

Overview

- Meditation
- Why, what, how...
- Talk by Shri Mataji
- Hand massage, short example
- Meditation





Vibrations
Why, what, how...

Love and innocence

Selfrealisation, how ?

- When **the Kundalini** rises with a few strands, She opens the chakras a little bit, because She **gives vibrations** to the chakras. Also the Kundalini starts emitting vibrations on the sides, so all the 1000 nerves can get enlightened, gradually opening the Sahasrara more and more.
- Sahasrara has to be open, so the Kundalini emerges out (you feel the cool breeze) and it enters into the subtle energy, which is all pervading. Then the Chaitanya (divine vibrations), which is part and parcel of this energy, starts entering in the limbic area. The limbic area is connected to the brain and all the nerves. So these vibrations start flowing onto (nourishing) the nerves, giving you the new awareness and opening your chakras more. So new strands of Kundalini can rise. (Positive feedback loop)

What is enlightenment?

Enlightened means vibrations start flowing, this is a very big thing

You become subtle like an antenna, receiving the vibrations

Without connection, you are not enlightened: you can't feel vibrations

Kundalini gives you enlightenment



Why are vibrations so important?

- Vibratory awareness
- Sixth sense
- Decision makers
- Pure knowledge
- Life guide, discrimination
- Balance, cure
- Collective awareness
- Joy



Why are vibrations so important?

- They detach you from your mental activity
- Take you out of the illusions (ego and superego)
- Show you reality
- Only way to ascend



Vibrations and science

Scientists have measured emotions in Hz. They measured pleasant emotions have high Hz frequencies. Compassion: 150 Hz. Unconditional universal love: 205 Hz!

Unfortunately, a lot of people drive in lower vibrations, because of various disturbances: fatigue, emotional exhaustion, chronic diseases, fear, nervous tension.

The Corona virus has a resonant frequency of about 5.5 Hz to 14.5 Hz. From 25.5 Hz and above the virus dies.

Viewpoint science

- The human body whose soul is healthy vibrates in higher ranges.
- All negative emotions close access to a clear conscience. Advice: vibrate high, vibrate love, be love, be in joy, heal your wounds, quickly get rid of your fears, your anger and free yourself from those emotions which lower your vibration. Like: irritation, anger, fear, feeling of superiority.

Vibrations of planet

- Planet base frequency: 7.8 Hz, Schumann resonance. Spikes?
- Gamma brainwaves are 32 – 100 Hz and are correlated to higher awareness as well as high amounts of love.



Four types of vibrations

- Electromagnetic: like universal telecommunication (as phone), over the whole world and there is sound, you can record them
- Emotional: there is joy in them
- Love: vibrations go where needed out of compassion



Power of love

- Vibrations are love
- Love works through vibrations
- The Spirit works through vibrations
- It emits light so you can see in a subtle way



Pure knowledge

You can only feel vibrations, when you are thoughtless; then the vibrations give you pure knowledge (beyond the mind)

Vibrations act, report and think! They guide us, talk to us, help us, report to us. Tell us what is right and wrong

Cool vibrations tell you the truth; the Spirit is happy; warm or absence of vibrations, tell you something is against your ascend and against the benevolence of the whole; the Spirit is not happy

Improving vibratory awareness

- ◆ Massage with vibrated oil your head, neck, shoulders, back and hands
- ◆ Vibrations sit on fat, nerves is made of fat, your brain is also made of fat. Oil soothes the nerves.
- ◆ Hold your hands on the level of your heart and use your hands
- ◆ Sing mantras for the Vishuddhi



Improving vibratory awareness

Watch / listen to Shri Mataji's talks

- ✓ Listen without thinking
- ✓ Her voice works on our Sahasrara and on our Kundalini
- ✓ When Shri Mataji speaks vibrations flow



Improving vibratory awareness

- Protect your neck / head with a shawl / hood
- Right hand in ice, left hand in fire (shortly!)
- Watch everything, witness with open hands
- Flow is always there, direct /



Cooking / Art with love = vibrations

- Food: Eat it, cook it and give it with (high Hz = detached) love; eat with hands
- Eternal art / music has vibrations and is loved by many: Mozart, Rembrandt, Blake



What affects our vibrations?



What stops vibrations?

- Guilt: you cannot feel vibrations of the left side properly because the guilt is sitting on the nerve.
- Not recognizing the Divine, doubts, thinking (mind)

Respect yourself, your body emits vibrations. You are the instrument through which the vibrations flow.



Singing with love

- Song about the Kundalini



We will listen to...

- ❖ Sahasrara Puja, Realise your own Divinity, 5 May 1991, Italy
- ❖ What are vibrations? 12 September 1978





Meditation

Clearing chakras