

COMPREHENSIVE LIST OF QUOTES ON CANDLES TREATMENT

FROM 49 TALKS OF HER HOLINESS SHRI MATAJI NIRMALA DEVI

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“For Cancer best treatment is of water i. e. putting feet in the river, sea or in the water at home with the photograph. Water has the religion (Dharma) of cleansing and hence Shri ViSHNU and DATTATRAYA responsible for the religion (Dharma) of human beings are to be worshipped. They help you to cure and also the local Deity of the Chakra that is attacked. **Put the patient before the photograph with the candle and his feet being in the water, bring down your hands across the sympathetic nervous system towards the water. The patient will cool down gradually. If he gets realisation, then he is cured.**”

Undated Letter to Dr. Rahul, from Nirmala Yoga, Issue 8 (March-April 1982), Page 23

“Even when I [Mother blows air from her mouth] do like this, those who are realized can feel it. On their Sahastrara they can feel; is a fact. So why should it look so funny to people? [Mother speaks in Marathi] It is a simple method. **You put my photograph in a proper place, put a little light before it. Candle will do, or you can put a niraanjan, whatever you like. Put both the hands towards the photograph.** Now you put both the hands towards the photograph and feet in the water with a little salt. You can have little hot water, cold water or warm water according, according to the need. Supposing you are sick, suffering from cold, so better to take the warm water. Put a little salt in it. Put your hands towards the photograph. You’ll be amazed that the whole trouble will go away into the water, and you can throw away the water in the W.C. and you’ll be very much clear.”

1977-0322 Advice at Bharatiya Vidya Bhavan, Mumbai, India

“Say, after Realization you can also enter into the subtleties of all the elements. **For example, now, this is a lamp kept here; now this has got a fire in it. This is from the light el ... – from the fire element you can say. This can be awakened by putting hands towards it if you are a Realized soul. By awakening it you can make it burn the negative forces around. We have cured many mad people with a single candle.** You can cure yourself if you have any problem with your stomach by going into the sea and putting your hands towards the outside. After Realization if you soak your feet even in ordinary water with little salt in it and put your hand outside and ask the water to suck your negativity it will.”

1980-0418 Public Program, Day 3, Paris, France

“So the last question is then, how do you manage the baddha and the bhoot? How will you take out the bhoot of other people without getting yourself into it? Otherwise the person whose bhoot has to be taken out will put three bhoots in you and five in the others. I've seen many a times they'll come and tell Me, "Mother, he's possessed." All right. And they themselves, "Ahhh." How do you take out? Come along. Sahaja Yogis: [The yogis give several answers. **One says to use a candle, another says to use bandhan, another says to use mantra to Mukti Devi, another says the Lord's prayer.**] Shri Mataji: **There's no general thing about it. All right.**”

All answers are correct but they are not complete. There are ways and method according to different ... [Shri Mataji speaks to a yogini in Marathi] They are trying to solve the problems but it's rather difficult. Now, first of all, you see a person who is possessed. I mean you are sure he is possessed, so you do like this [laughter from the yogis]. Take a form. You have to take a form because you have to fight it. You take an aggressive form. Sahaja Yogi: Karate. Shri Mataji: Karate, yes. Something like that. So then, I mean inside you become higher than that person. Otherwise if you go like [laughter from yogis]. After some time [more laughter]. So you go with a great force on that person. Put a bandhan and say, "Now sit down." Talk to him like this. You don't go and say, "Please sit down," because the thing will come and sit in you. Just say, "Now sit down." All right. There you have to say as if you are not compromising on this. No compromise. Then you ask the person various questions. After giving yourself a bandhan and that to verify what sort of a bhoot it will be. That's the best. First of all you ask that person has he been to any guru. So now you know at least sixteen of them. And you know how to take them out, also. So you find out which bhoot he has been to. If it is a guru, you just ask the person does he still believe in that guru. If so, you have nothing to do with that person. You have no business. You say, "I'm sorry, sir" Not sorry. You say, "Please go away." If you say "sorry" it will come inside. Any inviting word you should not use. Just say, "All right, finished, you get out from there." But in case he says, "I'm possessed. I know I'm in trouble, I've got this thing" and all that, then you tell that person that "What is the name of your guru? What is the mantra you got? How many years you have been?" Like that, you ask the question. If he is truthful and if he tells you that, then you exactly know where the mantra is, what has happened to him. If it is a guru, then it has to be in the Void. If it is in the Void you tell him, "You say the mantra of Adi Guru." Or ask the question, "Mother, are You the real..." on the photograph. Keep the photograph in front of your face like a mask if possible. Don't allow you yourself to be exposed but give the photograph to the man. You said, "Now ask this question to this photograph." Now if the person asks the question, the Kundalini will start coming here doing [Shri Mataji makes a noise that sounds like "gragal gragal"] he'll also see the thing there. Then you should say that "After asking the question now you say that you are the guru." If the person is possessed by a guru, then if you know the name of the guru, then you'll know the mantra. When he's doing all these things, you go on saying Narakasura Mardini or Mahishasura Mardini or anything like that, whatever you have to do. Or Sarvasurya Mardini. For guru this thing, best thing is salt, vibrated salt. You give some vibrated salt with water to that person to drink. It's not easy to get rid of the guru, so you tell him very firmly that he's one of the horrible ones we have ever known, so you have to work very hard to get rid of it. Give him salt, give him all that, let him do it. And do not hurry up. Tell him it is going to take time, it will be all right, and what troubles people had with this, and he'll have to work out. This is one type of bhoots you will find. Then you find these are guru bhoots and which takes time, which are very difficult and they can take you up, it can be very dangerous. But say somebody becomes blind with a bhoot. His eyes are open and he's blind. That's sure shot he is blind because of a bhoot. Two types of blindness are possible. Their Left Swadishthana will be catching and you will think it is due to bhoot. But it can be also Left Swadishthana catching and becoming blind could be with diabetes. Could be the combination of both. So you ask him if he has diabetes or not. **If the person has no diabetes, then definitely it is the bhoot. Now what do you do to take out that kind of a bhoot? Sahaja Yogi: Use a candle. Shri Mataji: Not only candle, won't work. You take My Hand. Photograph, only Hand. You have photographs of My Hand, and put a candle before that photograph. All these photographs that you have separately have meanings. Put the candle and behind that is the Hand and ask the person to**

see the light, if he can see the light. Gradually, you'll be amazed he will start seeing. This is to be used.



You see, in Sahaj Yoga, one has also precise just like the English ... If you are precise, it comes out. If you are not precise then you try this, you try that, it won't work out. **But if you have a photograph of My Hands you should ask the person to see the photograph of the Hand. By seeing the light, gradually the person will start seeing the Hand. And then gradually the person will become all right.** I've seen one person getting the eyes within ten minutes time. But in that, if the Left Swadishthana is catching, if the person has no diabetes and eyes are open, then it is definitely a bhoot, nothing else. Even if some people might say, "She lost her eyes because of, this girl lost her eyes because there was a fire in the house." But she got frightened and the bhoots sat in here and she became blind. They connected both things. **Actually eyes cannot remain open if the eyes are burned out. So if the eyes are open and absolutely normal to look at and the person cannot see, the light is out, that means there's a bhoot. So these things can be very easily done. [someone asks a question] Photograph like this, and light in front. It will improve your eyesight also. My Hands should be used. Very good for the eyes. My Hands are extremely good for your eyes. If you can see My Hands with the light, very good for your eyes. Now what are good My Feet for? [Yogis answer Mooladhara, Agnya] Very good for ego. And also superego. Is very good for people who suffer from ego or superego. Because, such people are very gross. And the Feet solve the problem. So just use My Feet. If they see My Face, the ego will start working."**

1980-0517 Seminar Talk, What is a Sahaja Yogi, Old Arlesford, England, UK

"You will be amazed if this is enlightened, it can take away all your problems even with one candle light you can take away so many candles, it's what seen. There was a person who was possessed, we told him a method of working it out with one candle and the whole wall started to become black, black coming out that and he couldn't understand but he got cured completely, means you can enlighten all the elements with these vibrations. The water gets the power to wash you inside out your sins and your problems. The light gives you the power by which you can burn off and fire out all your wrong things, which are spoiling you. Your skin

becomes lustrous. You start looking very much younger than your age. You are absolutely relaxed. You become extremely kind and you enjoy your virtues of kindness. You never repent it. The first thing that happens to most of you that you start laughing aloud.”

1980-0718 Public Program, Light of Truth, Brighton, UK

“(Aside: *Where’s a candle?*) (Shri Mataji stands up, She turns around and works on Her chakras with the candle: Void, eyes etc.) Good. Good. (She works with the candle on Her left Vishuddhi and other chakras. Then She turns again towards the public.)”

1981-1005 Public Program, The Beauty that you are, Houston, USA

“Then I told yesterday about, *how to raise the Kundalini of others with a light in your hand. Now you don’t have lights today, but you can take some lights. There are some lights, you can take from that, some candles, all of you.*

You have to do for others, if you are doing only for yourself then it’s of no use. *Did you take the candle now? How are you? With a candle? All right? Better now.*”

1981-1029 Practical session with Sahaja Yogis, Bramham Court Ashram, London, UK

“*Even if they see a candle they get upset: 'Why there's a candle?' I said, 'Now, what to do?' If electric light is there is all right, but no candle.*”

1982-0422 Public Program, All is so beautifully made, Hampstead, London, UK

“*When they are using candle [don’t/you] put right hand on towards the candle on. Put like that.*”

1982-0425 Talk to Sahaja Yogis, Ruth's Apartment, Rome, Italy

“*Now this Photograph has got vibrations. Now before doing anything else you have to put a light-candle before the Photograph - so if there are any negative forces around will disappear.*”

1982-0428 Public Program, Chakras and Qualities, Rome, Italy

“So the significance of fire is expressed here, and that’s why fire is worshipped. Fire has been worshipped since very, very long time by many gurus, prophets - they worshipped fire. And the essence of it was that we should have the quality of fire. Now, when the saints like you invoke the fire, you invoke the essence of fire. Essence of fire is ‘Swaha’. *And this essence of fire gives you all the subtle qualities of the fire. First of all, it burns away your negativity. You have seen that on the photograph when you have a candle and if there are negative forces it flickers, it dances. Because of you and My photograph the fire of the candle has been enlightened. Sort of it has reach this ‘Swaha’ stage. Where it is Swaha it assumes it’s Swaha stage. And when it assumes its ‘Swaha’ stage then it burns.* Now many, no fire can burn, you know that, but you have seen it, it happened. When the fire in the stomach, that is within us, when it is enlightened, then it enlightens our attention. We get the capacity to rise against gravity that is Mana [ambiguous]. Then we understand the discrimination that the fire does that it burns certain things and it not burns certain things. When we have that capacity we also

discriminate, we know. It also has got digest, it has got light, it gives you a face which is brilliant, which is shining, and also gives your eyes the capacity to see right things and right places. Eyes become brilliant and when in the eyes this fire is enlightened, there is a glint in your eyes.”

1982-0801 Havan, afternoon after the morning Shri Adi Shakti Puja, Cowley Manor, Cheltenham, UK



“Cancer can be divided into various [unclear : sounds like - faces OR phases]. Like you can have cancer, say, of the uterus. It's the combination of Swadhsthana and Mooladhara and left Nabhi, left Swadisthana. So you give it a bandhan on these three chakras separately, then tie them together with fire, with a [unclear] tie them, go on tying. First of all, of course, you have to raise, as I have told, the right side to the left. Do it about seven times and then after doing that you bring it to any chakra. Then you tie them up together - three of them together - and then put two together and then two together and then all of them together - the tying up, you see - and then take it out like that. Tying up. With that tying up you will find that they will have no place to go [unclear] and you'll be surprised that they [unclear]. It will clear. But at that time, the best thing would be to have a candle with My photograph behind it. It is the best if you can

[device or devise] a method in which you will have a candle in the front and the photograph behind so that vibrations are flowing all the time. But at other time what you can do is to put the candle and one hand towards the photograph and right hand you can use so that vibrations are flowing. Best would be to have the candle in such a place. Behind it you can also fix my photograph, with the candle and the photograph together, if you could make some device. I mean, in India you can. Speaker: We have mirrors behind candle. We can remove the mirror ... Shri Mataji: Yes, instead of the mirror you can have a photograph. That would be better. Speaker: Instead of the mirror, if the candle is in front and the picture is at the back, you see a special candle stick which can have both Shri Mataji's photograph and the candle on it. Shri Mataji: That would be very effective. Otherwise, for other normal people, what they have to do is to put the candle with left hand towards the candle. Right hand you have another candle and photograph, that's all. Right hand you have another candle and go on doing like that. It can work out that way also but if this combination is not all right [unclear]. So best is to have direct, if you can, but this also will work out. Even just giving bandhans will stop it but this is a very quick method, flame. If you have fire also you can. It's very good to do on the fire. If there is fire burning, ask the person to put the left side towards the photograph and right in the fire. It will clear and the photograph should have a candle also. So put the left hand towards the photograph and right hand there. It will clear out. For the Mooladhara, it is better to sit on the ground, you see, just like we have a camp fire. In a camp fire we can sit on the ground, Mother Earth, and have some fire. You can do it in the summer time - it's all right. Clear out the Mooladhara.

Now this diabetes gives you a problem here because Swadhisthana goes around here also. So when you have a Mooladhara and a Swadhisthana, then you have a problem here at the back. So you get eyesight problem. Suddenly you'll find some people absolutely blind in the eyes only. Now what you do is to put a candle before my photograph and put little sindoor on the head and give it a proper - what you call a - pradakshina style of a bandhan through the back side with a flame, with a flame; that's very important. Flame should be used - nothing else - and you will be surprised, people will start seeing. I mean, somebody started seeing in Geneva. First she saw My red mark. Then she saw My face. Then she started seeing. But if it is left Swadhisthana, and right Swadhisthana because of pancreas and Mooladhara, then it is a provision, I'd say. Then it takes more time. **But as you will know your hands will give the flame."**

1982-0919 Public Program, Who does these things, Gent, Belgium

"For people who suffer from ego, I think best thing is to put your hands into the ice, right hand, may be. It may work out. Try it! But don't prepare! Just push your hands into ice sometimes. It may work out. And for people who suffer from superego, little bit burning your hand on the candle may help. Just try! Because the hands are not sensitive. So there is a heat or a cool too much. Either you are a frozen personality or you are a heated personality, you are not in the centre. So if you are a frozen personality, better melt it a little bit, try! I never said this before because half of you would have run away if I had said this! But don't burn it to have blisters I am saying! Just a little bit, try to see that, if you burn your finger the sensitivity will improve. But someone is thinking just now that, "If you have both the problems, what do you do?" (laughter) There are permutations and combinations because if you get out of your ego you have a big superego that comes up, and if you get after your superego the ego comes up. There then, the attention has to be brought here (Mother puts Her palm on Her brahmarandhra). And sahaja

yogis know what it is, here to keep attention here. If you can keep your attention here, then you are above this, and if something drops out it drops out forever because you are standing here.”
1982-1126 Public Program, What you can do (Feel the beauty of thankfulness), Caxton Hall, London, UK

“If they have problem with their Agya, they should use a candle at the back, if their eye sight is getting weak or short sighted.”

1983-0209 Talk to Sahaja Yogis, Sickness and its cure, Jangpura, New Delhi, India

“So today is a day, I mean yesterday's day was a special day of Laxmi puja. And you will be surprised in our house we put all the lights on. **And the candles were lit up. As soon as the candles were lit up all My this, My foot, went into a contortion absolutely. It could not be brought to normal state. For at least half an hour we were struggling with it. The reason is all the bhoots of London perhaps touched My feet. And they got into there ... that "save us".** So this is the situation is. While you are not at all aware of it. Now people think that you can compromise with righteousness, with God. You cannot. You cannot compromise. Whatever is pure has to be accepted in its purity, in its glory, and one has to work hard for it. You cannot just ... You'll have your jobs, you'll have your wives, you'll eat your food, the special type of things, you must have your comforts, you must have everything. Is a first class journey to God, and the bhoots along with it going towards God. Everybody is in the baggage. This is what one has to understand, we are yogis and we are people blessed specially to elevate the whole world. We are responsible for the whole Western world. And what are we doing about it?”

1983-1105 Talk to Sahaja Yogis, Money, Sleep, Bhoots, Lethargy, Bonfire Night with Mother at Diwali, Surbiton Ashram, London, UK

“Now when you put your right hand on your heart, close your eyes and you have to ask Me a question. You can call Me Shri Mataji, or if it is difficult - Mother. "Mother, am I the Spirit?" Ask this question three times. Without feeling guilty. Aside: [Hindi] Heart! [Hindi] **(Note: Shri Mataji asks for a candle to be placed at the table)** Now without feeling guilty again you put your right hand on the upper part of your stomach on the left side.”

1984-0905 Public Program, Day 2, Christian tradition and Christ, Vienna, Austria

“**So I would suggest now for certain people who have a left side problem, I will tell you a very simple method which we should teach you, a very simple method of getting rid of your left side. For that I think we'll have to go inside now to tell them how to put the candle in front of you, and how to work it out. You will immediately see the results.** Now put your left hand towards Me as it is, and right hand on the Mother Earth. This Mother Earth takes away the left side. Sit down. Sit down. It will be helpful to you, madam. Please sit down. Better get your realization, that's more important than anything else, all right?

Now anybody who has problems like this – you see, they have already made the candles and they will take you inside, they will help you out. You can go and talk to them if you have time, and discuss with them. They will give you the candles which you'll work it out; how to work out the candles they'll tell you. Will be a good idea – talk to them. They will check you and tell

you.”

1985-0704 Public Program, The Guru Supermarket, The Hague, Holland

“One of the examples is that from the other countries people come. They are sick, they have problems, this, that. Immediately telephone will ring me up saying, **"Mother, somebody has come with ten bhoots and fifteen babhoots"**. So what? Sahaja Yogi: **"When should that person see you?"** I said, **"The person or the bhoots?"** And the bhoots only come. The person is missing. **At least you can reduce some numbers and then send such a person. Now I have started using the hearth of My house instead of the candle.** Now will you please look after the bhoots of the people - when they come? And among you there are many like that. Your children are caught up. Some of the wives are caught up. Some of the husbands are caught up. But nobody pays attention. Carrying on with them; some times even support it. And just I see them, even staying in ashrams, I must say, some of them are really bhootish and troublesome. And you think that you have to tolerate this. No crucifixion needed any more. If somebody has a bhoot better tell that person, "you are catching". I do not want to tell. But you know what happens to Me. My hands and My feet they all go crazy, if there is the bhootish person around. So I just run away. In the same way it should happen to you. And you should try to correct that person but nobody much bothers. You see because you think correction will be too much. May be he might feel hurt and run away. Let him run away. Take two running jumps and go to hell. But the whole thing should be a concern and anxiety and loving way, then you will attract that person. Today I was really so full of vibrations nothing would be sucking. These horrible 20 people or so, whosoever they were, they were stopping you also from sucking me. I mean they were more powerful than you are in suction, I think.”

1985-0831 Talk to Sahaja Yogis, About spreading Sahaja Yoga, Wimbledon, London, UK

“So the reaction of some people was very good, they absorbed what I said, they took everything inside; but some of them went off to sleep. Now, if those who were struggling at that time may not have understood – it’s a difficult subject, I told you, it’s a very subtle subject, doesn’t matter. But those who have been like that should look after themselves, should find out. **I’ve found out one thing with the left-sided people: if they can put a candle near their left Swadisthana, a little far, and put one candle before the photograph, and put left hand towards the photograph and right hand on the Mother Earth, it works. And the candle at the back should be kept a little far away because it makes sounds, it goes this way, that way, burns. Those who have been taking drugs, not LSD but other drugs, which are drowsy people who feel sleepy, whose brains are destroyed by drug, all those people can benefit a lot by this. Do it every day.** Going into drug you never felt you’re surrendered to drugs, never felt that way – which was something that was going to kill you completely. You know how so many people are killed, so many are dying, but you wanted to do that, I don’t know, because your ego said, “All right, go ahead, try this. You will be the one who nothing will happen to you.” That’s the ego suggests. So you did it. All right, doesn’t matter. Whatever has happened has happened, let us clear it out, because we are seekers. So those who have really felt one in the lecture, without any questioning, should know that they are doing well. Those who were questioning, reflecting, should know they have ego, and those who were dozing out should know that they are left-sided. Left side is worse than the right side, because the right side can be easily corrected: it shows, it shows outside. People don’t like it. Such a person is criticized, everybody says he’s egoistical, he’s this, that. Everybody knows that such a person goes out like Hitler. But the left-

sided person, you see, is very pitiable and you'll have very great pity for such a person and you sympathize, and you get lost with that person. They are more dangerous, and difficult to be cured, very difficult. So it's not a easy task, we have to work it out. I am trying My level best. You should also help Me. I was thinking that if you can start using a little oil for your head will be a good idea, in the night. As Sahaja yogis you should. I think the hairstyle should be changed for Sahaja yogis. This modern fashionable style won't suit us. Because this will, we'll have all bald heads one day, I can tell you, and you will see the Sahastrara with a big dimple here."

1986-0504 Talk After Sahastrara Puja, Madesimo, Alpe Motta, Italy

"Take a position of cancer. How will you find out you have cancer? In Sahaja Yoga you can easily find out. If you see when you put your hand towards the photograph you will find all these would be burning. All these would be burning that is these centers will be all burning that means in the Void there's a catch. **If you put hand to a candle, just to the candle, that's all, and My photograph of course, and you put your left hand towards the photograph and put your right hand on the Mother Earth. The Mother Earth will suck in that which is jada in you. Because She is the one who absorbs that. You put the hand like this, and you can cure the cancer.** You may think that, "Mother, it looks very simple." It is very simple. When you go to the fundamentals, is very simple. The complications come later on. Cancer is caused, for your information is, by some sort of an attack from the collective subconscious. Now on our left hand side we have got our subconscious and a collective subconscious. Freud is, I mean he was a half-baked person, absolutely half-baked. So in his brain I don't know what he saw and how he said it, but he said that we are nothing but our conditionings, and our conditionings must be removed. And to him left side, what we call as the Ida Nadi, he took as psyche. I mean it's all They have seen from outside and absolutely so many things are missing, absolutely. You cannot relate it to Sahaja Yoga but I can say that whatever he calls psyche let us say it is the Ida Nadi on the left hand side. Now this channel looks after your subconscious mind. Whatever conditionings you have are in that, plus beyond that is your collective subconscious. Whatever has done is there in the collective subconscious. Now when there is an attack comes from this collective subconscious, anything that is dead since the creation is there within all of us. So whenever it is attacked from that, what happens that it triggers, it triggers a person's malignancy. Because the person is using too much of his energies. I would say this is My left hand and the right hand, there are two nadis, one is the left side and another is the right side. The left side Nadi is the one called as the Ida, this is the Pingala Nadi. So those who are right-sided are hard working people, who work in their physical and mental being and the left-sided are the emotional being. When they start using too much - the chakras are in the center - they get affected because they move on to sides. Because this is disconnected, we are disconnected from the whole. At that time you are vulnerable to any disease, whatsoever, but more so for cancer. At that time when you are too much active or if you are too much crying type, any way, what happens that you move out from the main brain centers which are within us and you are lost because you become independent at that point. **Then from the left, it is always from the left, cancer comes always from the left. From the left the attack comes in. Now what do you do? You put a candle. Put your hand towards it and put your right hand on the Mother Earth. So what happens the attack that has come by the entity, which they call in their ... you see, medical terminology is always little [INAUDIBLE], like they say that it is protein 52 and protein 58. But we call it in our languages as bhoot, as something that is dead, that was created in a way that died but it is still existing in the collective**

subconscious. And the hand will start showing you ... It is surprising that the candle will go on flickering. It will make also sound "khat khat" like that. You can see it clearly happening and then the cancer is [INAUDIBLE]. Now it looks too much. I went to a cancer hospital the other day to see some patient there. This fellow had a galloping cancer. He had a bone marrow cancer. So I told him, "Was there any accident or anything?" They had forgotten about the accident and just remembered, "Yes, there was a serious accident," I said, "That's how he got it." When you get a shock, you are thrown on [INAUDIBLE] collective subconscious. It might be through somebody who mesmerizes, somebody who tries to give you some sort of a mantra or could be some sort of a wrong guidance in religion. We call it un-adhikara chesta?, we can say the unauthorized behavior of someone can - towards the God? - can cause this problem that you are sucked into the depth of subconscious, and you get it. Now if your attention can be brought in the center that is lost, that is finished and that's gone, and you are cured of your cancer. It's not a difficult thing to do."

1986-1009 Public Program, Speech in Lion's Club, Kolkata, India



“Another best way is to put the left hand towards the Photograph and the right on the ground. Say Mahakali mantra so that the Vibrations start flowing. Use of the Candle from the back side on the left will also help. This treatment is also the same for cancer, other psychosomatic diseases. It includes Muscular Skeletal disorders. In Muscular problems, the trouble comes

from your disturbed Sri Ganesha (Mooladhara). In Hysterectomy cases, where the Uterus is removed the problem is of Sri Ganesha (Mooladhara). And fear element. If somebody is not having a child, then she has a left Swadishthana problem. Same problem is also true for heavy Periods – when there is too much stimulation in the Parasympathetic in the Sacral region, there is too much flow resulting in heavy bleeding.”

1987-0226 and 27 Conversation with Dr. Talwar and other Sahaja Yoga leaders, Shivaratri Celebrations, Mumbai, India (Hindi)

“Now you know that if you light one little candle and put your finger towards it with My photograph there, it acts, it reacts and it gives you a flame which burns, sometimes gives you smoke, sometimes it gallops. So you have noticed that there's a reaction, even in the fire. So all elements have got an effect, if a saint wants to have an effect. But first of all you must reach your own essences. Once you reach your own essences, then you reach the essences of all the elements, and then you can handle all the elements as you like or you can order them as you like. First they will act, expressing that they have been touched - like today, the rain came pouring down. Then later on you can command, and you can ask the rain to come.”

1987-0506 Talk to Sahaja Yogis, The need to go deeper, Burwood Ashram, Sydney, Australia

[Aside:] “You think they have no objection against a candle in the hall? Sometimes they have. It's all right. If they don't have it's all right. Good idea.”

1987-1014 Public Program, Graz, Austria

“I have seen when I enter into any church all the candles start going chag, chag, chag, chag, chag, and people start wondering what has happened. Even when they are having a candlelight dinner I am surprised the way every candle starts flickering. And people start looking because the bhoots are sitting before them, you see. So the candles immediately show that these are the bhoots sitting here. With all this knowledge that you have the light you have within yourself by which you are enlightened, still if you are going to these left and right-sided things, it is very, very dangerous.”

1988-0403 Easter Puja, Shuddy Camps, UK

“And with the help of certain elements, you will be surprised: one candle can at least cure twenty-five mad people at least.”

1988-0723 Public Program, Day 2, The Diamond in our Heart, Balboa Park, San Diego, USA

“Question: This lady has heard that we have to light on a candle before meditation. What is the meaning of this light. Shri Mataji: No you don't have to, before meditation it's still there. That is just there putting for My photograph. This will know what it is after. You first you get your Realization. Now supposing you get some or other this candle full of vibrations. Then one candle can cure cancers and so many negativity. The things that looks so insignificant when vibrated become very significant. I gave an example that once I was travelling in Kashmir and

suddenly I felt tremendous vibrations. So I asked the driver, "Is there any temple here". He says no temple. But then I asked him to go I said, "Take this road". There were some poor Muslims were there. Then ask them is there any temple here. He said no. There is no temple but there is [Asrat akbar] that means one hair of Muhammad Sahib was there. And I got it six miles away. Question: Have you heard about the Feminine Divine power at the beginning of this universe? Shri Mataji: Of course it is true. You see you have the father God and the son God. How can you have a father and a son God without the Mother. **Question: Does the candle gives the Realization? Because for very old times people used candles in religions. Shri Mataji: Yes, it doesn't give Realization but if it is a vibrated one it helps a lot.**"

1989-0711 Public Program, Day 2, You develop a balance in life, Paris, France

"Whenever we use in emergency, these two sympathetics, what happens sometimes, they go like that. And sometimes, with some sort of a shock, it breaks. Then the relation with the whole is lost. And the cells start growing on their own, we call it, it is then a malignancy, cancer. So to cure the cancer, if the Kundalini rises, what you have to do, is to push this like that. Yesterday there was a lady with cancer, and also with multiple sclerosis. So what I did, I put a candle before me, and asked her, to put her left hand towards the candle. Now, by putting left hand to the candle, you see, my vibrations were passing through this light, which was enlightened and was passing through the hand, from the left side, and by that this one, that was broken, got fitted like that. And within ten minutes the [bold?] felt all right. There is no miracle, it is scientific. Absolutely scientific. Only, science can go up to a point. Whatever they see is the science. They cannot go beyond. So they use only human awareness. But if you use your superhuman awareness, you have all the knowledge. And if you work it out, if you work it out, you will be amazed, how one candle can cure ten cancer patients. Then they say, Mother we should give you some money. How much will you pay for a candle? How can you pay for that? So this is how it is so simple. When you go to the basics and the fundamentals, everything is very simple."

1989-0725 Public Program, Day 2, Vienna, Austria

"Q: What is the purpose of the candle near You? A: I don't know why that is put, this could work other side, but candle is good, if there's any negative force here that can show on the candle also. It finds out [SOUNDS LIKE - our newer spirits.]"

1989-1022 Public Program, Our Spirit is the collective being, Antonov Corp. Palace of Culture, Kiev, Ukraine

"What is the problem? Did she see the lunar eclipse when she was pregnant? You must have, by mistake you must have, that's the reason. It's not difficult, he's a left-sided person. Put the left side towards Me and right hand on the Mother earth. You see this is how you have to make him sit before My photograph and a candle here, and also put a light near his left Swadisthana and keep it there. And raise his Kundalini with the light but no water treatment for him. Raise the light. Three candles, one in front, one here, one there to raise the Kundalini."

1990-0228 Talk to Sahaja Yogis, Airport, Singapore

“Now if you have to help somebody in such a big way, then we have to have a big ashram, a big place where people can come. Now I've found out a suggestion, another one, if you can accept it, that first of all you can have a big ashram somewhere, which is to be renovated and all of you try to renovate it, it's not difficult, as he said that you can purchase some dilapidated things **as we have in Sahaja Yoga, mostly people come dilapidated. Isn't it? And then we put them right with the candle.**”

1990-0301 Talk to Sahaja Yogis, Perth, Australia

“So this magnet has both the qualities, that it repels those who are not all right and it attracts those who are innocent. And that is why in Sahaja Yoga we find that we cannot tolerate some people somehow or other, “we try, we try, we try. You see Mother, some are a bit difficult, you know”. They don't know what is the reason. The reason is Ganesha. Now, in the Western society, as you know, not that they've not paid any attention to their Ganesha quality, but they have talked too much about the perversion of Shri Ganesha. They talk on the television, they talk here, there, in every way. The children see it and so many small, little children are suffering from Shri Ganesh problem, very small children. How do they get into these problems is because of the atmosphere is full of it. Now, in Sahaja Yoga also we have some people who just stick on hypocritically and they have Ganesha problem. And there are some who support. This fellow can say, “Oh, I was such a sick man, I had no wife or I've had no love from my parents” or anything and others start supporting. This kind of sympathy is very dangerous, is extremely dangerous. First of all, this sympathy ruins that person who cannot get over his problems and gradually you also pick up these problems. Instead of helping him, that you do the meditation of Ganesha, you just sit on the Mother Earth, say „Atharva Sheersha“, use the candle. Your problem will go away. Instead of that, they start sympathizing. This is not sympathy. It's sym-pathy. “Sym” means “to share“, “Pathy” means “pathos.“ So you share all the problems of that person yourself. So, never support a wrong thing. If you really love that person, you care for that person, you have to tell that person, “This is wrong. This is wrong. This is wrong.”

1990-0826 Shri Ganesha Puja, Lanersbach, Austria

“If there is some clay you can make some sort of a house out of it. **That's all dead from the dead. But can you make a candle which will burn badhas? You have seen it with your own eyes that before My photograph the badhas burn. Can you do that?**”

1990-1225 Christmas Puja, Ganipatipule, India

“You know that the left side can be easily cured if you use three-candle treatment. That shows **Mahavira is only fond of light.** He doesn't like darkness and His idea is, I think that way, is to now fully go all the way to clear the left side as far as possible, to help Sahaja Yoga to establish in countries where I find still lot of this negativity is there – a lot of it. **So He's working it out, everywhere, and the psychosomatic diseases and all these diseases also, we can work it out with candle light and all that, with three candles we can do this treatment. So you have to be very thankful to Him that He has achieved this kind of entry into the left side and has found out for us what sort of problems exist on left side.**

Sahaja Yogini: Could you say something about left Nabhi? Shri Mataji : That's a different area

though, left Nabhi comes from the relationship between a wife and a husband mostly. But a wife is a complaining type, is a very sort of all the time grudging, even nervous, bothers the husband, frightened, and all sorts of things that they do. You see, just sometimes they do it just to trouble the husband, but sometimes basically they are very left-sided, possessed women and these possessed women give you this left Nabhi. **Any woman who feels this left Nabhi, she must immediately understand that there's some sort of a horrible thing in her being which has to go out. So, for left Nabhi, you must take the three-candle treatment and try to respect your husband, try to be kind to him because these spirits can also dominate. You know, not that they can make you very sly, they can also dominate. They have a way of dominating.** So, in any case, it looks like, woman might look to be right-sided, but actually she's suffering from left Nabhi and she's extremely dominating. In the same way, if the husband is not a good man and he tortures the wife and she feels unhappy about it and she's sorry about it, then also she catches the left Nabhi. So in both cases one has to understand that you get your joy – the source of joy is your self, your own Spirit. It doesn't depend on your husband or anyone. You are single that way. **So you shouldn't worry about your husband. You shouldn't think how he treats you. You shouldn't bother at all about him. But what you have to think is that "After all, I'm his wife. I should support him. I should help him. Whatever way he is, let it be as he is because he won't get corrected if enough I tell him. The best thing is I better not tell him anything. Let him do whatever he likes."** And you clear out your left Nabhi with candle. That's the way”

1991-0328 Shri Mahavira Puja, Perth, Australia

“Galyna: Is there anything that can be used instead of lemons for the cleansing of negativity in this country because here they are very expensive? Shri Mataji: Chillis can be used, this (Shri Mataji points to the plums) can be used. **Best is to use the candle - left side. You see, put the candle like this on the photograph, hand like this, the right hand on the Mother Earth. But the best for serious troubles like cancer or anything, like radiation in Kyiv you were having, you see, for that you have to use three candles. One with the Photograph, one to be kept here - left Swadishtana. The third one is to raise the Kundalini. Any incurable psychosomatic, like cancer or anything. When the Parkinson with your hands shake. (...)** Shri Mataji: You have had, you see, there are boils coming at wrong places it's radiation. Radiation. So, you see, the radiation is the one which is heating you.”

1991-0820 Talk to Ukrainian Sahaja Yogis, Moscow, Russia

“**Because electricity went off we had those candles and all the bhoots I saw were just, were burnt with this candles on, and I came in the room (Mother laughs), they all went pop, pop, pop, like that and I could see why candles had to be put. So also that was a good thing that we should rely sometimes on natural things.**”

1992-0209 Shri Ganesha Puja, Perth, Australia

“Yogini: ... lymphatic system ... Shri Mataji: Lymphatic system? If the lymphatic system is under attack you may be left-sided. You see it is, on the whole, there are only two types of problems actually. Third type doesn't exist, or doesn't bother us. One is the left another is the right, you see. **Now the lymphatic system is actually, the combination of both. It's a psychosomatic disease. For that you have to do just three-candle treatment. You see it is reduced to such a**

simple thing either you do three-candle treatment, or you do water treatment. The third type is the one where you have been to wrong gurus, in the center. If I run some wrong type of meditation [INAUDIBLE]. For that also it's three-candle treatment, mostly. Or maybe if the [INAUDIBLE] comes there's a little change also sometimes. But whatever it is, this is very simple for physical. Anybody has lymphatic system problem has to do left side first. So this is psychosomatic. First you must get rid of the psycho side, so do the left side. When it is cleared out, then right side is not difficult. If you are too right-sided, then what happens, it's like a pendulum, you move from right to left. Then psychosomatic troubles start. **The best is first to remove the left, then is look after the right. Sahaja Yoga is a very simple way of clearing. It works. Somebody should help you in left side is to give you bandhan on your chakras with a candle. Put a candle on one side of the left swadisthana and also one before the Photograph. Because it's all due to viruses. And the viruses are there because your attention in the left. Once your attention goes away from there you are rid of that. All right?** It's not complicated. Sahaja Yoga is very simple. You know we have cured people who were about to go on the dialysis. Kidney has been cured. Can you imagine?"

1992-0211 Talk to Sahaja Yogis, Transit to Canberra, Airport, Sydney, Australia

"If you have any problems you can always write to Me I've told so many times, but Australians don't write to Me is My main complaint about them. And they should not start anything. I'm surprised that there are so many Indian girls in Melbourne and they also did not understand that they have to write to Me. So, once you are caught up you get lost, you get vibrations in a very funny way so much so that I can't even really treat them in this short time. So there is a list of people. Can you bring the list? I've made the list now, please write it down. Is there anybody from Melbourne here? Yes. **Go and tell them, that you have to get all these people every day, to sit down, Sunday morning maybe, and see what sort of vibrations you have. You can see it on the candle, there's not to go anywhere, just on the candle you can understand, what's wrong with you, and, you are getting caught up.** I'm surprised that you are supposed to be Sahaja Yogi how could you not feel the vibrations of this woman Trish. It took Me not even a second to know that she is a bhoot. But there's a fraternity I think, that's why such nice Sahaj Yogis beautiful Sahaj Yogis, got involved into it. So this is a very serious thing and I hope this doesn't happen next time. Now the list is like this. I made the list. Can somebody read it for Me. Please, take it. It's a serious thing, otherwise you'll be lost, I'm telling you. Leader: Michael Davies, Jackie Hodge, Peter Hodge, Shri Mataji: Go slowly. Leader: Mother shall we give them a photocopy of this? Shri Mataji: Still you read it. Leader: John Poulidakis, Fred Millar, Ian Lowry, Greg Bradshaw, Lyndon DeValle, Philip Noone, Martin Purcell, Colin Berry, Jeff Platford, Bruno Archello, Glen Pulolovich, Ben Flora, Savita Noone, Cheryl Bradshaw and Helen Platford. Shri Mataji: They are all first class Sahaj Yogis I tell you, all of them. And it's really beyond Me, even when he's reading the thing I'm getting on the left, you just see, you'll feel it, terrible. Getting the pain here. Now how are they going to be all right? I'm worried about them. Now also in Melbourne, I thought I'm sending a very very good sensible leader. But I don't know why people, got after him, and formed a group outside. If I am sending somebody, I should know that I know what I am doing. So you become anti Me or what? **So please all those people, who have got, these problems, work it out every night, every morning on the three candle treatment, and you can go in the garden, sit down there, also say Ganesha's mantras. It will take some time for you to be all right, I can tell you. Even taking their names you get left swadisthana, aren't you getting left swadisthana, the whole left. This can happen to anyone, because somebody like that comes up and starts her own. Anything without the leader should**

not be done.”

1992-0305 Final Talk to Sahaja Yogis, Burwood Ashram, Sydney, Australia

“But all other incurable diseases are left-sided. Like you have cancer now. Now see this is the left side centre and this is the right side centre, they look like this and in the centre is the centre. Now supposing even if you have a (thing) ... of the right side, it is too much, the energy is driven to the right side. But suddenly something may happen, some accident, some sort of unhappiness and this little bit can break like that, from the left side. So the virus can start flowing into the right side also. Now when this virus enters into the right side you have no connection with the whole, because it's broken now. So this right side starts working on its own and that's how you develop this cancer where the cell itself becomes the ego, it gets the ego and it starts multiplying, multiplying. So this virus can give you any kind of disease, which cannot be cured by medical science because medical science deals with the right side of the physical side/science(?). **But the mental side is dealt with by Mahakali power, mental side. That is how in Sahaja Yoga we have been able to cure many incurable diseases. By using candles, because the light when it is shown to these viruses, or to the bhoots, they go away. So by three-candle treatment you can cure any one of these incurable diseases, even AIDS.** But when this trouble starts above the Vishuddhi chakra or from the Vishuddhi chakra, then people become mentally handicapped, like they become mad, they get epilepsy or they get what we call schizophrenic.”

1992-1014 Shri Mahakali Puja, Salvador-Bahia, Brazil

“About Sahaja Yoga also we become casual. I've seen people become very casual about Sahaja Yoga. **There is one girl, who had problem of the glands here. And I told her, she's an Indian girl, that you must take your three candle treatment. I tell if she had taken only one week she would have been cured. But she did not. What she did, she took only once and after that they went to the doctor.** Doctor operated it one after another. After two operations, and now they are giving her medicine, which is killing her liver. **If you have faith in Sahaja Yoga, you must take your full treatment with Sahaja Yog. And she could have gone to the doctor, but she should have continued with three candle treatment.** Now that poor thing, she is suffering so much. All such things happen when we become arbitrary and we start doing things without asking the leader or without asking Me also.”

1992-1026 Shri Mataji's Visit after Diwali, Vienna, Austria

“To be very frank, I find My brain absolutely empty. What I talk from this emptiness, I don't know. You will also find your brain absolutely empty, and still with that empty brain, you will be achieving a lot. **It's very remarkable, as you have seen, that from the candle you get cool breeze. How you can get it from the candle, cool breeze? You do get.** So, is important to recognise yourself as a Sahaja yogi and to recognise - what have you done for Sahaja Yoga? Without doing for Sahaja Yoga, you cannot enjoy life.”

1993-0509 Sahasrara Puja, Cabella, Italy

“It's very important to know whether you are right-sided or left-sided. Now some people have problems which are left-sided. All right, they start doing water treatment. There was doctor in

Delhi, Dr. Nigam, you must be knowing him. He had, I had cured his paralysis. I was surprised that his left hand was still not working out properly. So I asked him, "What sort of a meditation you do?" He said, "With the light and with the water." I said, "What? You are doing both?" "Yes." I said, "What, what's wrong with you is right side [Shri Mataji corrects] – left side. So you should just do candle treatment. Just drop it." I said it to him. Just when I said it to him, his hand started opening out. I said it only; becomes like a mantra I think. Started opening, he has opened his hand. So about treatment also you must understand what treatment you must take. Now some people are left-sided. They should take left side treatment only. There should be no confusion. So I said, "Who told you this?" He said, "Everybody said the same thing." I said, "What did they say?" "That you can take this." In Sahaja Yoga there are certain rules and regulations of the Divine. So now if you are suffering from the left, you just take treatment for left. No water treatment, at all. Now you are suffering from the right, then don't take the candle treatment at all, at all. These are two sides which are to be corrected, then you are in the center. When you feel you are in center, you can use both the things. But that is normally very few, I've seen. Normally you find very few people who have this central point. If they have, they should do this treatment. But there is no need to do treatment once you are in the center. But you have to meditate. So you can sit before the photograph. But to take out all your conditionings and things, or maybe the day's problem, you can sit before the photograph with a candle as well as water. But the ones who are not, should not. And one should not feel also bad if the leaders tell them, "You are left-sided or right-sided." The problem is that in Sahaja Yoga there are leaders. It's a myth. It's a myth. It's not something so seriously to be taken. But these leaders are there because I cannot communicate with all of you. So, they are there. When it came to talk about the leaders, nobody told Me anything."

1994-0407 Farewell Talk, Burwood Ashram, Sydney, Australia

"But for liver-people they should never use the candle. No sunlight. They can sit in the moon-light, but not sun-light; and should look after their Agnya by forgiving."

They were telling Me about Shinto-religion, where they worshipped their, their - what? - ancestors. Yesterday, a boy came and he told Me very interesting thing, that he is possessed by bhoots, by spirits. And there are two other boys, or other people - one girl and one boy - who are possessed. And they, the bhoots, they moved things from here to there, there to there. And they are talking to them in their ears. These are the devils which Christ took out, you see, sort of thing. But this fellow's thing was very interesting because he said, "We wanted to commit suicide. And we could not," he said, "I could not get cool because I did not forgive those bhoots, those devils. And they talk to us, and they tell us, 'We are Gods.'" I'm sure these are the ancestors, which are following them. Otherwise, why should they go once, once [inaudible]. And why should these children be caught up? So, that shows that these ancestors are catching. They are interested in these children. They were very young, twenty years of age, imagine. And they were just shaking before Me like this. Then we took out the bhoots - and I asked him [to put to My hand that side,] right hand, left hand towards Me. With a candle - they run away. He said, "They are gone now, they are no more there." So, I asked him to cover himself up with something else; and then go, so they won't recognize him. They are stupid fools, you know, these spirits also. I mean, these spirits (Shri Mataji laughing) - such stupid fools. I've done this with many and I have seen that it works. And the Kumkum on the head. That also the bhoots run away. So I have told him, that you take the Kumkum vibrated and put it on the gates of this cemeteries. The bhoots won't come out. (Shri Mataji laughing) That

would be a nice idea.

Yogi: He was in TM. Shri Mataji: That's it. You can see. For TM is more necessary, because to get out of TM is not easy. Horrible, TM is the worst, I think. That's why I said why he is catching in the left. Left Swadisthana is - Translator: He asked, what shall he do? (Laughter) What should he do? What to do? Shri Mataji: With a TM? Yogi: He wants, what he can do now? Treatment or meditation, what does he do. Shri Mataji: **He has a left Swadisthana, so he has to use the candle, no doubt. And the TM is to be really sort of beaten up with shoes, I think something.** It's horrible. Yogi: And he is keeping still in contact. Last year he was going to America to meditate with TMs still. Shri Mataji: They are very ... they grip you like that."

1994-0421 Talk to Sahaja Yogis, Taipei, Taiwan

"So liver should be treated. And next time when you come to India we are going to get you all the medicines of liver. **If they are very fat then they are left sided. Try to bring them to the center with the three candle treatment. But first of all test it what is the situation. Sometime they developed the puffy fat that is alright.** They will become alright. That is how you should look after their health. Then also look after their behavior. Tell them how to behave. So I have seen in west the children are not properly brought up because parents neglect them."

1994-0424 Talk to Sahaja Yogis, Attention should be on collective things, Peninsula Hotel, Hong Kong, China

"Sahaja Yogi: My husband... Shri Mataji: He's Catholic is he? You can tell him I don't want to send them to Catholic church. You can as a mother, you can put down your foot. Put them in any other school but Catholic School. What's it? **Osteoarthritis. Who has? You should do your left side three candle treatment. All right? No water treatment. Three candle treatment. No water treatment at all.** All right?"

1995-0228 Talk to Sahaja Yogis, Airport, Sydney, Australia

"So this is the problem with the left-sided people. Now left-sided people suddenly become also prone to cancer and all these psychosomatic diseases, so they should take all the time three-candle treatment, but it should not be taken as a ritual, it should be taken as a bhakti, as a devotion. Otherwise if it's just a ritual it doesn't work out. It's a bhakti, it is devotion, you have to feel that devotion within your heart and then you should do it."

(Question about havan ash.) **Havan is very good. Apart from three-candle treatment you can do also an aarti with the camphor, you can do havanas, it's very good. But this is for the left-sided, not for the right-sided people."**

1995-0313 Talk to Sahaja Yogis, Kuala Lumpur, Malaysia

"Heat is going down; no, no, no, put right hand towards Me and the left hand there. **You're left sided, you're not right-sided; you have to use the candle treatment, all right? Now some people have both problems. Then you have to put a candle in front of the photograph, put both the feet in the water and sit like this and in both the cases don't close your eyes. You should put**

your attention on My Agnya, it'll be very good for you, for your ascent into the realm of thoughtless awareness. As I love you try to love Me, that's the best thing. Lastly, you see, in Sahaja Yoga people come in, they think it's a sort of a contract with us that we should look after them, their health, their jobs, their everything. This is absurd. The contract is between yourself, with yourself. You have to work it out, all right? This is what it is. So if the mind is asking questions ask it to shut up now. Mind is the worst thing, it is standing between you and reality."

1996-0310 Talk to Sahaja Yogis, Hong Kong, China

"Now it's much better but once upon a time, Americans were the most miserly Sahaja Yogis. They used to send Me candles as present and I used to hide that. I said, 'Baba why do you send candles, even? Don't send anything, because everybody is going to see those candles and what are they going to say about it, that candles have been sent.'"

1996-0929 Shri Krishna Puja, New York, USA

"Shri Mataji: Chemotherapy I'm against. There's no need. Is a wrong thing, chemotherapy. You see, they produce heat. You lose your hair. Such a lot of heat; and other complications will come with heat, that is. But Sahaja Yoga is a very simple method. You do use heat, in the sense, you use camphor and also this candles. But candles should be big, thick and give should light. But you don't put it inside the body. Doctor: So in general, for cancer, say, surgery or radiotherapy would be better than chemotherapy? Shri Mataji: Chemotherapy is absolutely dangerous. It goes from one to another – see, it is left-sided problem, so chemotherapy gives you heat. With the heat, for the time being, the left side improves. That's all. [But in reality it's something else.] But you can give heat from outside. Camphor is very heating. So camphor, you can have a havan, you can have camphor, you can have three-candle treatment. But then what they do, they take such a small little candle, you know – that's not the way. You must have a thick candle. Use a thick candle with a thick light, so the heat is given from outside. Even you can use ajwain. Now what is this?

Doctor: [Shri Mataji, this is about auto-immune diseases: for example, like in rheumatoid arthritis, in which your own antibodies harm you, for example, in the joints.] Shri Mataji: [I know arthritis. In arthritis, again heat with ajwain, and] it's also left-sided. Doctor: [Shri Mataji, we use hot ajwain?] Shri Mataji: [Yes, heat with hot ajwain. You can also use other heating things.] You can use candle treatment, or also you can correct your left side by putting the left hand towards the photograph and put the light, and right hand on the Mother Earth. This comes from the Mother Earth. [You can also do it by using the mantra for the Mother Earth.]

Doctor: Can I ask? [Shri Mataji, ... , who is our singer, when he sings very high, he gets pain in his head here and if he does this, down, he gets pain here.] Shri Mataji: [He's caught a cold, son.] But another thing I'll tell you: sometimes you feel pressure in the brain, isn't it? And I've experimented Myself on that, so ... Now the, you must sneeze and your cold must go out; the cold has gone up to the head. This theory doesn't exist for you people, but this cold if it goes to the brain you become absolutely ... [What do you call 'bhan bhan'?] Doctor: It's like blocked, the whole head is blocked, you know, like whole encased in something that's pressure. Shri Mataji: And you can't hear, you feel so disgusted, that's the thing. For that you must take out, you know, your cold. For that, you see, one thing I found out in Ayurveda is

called “Shinkhani”. Tell her to bring the Shinkhani – Alga, tell her. It’s a small little bottle, costs you two rupees or three rupees. Should smell it: with that smelling, sneezing. You get a terrible sneezing, and you clear out. Very common in England. If you, as many people don’t wear hats, they don’t cover themselves, they catch cold. [And it goes to the head.] It’s in the head. And outside you – lungs are all right, everything all right. The head is ...Very common, I’ve seen here that. Doctor: Will this clear back Agnya, Mother? Will it clear back Agnya heaviness? Shri Mataji: **Back Agnya is again the same candle treatment, but also with this also you get back Agnya.** Doctor: And this will clear it? Yes. Shri Mataji: There are two types of again, cold: one is from the liver, and one from real cold. So the one which is with the liver, you know that you have to treat with ice and all that. Because you have cold, you think “Why should we treat with ice?” but you have to. Doctor: But it’s a fluid or powder? (It’s a powder.) Shinkhani, powder – makes you sneeze. Shri Mataji is saying, he’s got a head-cold.”

2000-0101 Questions by doctors to Shri Mataji, Ealing, London, UK

“**You have seen how a candle ... (loud thunder clap and Mother pauses to smile) ... how a candle tells you as to what is your position inside: if you are possessed or if you are not, a candle can tell you - can you imagine? Candle is so much knowledgeable. Supposing you have a heart, heart trouble - the candle will show. And if you treat yourself, you can cure yourself. So, it is so sensitive not [only] that it can cure, but also so competent, not [only] that it shows you that you are sick and you have problems but that it is competent to cure you. That’s why, in India, Agni was worshipped, this light was worshipped, the fire was worshipped, that was worshipped first.** They must have discovered that the fire knows everything, so the inner, inner awareness of all these elements, they knew about it and that’s why they worshipped those elements. So before the Puja they used to call all the Deities who belonged to those elements to witness their Puja. But that turned out to be right sided movement. Without the left side right side is very dangerous.”

2002-0721 Guru Puja, Cabella, Italy