

Reflections on “The Real Becoming”

_1. In the talk Shri Mataji says, “Absorption is the only way you grow.”

1a. What are we absorbing?

1b. How do we absorb?

_2. When ripples on a lake cause diffusion, “there’s confusion.”

2a. What causes ripples on the ‘smooth lake’ of the attention?

2b. What’s an example of the confusion that is created by ripples on the lake?

_3. “Sahaja Yoga is becoming; is awakening.”
What are we becoming?

_4. What is a good attitude to have when you feel a strong catch?

_5. Have you ever not done anything and something worked out?

_6. “When you are the master of this house you can enter into any place.”
What does this mean to you?

_7. “If you do not drag Me down I can pull you up very fast.”
In what ways can we ensure that we don’t drag the divine attention down?

_8. “It should happen to you, that’s all. Allow it to grow.”
8a. How can a left-sided yogi “allow it to grow?”
8b. How can a right-sided yogi “allow it to grow?”

_9. “Sometimes in the basics there are mistakes.... ‘Oh, that is still there.’ Take it out. You have to weed out these things.”
What new insights have you learned recently (maybe in the past twelve months) to help you or others “take things out?”

Reflections on “The Real Becoming”

_1. In the talk Shri Mataji says, “Absorption is the only way you grow.”

1a. What are we absorbing?

1b. How do we absorb?

_2. When ripples on a lake cause diffusion, “there’s confusion.”

2a. What causes ripples on the ‘smooth lake’ of the attention?

2b. What’s an example of the confusion that is created by ripples on the lake?

_3. “Sahaja Yoga is becoming; is awakening.”
What are we becoming?

_4. What is a good attitude to have when you feel a strong catch?

_5. Have you ever not done anything and something worked out?

_6. “When you are the master of this house you can enter into any place.”
What does this mean to you?

_7. “If you do not drag Me down I can pull you up very fast.”
In what ways can we ensure that we don’t drag the divine attention down?

_8. “It should happen to you, that’s all. Allow it to grow.”
8a. How can a left-sided yogi “allow it to grow?”
8b. How can a right-sided yogi “allow it to grow?”

_9. “Sometimes in the basics there are mistakes.... ‘Oh, that is still there.’ Take it out. You have to weed out these things.”
What new insights have you learned recently (maybe in the past twelve months) to help you or others “take things out?”