

Group Activity - Absorbing and Changing

- _1. What prevents us from absorbing all the divine energy in a meditation or puja?
- _2. How can we improve how much divine energy flows into us?
- _3. What has changed in your way of talking or behaving that shows the positive effects of Sahaja Yoga?
- _4. What do you do when you meditate to make the environment quieter?
- _5. Have you noticed a change in yourself — a moment when you knew you were no longer the person you used to be?
- _6. When you are reacting and feeling obstinate, what could someone else do to reduce your resistance to change?
What has another Sahaja Yogi done or said that helped you change?
- _7. Do you remember something that Shri Mataji said that helped you change?
- _8. What are some ways you can “give fragrance to others” like how a flower gives fragrance?
- _9. Can you think of an example that shows the difference between “intelligence” and “wisdom?”
- _10. What holds us back from changing — from transforming ourselves?

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