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

D

Head

- Apply Coconut or Olive Oil am & pm.
- Sometimes can use almond oil, for nervous types… or if feel exhausted.
- Avoid sitting in Sun… but if head becomes hot, not to take water til eaten something sweet.
- Cover in winter, so brain not freeze.
- Vibrated lime under pillow.
- Oil head weekly, then wash the head
- For L Vishuddhi, tilt head to R with attention on Sahastrara.
- Raise Kundalini, and apply bandhan.
- Eat butter… gives fat cells for brain
- Rub or massage the head or skull with oil.

Hair

- Little vibrated Coconut oil applied to hair at night and in morning.
- Avoid oils with fragrances/essences which may lead to greying of hair.
- Not to use butter or ghee on head or hair.
- Oil the hair before a head bath.
- Comb hair properly so that is not on forehead… make it nice.
- Can comb the hair (or dress) in a different way, to fool the spirits… beard also.

Teeth

- Brush teeth quite a lot.
- Rub olive oil and fine salt on gums before sleeping.
- In India, use twig of Neem as toothbrush.

Tongue

- Clean the tongue in the mornings.
- Reduce what you eat by half… not to think about food too much.

Neck

- Radha Krishna or Vitthala mantras.
- Not to move neck too much… or hands too much… or to shrug shoulders whilst talking, so as not to spoil Vishuddhi.
- Protect from cold conditions.

Throat

- Gargle with salt water daily.
- Ghee or butter on hot drinks.
- Take biscuit between hot and cold.
- Use sauces with food.
- Radha Krishna or Vitthala mantras.
- Protect the throat from cold conditions.
- If we speak, speak of Sahaja.

Liver

- Chandrama mantra.
- Take vibrated white sugar.
- Take out anger by getting a pillow and hitting it hard.
- Ice on liver.
- Improve attention by meditation & listening to talks.

Stomach

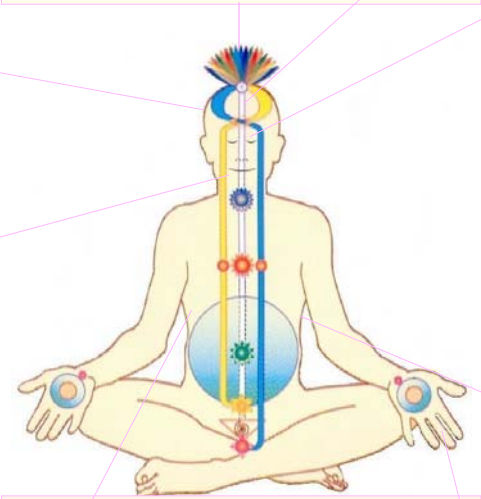
- Vibrated water, and for L side, vibrated salt.. and for R side, vibrated sugar.
- Maharashtrian clay to remove heat.
- Eat vibrated food, avoid hotel food.
- Avoid fungus type foods.
- Eat cooling foods in summer.

Nerves

- Look at green grass or the ground.
- Apply Almond oil to head.
- Put L hand on centre stomach and R hand to photo.
- Purify your eyes.

Ascent

- Yoga. Union. Meditation. Surrender. Joy. Recognition. Dedication. Bliss. Bhakti.
- Just sit, and listen to Shri Mataji, or to Her talks… and imbibe.
- Get into collectivity… be collective.
- Shri Mataji Prasanna.
- Be large hearted.



General

- Raise Kundalini and put bandhan.
- Use hands, not brains.
- Be decent and decorous.
- Wash hands, and use water as much as you can.
- Footsoak.
- Shoebeat.
- Can take piece of garlic before sleeping.
- Carry, & use photo.
- Sit on ground.
- Meditate.
- Introspection.
- Lead a clean life.
- Take correct mantra and say with respect.
- Get into collectivity.
- First priority should be our ascent.
- Recognise Mother.
- Stand by Mother.
- Believe into experiences.
- Cleanse yourself, & know Nirmala Vidya.
- Give Realisation, and give vibrations to faulty chakras.
- Avoid too much thinking, and do everything in silence.
- Avoid artificial or man-made materials.
- Keep Mother pleased.

Forehead

- Keep free of hair.
- Give up wrong ideas and gurus.
- Shoebeat.
- Accept Sahaja Yoga is the only way.
- Surrender to Real Guru.
- Do things for God.
- Not harm others or take advantage of others.
- Not show off powers.
- Avoid over thinking.
- Have awe for God.

Eyes

- Eat butter/ghee… which supplies fat for brain.
- Apply Netranjan at night.
- Vibrated water helps.
- Use photo of Shri Mataji's hands with candle.
- Keep eyes focused on ground.

Nose

- With dropper, put warm vibrated butter or ghee or oil into nose… one drop each side, morning and evening.
- Use neti with inhalant for 3-4 days before sleeping.
- Radha Krishna or Vitthala mantras.

Ears

- Warm olive oil with piece of garlic, and put drop of this oil in ears.
- Radha Krishna or Vitthala mantras.
- Allah ho Akbar with index fingers in the ears.

Body

- Olive oil massage on backbone.
- Oil hands and body before bath.
- Discipline or train the body.
- Can apply ghee/butter to body, if overactive… not otherwise.
- Wear vest to avoid colds.

Skin

- Use cotton fabrics for children.
- Neem boiled in water and used as bath for skin troubles.
- Use Indian clay on skin… is good for soothing sunburn.

Hands

- Put L (or minus) hand on a hot liver and R (or plus) hand outside, to suck heat with the L hand and give it out with the R hand.
- Work with hands, not brains.
- If chakra catching, put hand there… do not feel condemned about it.
- Receive vibrations with L hand, give with R hand.
- Wash hands… use as much water as you can, to get vibrations alright.
- Wash hands after toilet… and before food.
- Use water not paper after toilet.
- Before bath rub oil on hands and body.
- Use clay to clean hands, in India.
- Rub ghee or butter on fingers and hands, if dried up.
- To get vibrations in L hand, ask 'Mother, are you the Holy Ghost'.
- If hands feel hot, just 'throw' it away. Rub hands and throw it away.
- If L hand is hot or shaking, put R hand on heart.
- If R hand is hot, put L hand on liver and R hand to photo.
- If R hand is shaking, put L hand on stomach, R hand to photo.
- If feel nervous, put L hand on centre of stomach and R hand to photo.
- Namaste is better than shaking hands… is healthier.

Please send any suggestions for amendments to: sahajvidya@freeuk.com with full references to source audiotape.