

### LA960 25/2/01 Risposta immediata: Meditazione :Rinnoviamo il Se'

Siedi in posizione facile con le gambe incrociate, Solleva le braccia all'altezza delle spalle in modo parallelo al suolo di fronte al torace, separate di circa 10 cm. Con i palmi rivolti in basso, destra sopra la sinistra. Chiudi gli occhi e **respira lungo e profondo Ispirando attraverso la bocca a forma di O ed esalando dal naso**, usa il diaframma, il potere che viene definito di Udayana Bandh. Continua per 11 minuti Alla fine ispira profondamente, trattieni e strizza le tue spalle più che puoi, tira in dentro il collo ed espira. Ripeti altre due volte.



Tu hai la facoltà di rimodellare e ricostruire te stesso. Questa meditazione consolida tutte le tue facoltà e sfaccettature per dare loro un nuovo punto di partenza. Respiro dopo respiro ricostruisce e potenzia il tuo proprio Se. Come goccia dopo goccia porta all'inondazione. Concentrati profondamente e mantieni la posizione di uno Yogi, l'Asana guiderà i tuoi tattwas, il respiro trasporta la tua forza vitale, se tu potrai concentrarti, a condurre il tuo sistema ghiandolare su un nuovo punto che lavora. Quando il tuo corpo sarà capace di maneggiare l'energia che produce. Allora potrai concentrare il tuo respiro ad usare il suo potere per andare ad attaccare le malattie nascoste ed eliminarle.

Libera la tua esistenza dai dolori del corpo. Metti la tua energia su una nuova strada. Concentrati, unisci la tua energia con la sua sorgente. Allarga il tuo orizzonte ed il tuo punto focale. Non c'è nessun amore senza sacrificio e non c'è nessun sacrificio senza amore. Mantenendo la posizione stabile i cambiamenti avvengono.

If the moon does not reflect the sun and does not wane and wax, there is no growth on the planet. Seeds will sprout and die. The male is a sun—warm, stationary, stable. He shines. If a male does not have these three qualities, he is not a male. The moon wanes and waxes and reflects the light of the sun. If the male and female get to that relationship they will be prosperous, happy and fulfilled. Otherwise it is push and pull. It becomes a story. You are not part of the story of your life, it is the story of your mother, your father. Your story has to be totally yours, and you have to clean everything out. There is a sacred law: No matter how poor a woman is, how poor a man is; if they are together there shall be sweet grace, social grace, personal grace and life. But when they are not together, it will not be acceptable. If you openly defy the law of nature, you shall have troubles and suffer. We develop patterns and become a slave of our patterns. We lose our freedom, our sovereignty, our identity. The problem is that you love each other, live with each other, and at each other, because you cannot digest each other and come to a mutual understanding. Even the moon and sun get eclipsed. You are no exception to the rule. If you decide to do what you are going to do, you must face the consequences. Do not blame others. Blame what is in you that made you start the sequence. If thou shalt not deliver, God shall deliver. When you make an appointment, you will get a disappointment. But if you do not make an appointment, just be yourself—nothing will go wrong for you. You will find a natural path. When you cannot develop your elementary nature, Bhagwati—anything which exists on the Earth, including you—does not touch the boundary of Purkha, the natural Law of Dharma. Karma has to be paid. Karma is a debt. And karma has to be paid dharmically, religiously. And so we pay homage. Touch the feet of a man of God. Hug him, touch his hand. He will say, “God be with you.” Why? You reach out kindly, humbly—you shall be blessed. It is the law. When you bow you will be blessed. In all your life, your whole incarnation, you need one blessing. That is called *“Touch of the Master.”* He does not tell you about himself or yourself. He tells you about your destiny and blesses you. Riches and poverty do not make a difference. The person who goes through riches and poverty is you. It is *YOU* who matters. It is a simple problem—if you do not touch the Master, you cannot touch the world. Are your transmission gears right? When the times call on you, do you act and not make a mess of it? When you deliver, a man delivers. When “Thou shall deliver,” then God will deliver. And that is the difference between God and man. Prepare yourself mentally to have a meditative mind, a mental capacity, which automatically changes gears as you face the life.



**BUJUNG KRIYA - For Wisdom and Understanding** *Sit straight in a cross-legged position. Form a cup with the left hand at the navel. The right hand is held in Gyan Mudra to the side at neck height with the elbow relaxed down. Put your tongue out, keeping it flat, and firmly lock it in position with your front teeth. Eyes are closed. Breathe deeply, sucking the air around the sides of the tongue. Continue for 11–31 minutes (never go more than 31 minutes). To end, perfect the posture, inhale deep, hold, then Cannon Fire Exhale. Repeat 2 more times, tightening the entire body. Relax.* This is the most powerful kriya in the science of yoga. The habit to falsely call, “Wolf! Wolf!” will leave your personality. This breathing will give your nerves standardization while giving power to the central nerve

## **NM365 A01024 On Communication II Effective Communication Eliminate Inner Conflict.** *October 24th, 2000 - Espanola, NM, USA #NM0365*

**W**hen you speak to someone, you project where you are coming from—to project from the soul, your thoughts need to be universal. When you speak to someone, determine whether you are talking to the head, the heart or the soul of the person—to speak to the heart you must speak internal truths. In communication we express individual thoughts, feelings, commotions and emotions. Pain and hurt are pocketed in our individual commotion, holding us back so much that we cannot communicate. We listen and talk only when our emotions are satisfied. We develop prejudices, and do not see the soul and heart of another person. That is why it takes time to find an angle that another person can understand. For communication to work, your spirit must be behind it. Normally, in our communication we judge. There is no consideration of other people's mental development and experience, or of their bright and shining souls. Normally, in our communication we express need, "What will this do for me?" We forget that we have a soul, a mind and a body. Our normal communication is to yell and scream, to need, want or seduce. We act this way to get something, without knowing that things will come to us when we are in communication with our soul. I have to keep my spirit with me. I need to be in communication with my fluctuating mind and my decaying body. This is essential. This is why we do sadhana—to feed our souls. Only the soul can control the fluctuating mind, when it comes forward and says, "I don't deserve this." The spirit says, "No! I don't have to put myself through this mud." Your human touch, your power, is exactly what you communicate with your spirit. Life's enjoyment is to be mutual—simple, straight and straightforward. Many people waste their life in arguing. When you are not satisfied with what you have, you blame others for your problems. If you accept your state of being, there is no problem. Life has an essential reach for itself. We have to reach out.

**Meditation - Eliminate Inner Conflict** *Sit straight in a cross-legged position. Interlock the fingers in Venus Lock (with the thumbs interlocked and the hands forming a cupped position) in front of the solar plexus. Eyes are closed. Chant, listen and understand the mantra Humee Hum Brahm Hum by Nirinjan Kaur. Continue for 22 minutes. To end, inhale deeply and hold. Did you hear what you were saying? Raise yourself to that consciousness, to understand what you were saying deep in your heart! Exhale. Repeat 2 more times. Relax. You must hear and understand what you speak. If you do not develop this ability, you will not have knowledge of the universe. Your inner*



conflict will take away all your energy and sense of reality. Once you speak, hear and understand "Humee Hum Brahm Hum," "We are we, we are God," all conflict in your personality will disappear. Non-verbal communication is the essence of our inflow. When you are self-rejective, when you are scared and have a non-communicative nature, you cannot say to someone, "I love you." Non-verbal communication can be a release of commotions, or, when active, it can become flirtation. Sometimes people are obnoxious, and even though you are conscious of it, even if you talk reasonably, and you are innocent and sincere, you are hurt by them. When innocence does not work, you pocket your grief in a non-communicative hell. When your intuition is developed to know where things are leading, but you cannot say it, that pain and pleasure together is nonverbal communication. There is a lot of non-verbal communication instead of communication. You all do it, and deny it. You speak in a way to slip by and are non-communicative about it. When you like somebody passionately and cannot say a word, your non-communication sinks the ship. Non-verbal communication can also save you from expressions which your body undertakes instead of verbalizing. Sometimes, instead of ending up with what you have to have, you end up with garbage. When you stink, you try to cover yourself in a very non-communicative way. For effective communication, poke and provoke—involve the other person. Confront—confrontation is the only reality we have. Then elevate, enemies and friends—to reality