

# K.R.I.Y.A.S. 63 P. 125

## LA025 780410 MEDITATION TO AWAKEN INTELLIGENCE

### **General Position:**

Sit in easy pose with a straight spine.

### **Hands:**

Hold the left hand over the navel point with the palm in. The center of the palm should be centered over the navel point. The right hand is stretched out as straight as possible, with the fingers together and the thumbs stretched back.

### **Arms:**

Left arm is relaxed. Right arm is raised as if taking an oath. The hand and arm should be in the same plane as the body. (A line running through the shoulders will go through the hand as well.)

### **Legs:**

Sit on heels or cross-legged.

### **Breath:**

Deeply inhale and completely exhale as the mantra is chanted. Be sure that there is no breath left in the lungs when the mantra has been completed.

### **Eyes:**

Close the eyes.

### **Mantra:**

Chant the following mantra in a monotone voice as the breath is completely exhaled:  
"EK ONG KAR SAT HARI"

**Emphasize the Hari.** The other syllables should be about- equal in duration.

### **Locks or other conditions:**

Stretch the hand as straight as possible and lock it for the entire meditation.

### **Mental Focus:**

Focus on the breath and on the mantra,

### **Practice Conditions:**

The keys to this meditation are holding the right hand stretched out perfectly straight and exhaling all the air from the lungs as the mantra is chanted. Hold the spine very straight.

### **Length of time:**

Continue for as long as is possible.

### **Comments:**

This meditation can awaken the intelligence in anyone who practices it.

The mantra is for those who believe in energy.

This meditation measures a person's diversification in his mental capacity. If your hand can stay stretched back to the extent that the palm bulges out it means you are blunt and can say things nobody else can say. If your hand bends forward as if it were cupped, it means you are wish-washy. A straight hand is normal.



# K.R.I.Y.A.S. 62 P.123

## LA026 780412 THYROID - PARATHYROID MEDITATION

### **General Position:**

Sit in easy pose with a straight spine, or in any meditative pose.

### **Hands:**

Grasp the opposite arms above the elbows with the hands. The thumbs are with the fingers rather than hooked around the arms.

### **Arms:**

Extend the hands straight out in front of the body parallel to the ground. Bend the elbows 90 degrees and cross the right arm over the left arm.

### **Legs:**

Sit with the legs crossed, or in rock pose or in a chair with the weight of both feet equally distributed on the ground.

### **Breath:**

Deeply inhale and completely exhale as the mantra is chanted. Be sure that there is no breath left in the lungs after the mantra has been chanted.

### **Eyes:**

The eyes are almost all the way closed.

### **Mantra:**

Chant the following mantra in a monotone voice as the breath is exhaled:

**"EK ONG KAR SAT HARI"**

There are seven beats to the mantra. "KAR" gets three beats. All other words get one. Each repetition takes 6-8 seconds. Be sure that all the breath has been exhaled from the lungs by the time the mantra has been completed. Emphasize "HAR".

### **Locks or other conditions:**

Keep the arm position locked in place and perfectly straight at all times.

### **Mental Focus:**

Focus on the breath and on the mantra and be sure to exhale all the breath as the mantra is chanted.

### **Practice Conditions:**

Keep the spine perfectly straight at all times. Do not bend forward or back. If done correctly there should be absolutely no pressure on the lower back.

Length of time:

"Do it as you please." There are no restrictions on time.

### **Comments:**

This mantra strongly works on the thyroid and parathyroid glands. It relates to all your brain centers. It is a tonic for individual growth and energy, and very powerful for the spine.

Figure No.



## Balance the hemispheres of the brain



We are trying to understand today through a simple sadhana. It is not long, but a hard one.

**7 minutes:** This is the saturn finger. Make a lock and make this hand sixty degree. Three fingers up and same way do this. Put it in sixty angle. Just sit straight. Don't worry about it, what you are doing. By your own right. If I do wrong, don't worry. But you do right. This hand is open like this backward. This open upwards. This hand is backward open here. And this is like this and here you are. Saturn finger on both. Touched "**shani**" **mudra**. That you know. Three fingers, some fingers will be like this, some not straight. But try to make them straight and stretch it out like this. Correct.



Now close your eyes. And take a **long breath in four strokes. And let it go.** Go ahead. Take the maximum breath in four strokes. **One, two, three, four. Let it go.** One, two, three, four. Then let it go. Like that. By the fourth your chest should be full of the air. (**SSS plays the gong**) Do it honestly. This is a kundalini yoga, you want to arouse your kundalini, give you all the energy and you can't do even exercise for five minutes. What do you think is going on? **Inhale deep.**

**3 minutes: Change your hand and now do breath of fire please.** If you know what is a breath of fire, you know what it do for you please do it. (He plays the tape Sat Nam Wahe Guru Singh Kaur) Inhale.



can  
by



**4/5 minutes:** Put your hands in your lap, left over right. Put your spine straight. And deeply meditate. Inhale deep. Relax.

Let us sing happy Birthday to Shanti Shanti Kaur. Is today May 27th, right 1987. She didn't write how many years old she is. But it is okay. It is a secret ladies like to keep. But somehow let us all sing. Now treat will be served to you after the class. You deserve it.

May the long time sun shine upon you, all love surround you and the pure light within you guide your way on. Class chants Saaaaaataat. Nam.

Blessed are those who bring peace to the unpeaceful environments. They cause peace to those who need it, serve it, share it, advance it, work for it. Peace and tranquility. Grace and divinity may all come to those in prosperity and happiness, health. Those who believe in the balance of tranquility of God's peace. Sat Nam.

The word is the expression of God and it is the expression of the unknown infinite

Oh chakras, wow. Well. **Some time** and most of the time on medical grounds we do not understand **why we are sick. Sometimes** or most of the time we do not know why **we are unhappy, why we are depressed.** Because **we have ears but we don't listen. We have eyes. We don't see. We have nose, we don't smell. We have tongue we don't speak.** And it is not something we should feel depressed after hearing it, it is a reality of our life. **The brain is not trained to compute things faster at the speed.** They say **our brain uses only three to five percent maximum.** Can you believe ninety five percent brain going waste. Do you understand that? What a terrible loss. The sharpness with which we can think and understand is not that there. The strength and depth with which we can commit is not there. **We do not handle our life properly. And then we feel depressed** and our ego is so good when we listen to somebody's advice it doesn't suit our emotions and our feelings we don't want to hear it. It is a very funny thing. Once a woman wanted to marry somebody and she asked me. Sir, what is your advice? I said, "Honey, you are getting married. He is getting married. But this whole thing is upside down. How come?" I said, "You told me to check it out. I have checked it out. Twenty seven women he has already ruined on record. That is his record. That is his admission. Now what is untold I do not know." "What do you mean?" I said, "You will be twenty seventh. Investigate it." Instead of investigating she told him, "Doesn't matter what I want to marry you." He came to ask me, "Sir, I told you something private. Why you told her?" I said, "No, I just quickened the marriage. Go ahead, marry her." **His total subconscious style was exactly the same with that woman. Not an iota of difference. So our brain has values, has waves but it has weather. Constant weather, tropical. Some brains have tropical weather. Some have north pole weather.** You see people from their clothes you can understand how they look like and how they want to look like. Some people with no good clothes will look modest. Some will look flashy. Some will look showy. Some will look available, trendy. Some will look this way, some will look that way and do you ever ask this question, why, what is behind it? Behind is not a fashion. People find fashion for themselves because people want to express their subconscious in a conscious way. That is what goes on. There is a situation, before coming here I was stuck on the telephone and I couldn't. Neither I could leave or I could come you know. And I wanted to come seven thirty to finish it and go ahead. The question is, question was asked, why this guy is doing. I said, "This guy has to do it and I am not feeling sad about it. He has no love his father, he was never rich, he has nothing. Then I told the story. Story is, there was a riverlet in which boys were playing, you know in water kids play in summer. They were playing and Shiva and Parvati passed by and Parvati said, "Please stop." He said, "What is wrong with you." He said, "Lord, you are the Lord of the Universe, do you see downstairs what is happening?" She said, "What is happening?" He said, "Look that boy is born blind and these kids are all eyes and because they are blind they are doing him so terrible jokes and he is drowning and they are picking at him and they are doing all. The guy is blind he can't see it." Lord Shiva said, "You think I

do injustice." She said, "No." He said, "You know it is not injustice he should not have eyes." He said, "All right let's go." She said, "No, way. Wrong. He may not have eyes I agree but he cannot be teased to that point." Lord Shiva said, "Parbhathi don't try to be big mother. This guy doesn't deserve eyes. We didn't give him with the point of view that it is safe. The world is safe." She says, "The world is safe, the guy is not safe. He has no eyes, look what is going on. It is not fair. I am going to give him the eyes." He said, "Well, honey, I cannot tell you anything, whatever you want to do you always do but it will be a mistake." She said, "All right let me commit one mistake." And she said, "So be it," and there the guys got two big bulky eyes, saw everything twenty, twenty. He look around and he said, "You guys teased me." He said, "No." He said, "I will tease you all." He grabbed four of them put them under feet, grabbed four of them, put them in hand and drunk them all. In twenty minutes there were eight dead bodies in that stream and Lord Shiva said to Parvarti, "Hello, look around. They were only teasing but look what he did. There are eight kids dead." She said, "Okay." She took away the eyes and make those eight to swim again, realized the mistake is not good to cross the husband right on the spot. But basically what I am explaining to you is these stories are there to let you know how people who are poor should be poor. When they become rich they create a havoc. Because money is not anything but it is an energy. Money is what money does, money cannot have a direction. Direction is a man. If money comes in the hand of negative man, he will not let the whole neighborhood in peace. You have seen those western movies. The guy moves in the valley. It is a very peaceful, loving, beautiful, darling valley. Everybody knows everybody. Everybody barter with everybody. Everybody protects everybody and this guy starts buying things and getting people out and finally he wants a big development and after a while the valley is all gone and dead. You know that and you know one thing very common. When the stocks and sheep people were fighting all the way and running for the grazing grounds and. Power is not very peaceful if not directed right and people do not have capacity for a powerful solution. The greatest power which you all suffer with these today is a mirage of love. I am convinced after eighteen years living in the United States that the Western world doesn't know what the word love means. For them it is an emotional bait to dream a situation. Because I don't want to blame you because you don't have a sisters love. You only have a man love and a woman love. There is no brother and sister love here. There is a relationship. You have a relationship of a sister and a brother, you don't have a love of a sister and a brother. It doesn't have any strength, it is just kind of a shallow thing. You do not have a love of an aunt and an uncle. But somewhere there are examples where aunt and uncle have proven better than the parents. You do not have the security of the grandparents though the affection is there. But everything is in one's way. It is not a comprehensive flexible situation which can flow and adjust itself to bring peace. So there is a tremendous amount of lacking experience in the subconscious hidden there as a pain. It is not something we like or won't like. We do a lot of things because we are hurt. And we develop a subconscious shield to protect ourself from the hurt. So we have a character. Let me hurt the person first before he hurts me. I was asking a woman. I said, "Honey, do you know that your husband these days is not acting right." She said, "I would like to talk to you sir these days for

a while but I have a situation to take care of it. I have to go and bring my child from the school." I said, "Thank you." Matter end the way you know I didn't have a time to see. It was lucky coincidence we met. Then I looked at it. Why should I talk to her. It was very important for her to go and pick up a child from school. She doesn't know that her husband is screwing up the whole world and there is not going to be marriage very soon. For her it is not very important. Why should it be important for me? Why I go out of the way to tell her to watch her own home. Take care of your home front. It is just the story I remember. I remember the watchman came and told the owner of the house. "Sir, can I go in the house and check up." He said, "What is wrong with you. We are going to the party." He said, "I do not know. I heard some wall knock. I think somebody is making a hole in the wall and entering your house. It may be a thief." He said, "Shut up. No thief. Don't bother our party." All right if there is a theft you are not to be responsible. Walked away. When came back they had to sleep on the floor without sheets. There was nothing left. Thieves had a party too. Coincidence in our life and accident in life is sometimes that we do not have our weather in our brain. Tropical rain, heat, wonderful, relaxing, laziness and what we need to do and compute is very high priority fastness. We can't afford it. There are waves in our brain, somebody's mother has not loved the person. Now everybody in the world is being beaten up for that. It is totally ridiculous. You can find classical examples of show offs. I was telling somebody I said, "Thanks to, these are not diamonds but if somebody would not kill you for these diamonds I do not know. What are those stones called. No rhinestones, what is this new thing, new fad these days. Rhinestones. Shoes filled with rhinestones. Pants are rhinestones, blouse rhinestones. I think whatever that thing they called, they wear under, that might be rhinestone. I do not know what is going on. And do you know once you wear a dress and look in the mirror you walk the whole day you never look at your dress. So who is selling the rhinestones and who is buying it subconscious. So in your activities there is a root to it. For every conscious act there is a subconscious phenomenon. For every subconscious phenomenon there is an unconscious reality. That is how it works. So if you do not have touch with that unconscious reality doesn't matter which Phf you are, you are going to find your subconscious phenomenon and if you do not have intelligence to bisect the subconscious phenomenon you will never find your conscious activities. Why you do it? And that is where the mishap normally happens. Now this is a dharma. Everybody has a place. Do you know some people who were introduced to dharma they are not here and those who were introduced are the leaders of this dharma. Do you know in this dharma there were people who were leaders they are not there but their ordinary student who they thought are just so, so are still continuing. Because we do not have a high intelligence capacity to relate in our life to our inner being. We have everything to put rhinestones. If we cannot afford rhinestones we can afford diamonds. We want to show our outer richness. You know where the problem is. What I am talking to you tonight. The problem is when you show outer richness and you are not worried about your inner poverty. When you show your outer fulfillment and you have shallowness and emptiness in you. And when in and out are not together what is together. Are you living in a human body or a haunted house. Outside you present you are somebody else and inside your host is

something else. How people will love you? They won't. In the western world love is when things are done according to your taste. I know. I am not blaming you. That is the way you have earned it but that is not what love is. Love is when you have a deep understanding and you are convinced somebody is wrong you still have a compassion to not make it feel that person. That is what love is. Because love makes you in experience of oneself within oneself to the entire universe. That is what love is. Love is not what you feel. I have explained to you so many times. That for God's sake, just understand what love is. Love is not what you want. Love is not what you don't want. Love is when you want and don't want, you don't want to hurt anybody. Your kindness and compassion has no limit. The problem is, what you want outside you cannot get inside. Because there is nothing inside. Some people develop their insides, they go to the mountains. Isolate themselves. They are very happy with their inside. They enjoy their insides. They are always in ecstasy. Does anybody get benefit out of it. No. Once I had a very terrible trouble with somebody. Very religious man. He was on silence. Wanted to see me. Neither I could say no nor I could yes. I said, "Okay let me see him." He came, he had a slate hanging on his neck. He wrote on that and wanted me to write an answer. I told him, I don't want to do this first standard exercise. Why should I write the answer, why can't you talk? If you play dumb then be dumb. That is it. Then don't ask questions, don't get an answer. Have fun. I look at you. You look at me. If you don't want to talk fine. You should not even see. Close your eyes. And put lead in your ears. That is it. And stitch your mouth. How can I eat. I said, "Doctor can put in a stomach a pipe." "You don't like me." I said, "No, I curse you. You are the most stupid holy man." "Why you say that?" I said, "Because God gave you gift to talk." "Naadam, sara naadam, sara somta sohung." The word is the expression of God and it is the expression of the unknown infinite. I said, "What are you talking about? You can't even talk. What a discourtesy. You write on the slate. I read it. I read the answer on slate. What is this game." "I took a vow." I said, "Before whom?" "Before my teacher." I said, "Stupid is the teacher and blind is the student. That is not vow. Teacher can put you on a silence. Then be silent. Don't hang on with the slate. The be somewhere sit down and just don't talk." "But I have to live." I said, "Ask your teacher." "Pana guru, duba moheh chaleh." Blind teacher all student gets drowned. Because the blind Guru took them into the very powerful Solna river. Everybody washed off. So don't follow people, don't follow philosophies, don't follow your spiritual teacher if your spirit is not with him. Leave him at home. What is the idea of following a spiritual teacher if you do not have the spirit to understand what he is saying. You have the right to ask questions. Verify yourself. You have the intelligence and consciousness. But what is the idea to talk and listen and not do. But you are not at fault. You don't listen to yourself. How can you listen to your spiritual teacher. You don't listen to your own soul. That little voice. You know these are very funny days. I am grounded now. It is fine. I am not well, I am not supposed to do this. Fine. But I move around relaxed and now because I go to hospital to hospital, doctor to doctor. In between I see the world which I never used to see. I used to go to work come back, you know all channeled. Now it sometimes time to look around. And I look at myself and look at these people. All I see is, all of you has one very strong point. Extremely strong, that you are three

fourths of the way committed. I do sometimes see people turban off and pant you can even see through pants. Once in a while, it is not everyday affair. But I do see funny people and I see funny people all the day. I look funny to most of the people myself. So I know what funny looking is, so there is no problem. But the question is conscience, the question is not what you wear. Question is not what you eat. Question is not what you talk. Question is when you look for whom you want to look. That is the question. "Soee rania dukasameh paneaa." Those are the queens who are the beloved of their lovers. "Soee rania dukasaheh bhaneaa." Who was, "bhanaa" means who was, in absolute melody with their master. If you dress up with a mink coat and with a straw hat and on with a jeweled belt and all that and you want to go to a dinner with me. I do not know which restaurant I can take you except to Taco Bell, well naturally my situation will be that this queen of Hollywood met me on the road and a holy man I am supposed to feed her and the most open place is the Taco Bell. She can have taco ninety nine cents and she can go in her Rolls Royce wherever she wants to go and I will walk back home. There is no communication. Communication is not what you say. Communication is what you represent. Communication is not what you represent. How you represent. What form you represent and what is the purpose behind. And what is the strength behind it? Because you got married and you got the license from the county you are husband and wife. That is not true. That license is just the documentation. Because you love somebody and somebody loves you, that is not the love if there is no understanding, infinite understanding. If there is not infinite commitment there is no marriage. If there is no infinite understanding there is no love. "Guru Tegh Bahadur boliaa gurshabdee eh man horee. Bhaee jinaa deh pakreea sir dejay bae na choreaa." Guru Tegh Bahadur said so. Thus speak the Guru Tegh Bahadur. If you hold the hand of somebody let the head roll don't let the hand go. If the mind has gone beserk or it is not together with Guru's words you can hold it. Why Gurus words. Because Gurus words speak above you and speak to you a universal truth. Somebody was one day asking question, Sir how you deal with person so and so? I said, "What is the problem?" Oh that person was very mad at you." I said, "Yeah. You saw it." "Yeah." I said, "I saw it, I dealt with it." What is the problem, your problem. But how? I said, "That person had no other place to go but to be mad at me. So not only that person is mad at me because that person is mad at me, but that person is mad on that tree, therefore he is mad at me. That person is mad on the electricity, he is mad at me. If that person gets mad on the meter maid then it is mad on me. Don't worry about it. I said, "How come meter maid?" I said, "Somebody gave twenty eight dollar ticket for wrong parking and I got half an hour lecture because I am the councilman, I passed the law. And I wanted to pay twenty eight dollars, there was no, no to that. I said, "I won't pay." Then why this stupid. Stupid this thing, I don't know that on Tuesday or whatever the day was I am not supposed to park this way. Then tell me what you can do about it. Because stupidity is when you come to the road you don't read any signs. Signs are silent. Not reading that silent signs shall cost you twenty eight bucks. You know what I am saying. There are silent signs in the world. If you don't read them they may cost you your life. And one of the most silent signs is, do no wrong to anybody through your tongue. Smiles can win the worlds and frowns can

lose it. Always be very nice. The greatest seva is not to give somebody food. The greatest seva is not to give somebody money. Greatest seva is not love somebody. Greatest seva is not to help somebody. Greatest seva is to give somebody the understanding. Greatest sharing is to share your understanding with somebody. This world of ours is the most beautiful phenomenon and every brain, every shashara has a weather. Some are cold like the north pole, some are tropicals and some are just like equator. But within those weathers you may not fit in the places. Think of the man who has a brain weather that of the north pole and he lives in Sri Lanka and think of the man who has a brain weather of Sri Lanka lives in Northern Canada. That is why most people are not very careful about their appointments. Most people are not very careful about their life. Some people are so careful about their appointment that they can kill a person actually by missing an appointment so it works both ways. Because mostly people have very less capacity developed in their brain to adjust to normalcy. There are some people who are negative. You touch them, you deal with them, you love them. Whenever their time will come they will ruin you. That is their satisfaction. They are scavengers of the society. They pray on the dead. If they cannot pray on the dead, they bring the circumstances which will kill you. And then they will enjoy it. They are behind destruction. They can't do things themselves they bring everything in the society possible to kill you. Kill your happiness.

In the sixties you might be remembering we used to call them psychic sharks. These are people who come and talk to you, have a lunch with you, by the time they leave you are almost eaten up. Lunch you eat or not but you are gone. Because they put such a stupid guilt and insecure impression on you, when they leave there is nothing left. Now how can you have these people in society? How can you deal with such kind of people? There is nothing left. They talk stupid, they talk angry. They talk false. They talk tall, they talk things which you do not even understand what is going on. Life is a reality. It has understanding. That is what Guru says: "SooraĀ ekho root nekh". There is one sun and there are many, many, many weathers. The brain, the shashara, **the seventh chakra is a sun of the man**, human. **And the brain has many, many weathers. The moon of the brain has many, many waves. People have to learn many, many values and they have to evaluate themselves. I am tonight trying to reach your being with a very one simple word.** Answers to your problems are not many. But there are many problems you have got. **Answer to your problem is a simple thing. Talk, listen, see, speak. Speak, talk.** There are two things. Talk is into answer, speak is when you initiate. All meditatively. To share the understanding. To share your oneness. Don't treat other people as shallow. **Don't try to control and manipulate other people.** There is a lot of pain even helping people. **Controlling is impossible.** Develop with people not loving relationship. Develop with people understanding. Person may refuse hundred times to understand you but if you understand yourself continue on your path. Somebody will reach and make up unto you. People do go berserk. People do go insane. Just remember only friends have the right to become your enemies. Look into the human history. You will never find an enemy who was never your friend. If you want no enemy have no friend. Can you do that? But if you want friends you will have enemies. Because an angry friend is called enemy in English. Friends give the energy, tributary, tributes to give you

strength. Enemy takes it away. Life is a simple give and take but if you take a passionate look and be kind to yourself and deal with people with understanding rather than with your commotional love and emotional feelings and affections and gifts and then sending people stinking letters. All that doesn't make any sense. Just remember this life is one principle only. Live and let live. If you totally worship it from the total heart of you will find peace in yourself and then you can share that peace because it can be in abundance to all the people in the world. **I am not worried what happens to you today. I am not upset what happened yesterday. I am not concerned also what happens tomorrow. All I am concerned is when you are going to learn to develop understanding and sharing with it.** We are trying to understand today through a simple sadhana. It is not long, but a hard one.

**#1: 11 minutes:** This is the **saturn finger**. Make a lock and make **this hand sixty degree**. Three fingers up **and same way do this (left)**. Put it in sixty angle. Just sit straight. Don't worry about it, what you are doing. By your own right. If I do wrong, don't worry. But you do right. This hand is open like this **backward**. This open upwards. This hand is backward open here. And this is like this and here you are. Saturn finger on both. Touched "**shani**" **mudra**. That you know. Three fingers, some fingers will be like this, some not straight. But try to make them straight and stretch it out like this. Correct. **Now close your eyes. And take a long breath in four strokes. And let it go.** Go ahead. Take the maximum **breath in four strokes. One, two, three, four. Let it go. One, two, three, four. Then let it go.** (Y.B. Like that. By the fourth your chest should be full of the air. (SSS plays the gong) Do it honestly. This is a kundalini yoga, you want to arouse your kundalini, give you all the energy and you can't do even exercise for five minutes. What do you think is going on?

**#2: Inhale deep. 1 minutes: Change your hand and now do breath of fire please.** If you know what is a breath of fire, you know what it can do for you please do it. (He **plays the tape Sat Nam Wahe Guru by Singh Kaur**)

**#3: Inhale. 2 minutes: Put your hands in your lap, left over right. Put your spine straight. And deeply meditate.** Inhale deep. Relax. Let us sing happy Birthday to Shanti Shanti Kaur. Is today May 27th, right 1987. She didn't write how many years old she is. But it is okay. It is a secret ladies like to keep. But somehow let us all sing. Now treat will be served to you after the class. You deserve it.

May the long time sun shine upon you, all love surround you and the pure light within you guide your way on. Class chants Saaaaaataat. Nam.

Blessed are those who bring peace to the unpeaceful environments. They cause peace to those who need it, serve it, share it, advance it, work for it. Peace and tranquility. Grace and divinity may all come to those in prosperity and happiness, health. Those who believe in the balance of tranquility of God's peace. Sat Nam.

*LA839 950417  
Sex & Sensory System  
PITUITARIA - PINEALE*

*Ogni attività sessuale produce attaccamento,*

*Dovete comprendere qual è il prodotto dell'attività sessuale, il sole e la luna vi hanno creato, , il controllo dei sensi, la soddisfazione sessuale, ogni attività sessuale produce un attaccamento, l'attività sessuale dipende dalla PITUITARIA mentre il sistema SENSORIO dipende dall'IPOTALAMO*

*Questa sera cambiamo l'equilibrio tra sesso e sistema sensorio, tra la Pituitaria e Pineale. 12,40 mettete le mani come nella figura la sinistra all'altezza del diaframma con il palmo in su e la destra di fianco alla spalla con il gomito rilassato, adesso molto lentamente e con grande cura allungate lentamente il gomito fino alla posizione della seconda figura 60° in maniera cerimoniale,*



*con la mano in su, ora allungate la mano tesa in avanti e restate in questa posizione con il braccio a 60° e le dita tese, gli occhi alla punta del naso e cominciate a fare respiro di fuoco, considerate che state facendo un unico respiro, senza interruzione con il diaframma che si muove automaticamente per effetto del movimento dell'ombelico, si muove per il potere dell'ombelico, quando avete il controllo del diaframma potete controllare la vostra morte. E' un'esperienza che dura solo 7 minuti, dedicate sette minuti della vostra vita. Al vostro Sé.*

*Adesso manca un solo minuto e mezzo fate il vostro meglio,*

*Ispirate e strizzate tutto il corpo, tirate forte, forte ed espirate con un colpo di cannone 3 volte ) l'ultima volta aprite con forza le dita.*

*Potete farlo sette minuti con il braccio destro e poi sette minuti invertendo le braccia.*

*SAT NAM*

# Kundalini Meditation N. 50

Taught by Siri Singh Sahib Bhai Sahib Haxbhajan Singh Khaisa Yogiji P. 101

**LA039 780522 & LA040 780523 open your heart and make you happy**

## General Position:

Sit in easy pose with straight spine.

## Arms and Hands:

Extend the arms straight out in front of the body parallel to the ground. Bend the elbows draw the forearms in toward the chest and cross them with the right forearm over the left forearm. Grasp the opposite arms immediately above the elbows with the hands. The fingers wrap over the top. The thumbs are separated from the hands and stretched back tightly. Hold the position at shoulder level. At the end of the meditation inhale and stretch up before relaxing.

## Legs:

Sit with the legs crossed or in a chair with the weight of both feet equally balanced on the ground.

## Breath:

Deeply inhale and completely exhale as the mantra is chanted.

## Eyes:

The eyes are 1/10 open and are looking down very low.

## Locks or other conditions:

Keep the thumbs open, straight and tight.

## Mantra:

Chant the following mantra as the breath is completely exhaled: "

**HARI HARI HARI NAA-RAA-IN HAREE**

This is a very difficult mantra. The subtleties that must be mastered in order to chant the mantra properly cannot be adequately explained in paper. If you wish to master the mantra, listen to a recording of it on tape. The key areas are the 3rd "HAREE" and "NAA-RAA-IN",

## Mental Focus:

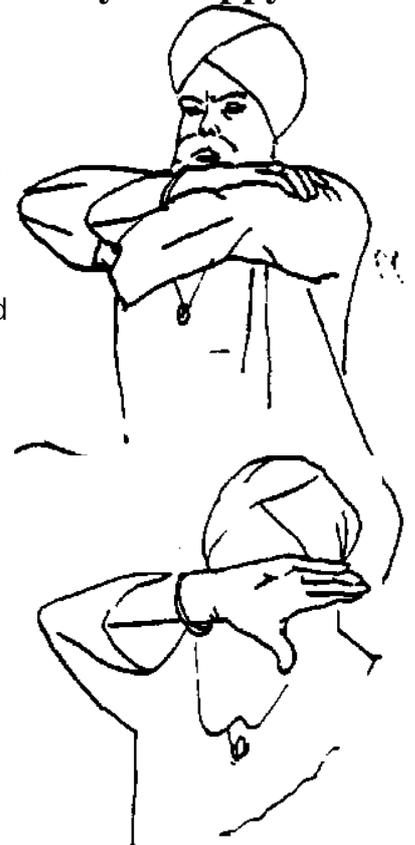
Focus on the chanted mantra. Be sure to reproduce the sound current of the mantra as exactly as possible.

## Length of time:

No time was given the first time this was taught. The second time it was done for 11 minutes in unison. Followed by 11 minutes of ladies and men alternating with each repetition of the mantra.

## Comments:

"This meditation will open your heart and make you happy. The third HAREE is an 'end lock'. Listen carefully; it is different than the first two. There is a little trick in it. The first two are qualifying calls and the third is a personifying call."



LA024 780330 DOSHULA MEDITATION The power of the meditative mind will keep you away from neuroses

### General Position:

Sit with a straight spine.

### Hands:

Hold the hands back-to-back and interlace the fingers. The pads of the fingers press against each other. (The fingers do not hook around each other.) Stretch the thumbs back away from the hands. Hold the mudra so that the fingers point down.

### Arms:

Hold the mudra at shoulder level.

### Legs:

Crossed in a meditative pose (or sitting on the heels.)

### Breath:

Deeply inhale and completely exhale as the mantra is chanted.

### Eyes:

Keep the eyes open. As the meditation progresses, they will have a tendency to close. Overcome this tendency.

### Mantra:

Chant the following mantra in a monotone:

**"HARI HARI HARI HARI HARI HARI HAR"**

Repeat the mantra four times on each breath.

### Locks or other conditions:

Interlock the fingers and point them toward the ground.

### Mental Focus:

Focus on the breath and on the chanted mantra. Make sure that each word is perfectly pronounced,

### Length of time:

Continue for 45 minutes.

### Comments:

"Whenever you try to meditate and you can't, it is because you can't stand yourself. The power of the meditative mind will keep you away from neuroses, tantrums and all the weaknesses to which you are prey in your own life."



## LA024 780330 Meditación para alejar las neurosis de tu vida

**Postura:** Siéntate con la columna recta, en postura meditativa, con las piernas cruzadas o sobre los talones.

**Mudra:** Junta las manos por el dorso y entrelaza los dedos. Las yemas de los dedos se presionan entre sí. (Los dedos no se enganchan entre sí). Estira los pulgares hacia afuera de las manos. Mantén el mudra de manera que los dedos apunten hacia abajo. Mantén el mudra a nivel de los hombros.



**Respiración:** Inhala profundamente y exhala cuando el mantra es cantado.

**Ojos:** Mantén los ojos abiertos.

Cuando la meditación progrese tendrán tendencia a cerrarse. Supera esta tendencia.

**Mantra:** Canta el siguiente mantra en monótono:

***Hari Hari Hari Hari Hari Har***

Repite el mantra cuatro veces por cada respiración.

**Foco Mental:** Focalízate en la respiración y en el mantra cantado. Asegúrate de que cada palabra es perfectamente pronunciada.

Cerradura u otra condición: Haz cerradura entre los dedos y apúntalos hacia el suelo.

**Tiempo:** Continúa por 45 minutos.

**Comentarios:** " Cuando sea que tratas de meditar y no puedes, es porque no puedes aguantarte a ti mismo. El poder de la mente meditativa te mantendrá alejado de las neurosis, rabietas y de todas las debilidades de las cuales estás preso en tu propia vida".

# Kundalini Meditation 29

LA063 781017 This Meditation gives the glandular system great strength

## General Position:

Sit in easy pose with a straight spine.

## Arms and Hands:

Extend the arms straight out in front of the body parallel to the ground with the elbows bent. Draw the forearms in toward the chest until the hands meet. The forearms are kept parallel to the ground so the hands will meet in front of the chest at the level of the shoulders. Extend and join the fingers and place the right hand on top of the left hand with both palms facing down. Push the left thumb into the webbing between the right thumb and index finger and lock it in place by pressing the right thumb against it.



## Legs:

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground.

## Breath:

Deeply inhale in **16 equal strokes**; hold the breath in for the same period of time; completely exhale in 16 equal strokes; hold the breath out for an equal amount of time. Upon completion of the meditation deeply inhale and completely exhale several times.

## Locks or other conditions:

Push the left thumb into the webbing between the right thumb and index finger and lock it in place by pressing the right thumb against it.

## Mantra:

Mentally vibrate the following mantra:

**WAHE WAHE WAHE WAHE, GURU GURU GURU GURU  
WAHE WAHE WAHE WAHE, GURU GURU GURU GURU**

There are 16 beats to the mantra. Mentally vibrate the entire mantra once as the breath is inhaled (1 beat of the mantra per 1 stroke of the breath). Then vibrate the entire mantra at the exact same rhythm and rate as the breath is held in. Vibrate it again as the breath is completely exhaled and once more as the breath is held out. If the rhythm and rate remain the same, this will insure that all 4 segments of the breathing take the exact same amount of time.

## Practice Conditions:

Upon completion of the meditation deeply inhale and completely exhale several times. Then inhale, raise the arms overhead and stretch as high up as possible.

## Length of time:

Begin by practicing for 11 minutes. When you have mastered this length of time, begin extending the meditation in groups of 11 minutes such as 11, 22, 33, etc.

## Comments:

By interlocking the thumbs the hands may be held in position, without being dead weight. The hands will be more difficult to hold in position if the position is not exactly correct. This is a very powerful meditation. There should be no rush to increase the time. During the course of the meditation you may enter a stage when you begin to feel that you are not what you think you are. Just be calm and pass through it. The meditation is great for increasing intelligence, allowing greater relaxation, and eliminating neuroses. It also gives the glandular system great strength.