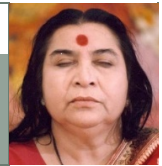


# COMPREHENSIVE LIST OF QUOTES ON GOUT

FROM 8 TALKS OF HER HOLINESS SHRI MATAJI NIRMALA DEVI



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"Because is a first lot that I had in Bharatiya Vidyā Bhavan. There were about three hundred people, out of which were ah ... at least two hundred and the seventy-five people were Indians. And they all were suffering from some disease or other. I got such a freight [laughing:] and then I was so angry uh with all of them. I said, "None of you are ... are healthy to come to Me." Some were suffering from uh-uh-uh paralysis, **some were suffering from gout**, and all kinds of troubles they had."

**1979-0324 Talk to Sahaja Yogis, Detailed Comments on Shared Early Sahaja Yoga Experiences, Seminar, Session 1 (morning), Part 2, Camp, Bordi, Maharashtra, India**



**Śhrī Mātāji:** About certain diseases in this country also I have been able to find out.

What we can do is -- **one of them is this gout** [common and complex form of inflammatory arthritis], **or what you call this uh-uh-uh ...**

**Sahaja Yogi:** Arthritis.

**Śhrī Mātāji:** ... arthritis. Is absolutely curable. But I was thinking we need not tell them how we do it, because let them come to Realization, then we'll give them. Is very simple.

Is there somebody suffering from that?

**Lady or Sahaja Yoginī:** Yes.

You are?

All right, that is because ...

**Gentleman:** In my neck.

**Śhrī Mātāji:** In your neck?

**Gentleman:** Not desperately that bad.

**Śhrī Mātāji:** Yes, but still, still, it will work out, in no time. Oh uh ah I, I can tell you how it is to be done.

**Gentleman:** Please, thank You.

**Śhrī Mātāji:** But uh-uh ... that's, that's where I may not help you, but all others can. It is because of too much vibrations there, you are getting it.

So-o-o, if somebody, some, any Sahaja Yogi can put a hand.

Uh Regis [Camille]? You put your hand on his back. And uh on his, this thing, and just put your hand outside. And it will all, it will be all going out in the atmosphere.

**1979-1008 Public Program, Maintaining Purity of Sahaja Yoga, Caxton Hall, 10 Caxton Street, Westminster, London, UK**



"You may not, just now, absolutely blindly believe Me, is not necessary. But you must try to get to that.

After all, what is the purpose of your life? Aren't you asking for that?

If you do not get it, 'What will happen?', people may say. or anything. In these modern times, for example, cancer, heart attacks, physically, diabetes, all the incurable diseases, multiple sclerosis, all are awaiting, gout, all kinds of diseases, mental problems, people can't sleep.

It's all going towards destruction! You are being destroyed! Because you have not achieved the Absolute that is required today for your existence.

Today is a very different time. One must know: is the time of Last Judgment that has come. And this is the way you are going to be judged."

**1979-1019 Public Program, Getting to Know Yourself, Gayton Library, 5 Saint John's Road, Harrow (17 kms NW of London), UK**



"I have known people who were ... went so mad with their power of curing, that they started visiting regularly the hospitals. And they ended up in the hospital only. [Some laughter.] They would not even come to programs! They would not even come and see Me!

So this is one of the greatest hurdles you have got: is the vyādhi, is the bodily elements.

And the bodily element also should not take you down too much. If the ... if we have some problem, forget it. Gradually it will improve: with some people it takes time to get all right.

But the ... the main thing is: to get to your Spirit.

So, do not always say, 'Mother, cure me, cure me, cure me!' But just say, 'Mother give me the spiritual life,' and you will be cured automatically.

It may take time in some people, doesn't matter. You have been sick all your life, doesn't matter. Little more time!

And also, follow the methods which I have ... we have told, about different diseases, specially liver in this country, colds, and the what you call this uh-uh-uh gout and all these troubles. We have remedies for all this. Diabetes: we have.

But work it out as a duty towards your body, towards the Temple.

But that should not be the end of your life, that's a very little part. I mean it would be something like cleaning the whole place. And then you get out of it. They say, 'Why did you clean?' "

**1979-1210 Public Program, Christmas and Its Relationship to Lord Jesus, Caxton Hall, 10 Caxton Street, Westminster, London, UK**



"Now these [left-sided] people eat extremely uh imbalanced food as far as proteins are concerned. And in proteins they are so weak that they might suffer from all lethargic muscles, in every way.

So, you can see that these people suffer from cold, they suffer from diarrheas, because the muscles are weak. They'll eat the food, the whole food will pass out as diarrhea. They'll have lethargic hearts, by which they will get a heart which will not pump the blood, swellings in the body. Also, they might get this gout, and these troubles of the joints. They also get the lethargic liver, which gives them allergies. All kinds of allergies come to these people through their lethargic liver.

So now you have to base all these troubles of lethargic organs, of any kind, on the left side.

For example, a person whose eyes are open but he cannot see, is also suffering from the same type of disease.  
"

**1983-0209 Talk to Sahaja Yogis, Sickness and Its Cure, Jangpura, New Delhi, India**



"And when in the body there is too much copper, and you do all this dirty stuff, then what happens, that it ... it [virus] permeates into the being, and settles on the copper.

So now, logically, if you can remove the copper from the body, and make it copperless or you put some sort of a higher uh metal like, say, silver or you put uh ... gold, platinum, anything, to replace the copper, then, maybe, that uh-uh-uh this-ss system ... trouble can be avoided. But copper is essential for body, no doubt. But if you don't have these problems then, uh-uh-uh or you don't go into such habits then, copper is important because that helps you to uh ... to ... for circulation, and so many other things it helps you. **And those who have less copper suffer from gout and other things."**

**1989-0724 Talk to Sahaja Yogis, On Arrival, Āśhram, Josef Melichar Gasse 20, Vienna, Austria**



**Śhrī Mātājī:** Now, some things, like a clay is cool, should be used for the right side, for liver.

**But if you have gout, or if you have arthritis, all that, that is due to the left side.**

**Sahaja Yoginī:** Liver, Nābhī! So left Nābhī? No?

**Śhrī Mātājī:** Left Nābhī, left Nābhī.

**Sahaja Yoginī:** Left Nābhī.

**Śhrī Mātājī:** Left Nābhī.

**For that, you have to use something that will heat it, like ajawāin, like uh-uh-uh, what you call this one is a [unclear].**

**[unclear] there are things [unclear]. There are many things [unclear] which are in effect are heat. They are good for the left side, very good.**

**For example, left side you use the light, you see, and the Sun.**

**But the right side you use water, or the ice.**

**1991-0820 Conversation with Ukrainian Sahaja Yogis, Dacha, Rastorguyevo, Vidnoye (28 kms S of Moscow), Moscow Oblast, Russia**



**Doctor:** Uh Śhrī Mātājī, this is about autoimmune diseases: for example, like in rheumatoid arthritis, in which your own antibodies harm you, for example, in the uh tissues, uh muscles, joints.

**Śhrī Mātājī:** I know arthritis.

**Doctor:** Jī, jī. They ... autoimmune disease.

**Śhrī Mātājī:** In arthritis, again heat with ajawāin.

**Doctor:** From ajawāin.

**Śhrī Mātājī:** And uh ... it's also left-sided.

**Another doctor:** Arthritis.

**Another doctor:** Rheu... rheumatoid arthritis.

**Previous doctor:** Use ajawāin.

**Sahaja Yogi:** Hot, I will!

**Another doctor:** Hot, yes.

**Śhrī Mātājī:** Left-sided.

**Some doctor:** It's left-sided.

**Doctor:** Śhrī Mātājī, we use hot ajawāin?

**Śhrī Mātājī:** Yes, heat with hot ajawāin.

**Doctor:** [unclear], yeah.

**Śhrī Mātājī:** And you can also use other heating things.

**Doctor:** Acchā.

**Śhrī Mātājī:** You can use candle treatment.

**Doctor:** Mh-hm.

**Śhrī Mātājī:** Or, also you can uh uh-uh correct your left side by putting the left hand towards the Photograph, ...

**Doctor:** Acchā.

**Śhrī Mātājī:** ... and put the light, and right hand on the Mother Earth.

**Doctor:** Acchā.

**Śhrī Mātājī:** This comes from the Mother Earth.

You can also do it by using the mantra for the Mother Earth.

**Sahaja Yogi:** Uhm uh mantras.

**Another doctor:** B... Bhūmī Devī.

**Sahaja Yogi:** Bhūmī Devī.

**Previous doctor:** Śhrī Bhūmī Devī.

**Doctor:** Uh ... Śhrī Mātājī, why is it that your own antibodies harm you?

**Śhrī Mātājī:** No, no, what happens is you have low level of calcium.

**Doctor:** Acchā.

**Śhrī Mātājī:** And with that your bones become like that.

**Doctor:** Acchā.

**Doctor:** It is a deficiency of calcium, as well.

**Another doctor:** [unclear].

**Śhrī Mātājī:** There are two types of arthritis. In one there is too much calcium, and in the other there is a deficiency of calcium. There are two types, of arthritis. One is the one, we call it, that I don't know what disease, which pains a lot.

**Doctor:** Gout, gout!

**Another doctor:** Osteoarthritis?

**Śhrī Mātājī:** Hah?

**Same doctor:** O... gout?

**Another doctor:** Gout!

**Some doctor:** Osteoarthritis.

**Śhrī Mātāji:** Yeah, it's one pains. There's a terrible pain all the time: on legs and uh-uh-uh-uh on knees and all that. And another one uh you get uh crippled.

**Some doctor:** Mh-hm. Yes.

**Śhrī Mātāji:** So these are due to the low calcium, deficiency.

**Some doctor:** Right.

**Śhrī Mātāji:** The pain. Painful is due to calcium deficiency.

**Same doctor:** Right.

**Śhrī Mātāji:** And the other one that you have, which is due to too much of calcium.

**Doctor:** The one that cripples? [unclear].

**Śhrī Mātāji:** Yes, the one that pains.

**Doctor:** Pains, acchā.

**Śhrī Mātāji:** I mean, in medical science there is no differentiation.

**Doctor:** Jī. Jī.

**Śhrī Mātāji:** You don't have the same treatment for all.

**Doctor:** Jī. Jī.

**Śhrī Mātāji:** For example, for a person, say, who has pain, you should take phosphorus. Phosphorus -- uh in My book I've written about phosphorus.

**Another doctor:** [unclear].

**Doctor:** Jī.

**Śhrī Mātāji:** Ke [of] phosphorus gives you heat. And with that heat, it improves. They can take phosphorus, if you have pain. Phosphorus will cure it.

And the other one when you have, it is due to over calcium.

**Another doctor:** [unclear].

**Doctor:** Jī.

Uh Śhrī Mātājī, in what form should we take phosphorus? In what form? In food, or phosphorus ...

**Śhrī Mātājī:** What, what?

**Doctor:** In what form should we take phosphorus? In tablets or ...

**Another doctor:** Fish.

**Previous doctor:** ... in fish?

**Śhrī Mātājī:** In the ... in the blood. It is in the genes.

**Previous doctor:** [unclear].

**Śhrī Mātājī:** Phosphorus [unclear] I've written.

Have you read that now, Doctor?

**Doctor:** I think so, Śhrī Mātājī, yes. It's in ... is in Your book.

**Śhrī Mātājī:** Nobody has talked about it so far. But I've said it, that: if there is phosphorus in your genes, then, and if you are a dry person, then it explodes and you get the heat.

**Some doctor:** Right.

**Another doctor:** But how to make it good if you just [unclear].

But what can you take, Mother, to give phosphorus?

**Śhrī Mātājī:** Phosphorus?

**Same doctor:** Can you take?

**Śhrī Mātājī:** Itself, phosphorus, you should. There are ...

**Same doctor:** You can buy it?

**Śhrī Mātājī:** Yes, you can buy it.

**Sahaja Yoginī:** [unclear].

**Śhrī Mātājī:** Phosphorus also in uh, we can say, in certain salts there are phosphorus.



**Same doctor:** Ah-ha. Yeah.

**Śhrī Mātāji:** They also take uh-uh-uh ... [unclear] ... seaweed.

**Same doctor:** Right. Yeah.

**Śhrī Mātāji:** That has phosphorus.

But it gets cured just by meditating.

**Doctor:** Acchā.

**Śhrī Mātāji:** There was one lady who was so badly off, she could not even sit on the ground. Then I told her, ``You do your right side uh this thing, treatment."

**Some doctor:** Mh-hm.

**Śhrī Mātāji:** She's all right, she's walking or she sits on the ground on the ...

The another one is difficult.

**2000-092x Conversation with Sahaja Yogis Doctors, Questions and Answers, Āśhram, Montpellier Road, Ealing, London, UK (other month 10)**

