

**NM354 A00808 Tomorrow Develop the Frontal Lobe.** August 8th, 2000 - Espanola, NM, USA #NM0354

**E**verything you do—having an education, opening a bank account, manipulating, lying, talking, convincing people, making friends, building a home, paying for medical insurance—is for tomorrow. This makes you work hard and drives you crazy. There is no such thing as tomorrow. If tomorrow does not become today, there will be no tomorrow. You cannot meet tomorrow face-to-face. Tomorrow will face you when it becomes today. Have you ever considered what your tomorrow does to you? Your imagination of tomorrow stretches you to the maximum. Birds have no worry of tomorrow. They make their nests when they are ready to lay eggs. You will never see birds opening a bank account or carrying a packet of food with them. They are not subject to the limits of time and space. They fly, they go where they see food, and they get it. They are constantly living in today. People live today and work for their tomorrow. A person can be healthy and have a great life, but when you ask why he is working two shifts, he will say, “I have to work two shifts so that I will have something in reserve for tomorrow.” Can you separate tomorrow from today? Even in meditation and prayer, you think about your tomorrow. You plan, “Tomorrow I will be free, so I’ll sleep in.” It makes you very nonrealistic. You live today and work for tomorrow, but you cannot face it. That is why some people are too rich, some are too poor, and some are too angry. You do not trust your Creator. Out of a million women, only one woman lives in today. Women are insecure about yesterday and tomorrow, “Yesterday I was this and now I’m not,” “I want to be this now and I’m not.” And our children, the most powerful thing in our lives, leave us because we never prepared them for tomorrow. We did not make them strong or test them today so they can face tomorrow. In the Information Age the flow of information is becoming so huge that it will make us crazy. We need to practice stimulation and control of both the upper palate and the frontal lobe, which are undeveloped. You can only change and develop these areas by meditation, through stimulating the upper palate with the tongue, using certain combinations of words.

**MEDITATION - Develop the Frontal Lobe**

1. *Sit straight in a cross-legged position. Rest the hands on the knees in Gyan Mudra. Eyes are focused at the tip of the nose. Chant Wah-hay Guroo, Wah-hay Jeeo by Sangeet Kaur and Harjinder Singh (from Raga Sadhana). Continue for 31 minutes.*
2. *Remain in the posture in silence. Powerfully do Long and Deep Breathing. Concentrate within on the sound you have listened to and created. With each breath feel God in you. With each sound feel the universe around you. Continue for 3 minutes. To end, inhale deeply, hold the breath, straighten the spine, and squeeze the entire fiber of your body to create one electromagnetic field. Cannon Fire Exhale. Repeat 2 more times. Relax. When you chant this mantra, the tongue touches the meridian points on the upper palate accurately. It is much like cutting a key, then we use it, turning it up and down—and the lock opens. The posture will give you power, the sound will give you ecstasy.*

