

MO591 901116 Mind it's healing powers

Pt. 1 of 2 OSLO, NORWAY

Sit down and relax. Even tension to feel good is a tension. You understand? Because the first thing to heal yourself is to remain without tension. Be here. Be here, but relax. Because we will work through the tension and the relaxation at the same time, but in an organized way. We'll split ourself, we'll heal ourself. You understand? I have to share with you 5,000 year old science in about 15 minutes. But just remember I do a good job. I'm pretty expert. We'll have fun, young and old, same

#1. In easy pose, make a fist of the right hand, thumb on top of the clenched fingers, and extend the index finger out straight. Place your right bent elbow down by the right side. Place this fist a few inches to the side of right shoulder, palm facing forward, and index finger pointing straight up. Just relax the rest of the body and hold this mudra. EYES: Tip of nose. TIME: 11 min.

Let us do one exercise. How you like to be like this. Whole body relaxed, just do one thing. Raise your one finger like this. See these three fingers? Lock them like this, and raise this one.

You'll feel different. Just do that. Don't expect anything. Can you do that? Do you feel normal? You are doing too much up. It is just like here. Just relax. And now look your eyes at the tip of your nose.

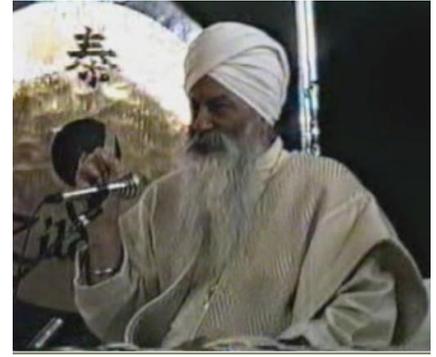
What it can do to you, nothing can do you better than this. If you look at the tip of your nose, correctly with two eyes, and raise your one finger like this, the Apollo energy will start flowing in your body, Jupiter. Index finger represents Jupiter. And by looking at the tip of your nose you block every other energy. So one way we block every other energy, and let one come in. That's all. Simple. But mind will go berserk. Your mind will start jumping. Mind will not accept it. Because mind has a habit to have so many things to juggle with. Kindly look at the tip of your nose -- that blocks everything. Within 3 minutes you will start feeling your inner self. Isn't it strange? If you can look at the tip of your nose, and let one finger be only up, within 3 minutes, you will start healing within you. What more miracle you want? Right on the spot, nothing tomorrow, here, and mind will say, "Shut up. Don't do it." You will fight between yourself. That is enough fight.

If you remove your eyes from the tip of the nose, then everything will come in. But so long you will have your eyes focused at the tip of your nose, only Jupiter energy will come in, because your one antennae is up. And that will mean your electromagnetic field, or magnetic psyche, or your life force, will start inter-reacting. This is the simplest exercise. Very simple, but extremely effective. Just create a relationship-like a fish in the water. As fish cannot live without water, realize that energy like this is your energy. And relate to it.

We say there is one God. This will give you feeling of it. Be constant and consistent. We do say there is One God. But we have never been practiced to realize what do we mean by One God. Look at the tip of the nose and raise your one finger only and be consistent. The neurons patterns in the brain will start revitalizing itself. will start neutralizing itself and the body will start forming a healing pattern. This is a Jupiter finger. And it will only admit in your body the Jupiter energy. That is knowledge. That is your experience. Within the body you may feel some struggle. That struggle is because body is not habitual. You don't have a habit to focus your body. This way you focus. Body has the capacity to heal itself. Even the medicine outside is a help. Energy is within the body. Nothing comes from outside. Whatever comes from outside, body has to accept it. And it is This is a direct system. It is a deep meditation which involves you.

We are meditating on One. The knowledge of One enables us to be One with everyone. That improves our communication, our feelings, our understanding, and our projection. These are the fields which you can totally excessively use by doing this meditation at home. This simple thing for half an hour a day, 31 minutes we say, will totally change your mode of communication. You don't have to do too much. It is a simple system in adjusting our being. Meditation is a process to adjust our being.

Relax. Now stretch your body. Try to stretch your legs, etc., because you are going to do it again. That's why we are doing it in parts, so you can understand the experience. Sometimes we are not in a habit to do too many exercises like this. Stretch as much you can. This is the few



minutes to give you to stretch. If you won't stretch now the body will hurt. Because too much energy comes in, if you are not ready to receive, it hurts. Stretch every part of you. There is not a big miracle to do in life. There are small things. The wise yogis reduced things to very small postures.

COMMENTS: If you look at the tip of your nose with two eyes, and raise your one finger like this, the Apollo energy will start flowing in your body, Jupiter. Index finger represents Jupiter (which represents knowledge). And by looking at the tip of your nose you block every other energy. So one way we block every other energy, and let one energy (knowledge of the One) come in. But mind will go berserk, because mind has a habit to have so many things to juggle with. Look at the tip of your nose -- that blocks everything. **Within 3 minutes you will start feeling your inner self, and you will start healing within you. If you do this 31 min. daily, it will greatly change your mode of communication.**

END: Stretch your whole body few minutes.

#2. 17,16 Now the second part you will do is sit on your heels, and this is called 'bhajar asan.' 'Bhajar asan' means a 'stone pose.' This what you are sitting in, it is called stone pose. Rock pose. Simple thing. Now those of you who have stomach trouble will hurt; those who don't won't hurt. Yes, it is true. In this posture, only those who have stomach trouble shall hurt. It doesn't matter how comfortable you sit, you will hurt. That means the juices in stomach are not update. Sometimes it is so difficult you can't even sit like this. That is why it is called 'stone pose.' But once you can sit in this pose for 31 minutes, you can digest stones. And that is why it is called stone pose. Bhajar means stone. Now, do the same thing. (Demonstrates the index finger up in same way as #1). Hold your index finger, and put your eyes at the tip of you nose, and consolidate yourself. You shall be helping your stomach more than any other way you can do. We'll not put you through agony, but almost. Create the index finger straight, as much straight as you can. Normally it bents. There is certain nervous system which is being stretched. It'll create the pain if it is creating at all. Adjust to it. In one more minute we'll stop it. But at home you have to do it for 31 minutes. And it is not necessary that you should do one day for 31 minutes. Slowly. Like we will do 3 minutes now and at home you can just do 3 min, 5 min, 10 min, and increase like that. Half a minute more...15 seconds. Please relax.

Now let the energy be observed by body, absolved into body, and stretch it on all sides. Very kindly stretch. More you stretch, better it is for you. Stretching is a very important part for body. Body will do everything for you, except it will stretch. Stretch you have to do. These are very simple things to look at, but most important for your being. **Sit in 'bhajar asan' (rock pose), and repeat #1. 3 min.** COMMENTS: If it hurts, it means you have stomach trouble. You shall be helping your stomach more than any other way you can do. Once you can sit in this pose for 31 min, you can digest stones.

END: Stretch your whole body few minutes.

#3. Lie flat on back, and relax whole body. Raise your right arm straight up in the air, with the right index finger extended straight up towards the ceiling. (Or, you can rest the bent right elbow on the ground, and extend the forearm straight up, and have the right index pointing up). Either way you choose, keep the index finger pointing towards the sky, and **go into a hypnotic sleep state, balancing the energy. Time: 3-1/2 min.**

COMMENTS: You live in a country where there's a long summer, long day and long night. For you to balance energy is more essential than people who live at the equator. Because extreme climates creates extreme resistance in the body. It is very wise to balance it voluntarily.

END: Stretch your whole body few minutes.

Eyes to the tip of the nose? That is to put the optical nerve in control. Moment optical nerve is in control, you mind is under control. That is to tie down the mind. Otherwise you'll be doing exercise, mind will be going somewhere, calling somebody. We want mind home when we do that. Yes?



#4. Stand up. Place your left palm flat against your navel point. Clench your right fist, place it next to the right shoulder, extend the right index finger straight up. Make this finger very stiff and tense, and begin rotating it in a fast, tense circle. EYES: Tip of nose. **TIME: Done for 6 min in class**, but generally done 5 min. COMMENTS: If you do this treatment every day for 5 min, you shall not be ill. It's not my statements, it's a statement in the yogic scriptures.



Please stand up straight. This is the difficult exercise of all you have done so far. Put your left hand on your navel point. It's a very strange treatment, but if you do this treatment every day for five minutes, you shall not be ill. It's not my statements, it's a statement in the yogic scriptures. Raise your right finger, and circulate it with great tension. Absolutely tense, and move it. And look at the tip of your nose and don't fall apart. That's the worst part with it, I know. Because I do it myself as my healing exercise. Looking at the tip of the nose, making the finger as tense, like a steel rod, moving as fast as you can, and just move it, nothing else. And don't stop even I tell you, for five minutes. Keep on moving, keep the finger tense. Come on, bravo. Use your energy, as you are bringing energy from outside of the body, bring the energy into the tip of your finger. Faster and stiffer. Finger will create miracles. Actually you are moving the entire molecules of the entire psyche, It is like creating a new me. You have one more minute to go. Use this last minute as best you can. It takes very little time to heal ourselves on a daily basis. Now let us measure ourselves. You have 45 seconds to go. 30 seconds more to go. Do your best. You have last 15 seconds to go, 10 seconds. Inhale, hold the breath, keep moving, (15 seconds), breathe out, relax. Sit down. Stretch body for few minutes. (Consume this energy within you.)

(Note: The stretching between the exercises is very important to do to spread the energy to the various parts of the body.)

Demonstrations -

Stretching of the foot (to be done in the bed before you get up.)

Kidney meridians - extend leg forward, and presses/flex the toes forward as far as possible.

Gall bladder - with extended leg, stretch foot and toes back towards the body as much as possible, flattening the bottom of the foot.

Pituitary - with extended leg, and rub the big toe and the second toe together.

Stomach - with extended leg, circle the foot on the ankle in big circles.

Yogis sit in a posture (full lotus) - to stretch the nerves downstairs so the entire upper side is balanced.

Neck rolls - 3 times one direction, 3 times other direction. Then rolls the shoulders, 3 times forward, and 3 times back. Then with hands on knees does spinal flexes 6 times. "By just balancing the body and the shoulders and stretching your lower back, you can avoid the back pain. Lower back pain starts in the neck. Remember this."

To balance your energy. Place fingertips together in front of body, palms not touching. Begin moving fingertips out, and in like the 'spider on the mirror' game that kids play, 11 times. Then make fists of the two hands with the thumbs outside the closed fists, stretch arms out to the sides at shoulder level, and then slowly stretch them back and back, rotating the fists and arms backward as you stretch them back as far as they'll go. "You'll get a burst of energy."

If you lack communication, you can do this exercise: Make a fist of the right hand. Place it in front of the shoulder, palm facing out, and pinkie pointing towards the ceiling. Begin rotating the pinkie in a small quick circular movement. SSS moved counterclockwise in the demonstration.

#5. Final Meditation for Peace: Let us meditate for few minutes and pray for those who are responsible for the war, so that they can transform themselves into peace. Please sit down normally and raise your spine straight, and best you can. And let us chant with this sound of the pranic sound. The words are, "Pavan Pavan Par Para, Par Para Pavan Guru, Pavan Guru, Wahe Guru, Wahe Guru, Pavan Guru." You may not understand, but you can copy. It is "The pranic energy, the pranic energy, the great pranic energy, the infinite one. You are the guide, you are the Guru. Pavan Guru, you are the Guru. Wahe Guru. You are the great Guru. Great Guru, you are the Guru." That's all. It is praising the pranic energy. It means it is praising the life. The words you understand is Wahe Guru. The other one is Pavan. That means the breath of life. Close your eyes please. And sit in as good a posture as you can, and repeat the words if you can. 2-1/2 minutes.

We pray to Thee oh Lord, we pray for Thy mercy and kindness, to prevail. Let the war drums come out to be peace. Let the humanity learn and avoid the bloodshed. We pray for those who are facing the death lines on both side of the world and planet. We pray for the unity of the mankind and the common sense to prevail. May Thy grace guide all the minds and hearts so the mankind can live in peace and tranquility. We ask Thy blessing on all of us who have come here together in Thy privilege, in Thy name, in Thy century. Take us into the bosom of thy life. Give us the energy, health, wealth, happiness and prosperity so that we can have a wonderful tomorrow. Sat Nam.

Thank you very much. And now fold your hands and give us a universal prayer.

May the long time sunshine upon you....

Saaaaaaat Nam. God bless you & thank you for the night. God be with you.Sat Nam

Breath of fire? What you taught? Breath of fire? No, hyperventilation only happens, if you hyperventilate if you breathe through the mouth and not voluntarily. When you unvoluntarily breathe through the mouth that is hyperventilation. But when you breathe in a yogic way, it doesn't have that effect. Only we add a lot of oxygen to the lungs. Like breath of fire is a continuous breath. And that is to make the pituitary, to bring all other glandular systems to a balance, and that is pituitary is the master gland and controls the gland, and glands are the guardian of the health, that's why normally you'll see in 3HO we do breath of fire a lot. That is to stimulate the pituitary. Pituitary is the master gland. It tells the thyroid. Thyroid tells the other glands. And there are twelve glands in the body, and the glands are the guardian of health. You are not what you are. You are what your glands secrete at what ratio and what proportion, and that's very important. And breath of fire does it all.

That's why we do Sat Kriya like this. That is also the same thing we do by the navel point, because navel point is the point of pure energy. Because without breath of life you were in the mother's womb, when you were alive and growing. The only energy you had is at the navel point. That's why we stimulate the navel. Two points in Kundalini Yoga we stir up. One is the pituitary and the other is the navel point. We use them very often to stimulate.

Hyperventilation is when you voluntarily not, but unvoluntarily, open mouth. That's different. That means the body lacks oxygen, and you need more, and then you have to gush it in, to get the first touch.