother's Face.
- Look at green grass or ground.
- Use Kumkum on Agnya.
- Put light before God.
- Lord's Prayer.
- Nirvichara.
- Not this... not this.
- Raise Kundalini, and empty mind.
- Stop thoughts by slowing the breathing.

Left Agnya (Superego)

- Candle or light at the back.
- Ask for forgiveness.
- Hum, I am.
- Mahaganesha, Mahabhairava.
- Raise R side and put to L side.
- Watch photo of Mother's Feet.
- Put R hand on heart... I am the Spirit.

HEART

- Mother come in my heart.
- Carry and use the photo.
- Put Mother first.
- Do without thinking.
- Not I ... but you do everything.
- Recognise the Mother.

NABHI

- Be generous, give to others.
- Protect the innocent.

VOID

- Maharashtra clay on stomach to remove heat.
- Take vibrated water.

SWADISTHAN

- Eat butter - carbohydrates are needed to absorb the fats.
- Give beautiful flowers to Mother.
- Listen to Shri Mataji's talks.

Left Swadisthan

- Put R hand on L Swadisthan, and say Nirmala/Shuddha Vidya mantra.
- Shoebeat False Gurus.

Right Agnya (Ego)

- I Forgive everyone.
- Pull ears and ask for forgiveness.
- Surrender the ego... not to fight it.
- Say... I am not in charge... not I ... I do nothing, you do everything - not to assert ego onto others.
- Kshum.
- Humble down in your heart.
- Avoid arguments, & too much planning.
- Mahatahankara.
- Raise the L side and put to R side.
- Watch photo of Mother's Feet.
- Do everything in silence.
- Shoebeat yourself.
- Use mirror, and challenge yourself... laugh at yourself.
- Avoid Sun and Fire... use water.
- Believe into All Pervading Power, & surrender ego to it.

Centre Heart

- Inhale, hold breath, then exhale, saying Jagadamba.
- Give children freedom and dignity.

Right Heart

- Try to make others feel comfortable.
- Care for needs of others.
- Observe the Mariadas.
- Put heart into activity... with Sankoch.

Left Nabhi

- Take vibrated salt in water.

Right Nabhi

- Take vibrated white sugar.

Left Void

- Take vibrated salt.
- I am my own Guru.

Right Void

- Take vibrated sugar.
- Mother you are my Guru.

- Sit on ground, candle by L Swadisthan, with another before photo, L hand to photo, R hand on ground.
- Sarva Asatya Guru Mardini, and Sarva Asura Mardini mantras.
- Give up False Guru mantras.

Right Swadisthan

- Reduce the overactivity & thinking.
- Reduce the ego... witness.

SAHASTRARA

- Mother, it's all yours... drop the 'my and mine' attitude.
- Be large hearted.
- Keep heart open.
- Listen to Mother and absorb.
- Bhakti.
- Surrender.
- Recognition.
- Accept whatever is happening, is for our good.
- Moksha Dayini mantra.
- Listen to audiotapes of Mother's talks.
- Attach to Mother.
- Have faith in Mother.

EKADESHA RUDRA

- Give up wrong gurus & wrong ideas.
- Shoebeat.
- Accept Sahaja Yoga is the only way.
- Stop excessive thinking.
- Surrender.
- Not to harm others.
- Not show off own powers.
- Have awe for God.
- Do things for God.

HAMSA

- Warm ghee or butter in the nose.
- Use neti with inhalant.
- Avoid sour or sharp food.
- Not take water directly after fruit, or fried foods... use biscuits.

Left Hamsa

- Keep eyes focused on ground.
- Mahakali, Ida Nadi Swamini.
- Surya mantras.

Right Hamsa

- Chandrama mantra.

VISHUDDHI

- Massage with olive oil.
- Take butter or ghee on hot drink.
- Salt water gargle with warm water every day... followed by...
- Warm butter or ghee in the nose.
- Olive oil with garlic in ears.
- Olive oil massage on Vishuddhi.
- Primrose oil taken in warm water.
- Clean the tongue.
- Allah ho Akbar.
- Keep neck warm... from childhood.
- Not shrug or move neck too much.
- Take sugar...helps with sweet talking.
- Attention not on food too much.
- Try to witness.
- Be collective.

Left Vishuddhi

- Right hand on Left side, at base of neck... say I am not guilty.
- Forget the past.
- Face it, face mistakes... now stop it.
- Tilt the head on the right side, attention on Sahastrara.
- Announcement of Sahaja Yoga. Wear badges. Have processions, and demonstrations.
- Vishnumaya, Virata mantras.
- I am part and parcel of the whole.
- Be straight forward, and say nice things to others.
- Maintain pure brother/sister and men/women relationships.
- Maintain protocol with Mother.

Right Vishuddhi

- Basil tea. Ajwan dhuni.
- Allah ho Akbar.
- Stop talking... take to Mona, silence.
- Speak sweetly.
- Show concern for others. Not to say... 'I like this... I like that'.
- Radha Krishna, Vitthala mantras.

GENERAL

- Raise Kundalini... apply bandhan.
- Believe into experiences.
- Get to collectivity.
- Recognise Mother.
- Stand by Mother.
- Meditate.
- Introspect.
- Use hands not brains.
- Cleanse yourself.
- Take piece of garlic before sleeping.
- Be decent and decorous.
- Lead a clean life.
- Give Realisation.
- Say correct mantras with respect.
- Give vibrations to faulty chakras... put your hand there.
- Footsoak and shoebeat daily.
- Carry & use photo.
- Put Mother in your heart.
- Act in silence.
- Sit on ground.
- Listen to audiotapes
- First priority should be our ascent.
- What is going to help you the most... is to make yourself a perfect channel... for Sahaja Yoga... you will be amazed how you will be helped.

KUNDALINI

- Raise the Kundalini in centre channel more and more, & you will feel more.
- Can raise Kundalini with ghee lamp.
- Find ways to please your Kundalini.

- Keep central channel clear, and the centres alright.
- May be nourished with pure love and compassion.

MOOLADHARA

- Sit on the ground, L hand to photo, R hand on ground. Ganesha mantra.
- Atharvasheersha.

- Give fragrant flowers to Mother.
- Dedication to Mother.
- Watch Mother without blinking.

