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Guided Meditation to Find the Infinite Power Within

Mudra: Sit in Easy Pose with a straight spine. Bend the ring and pinkie fingers into the palms of the hands, and hold them there with the thumbs. Extend the index and middle fingers straight up, and spread them wide apart. Keep these two fingers very straight, stiff, and hard. Place the two hands about 8 inches to the sides of each ear, palms facing forward. Stretch your spine up and forward a bit, pull your chin in slightly, and slightly stretch your chest out. Do this to the point where your shoulder blades begin to come together. There will be a pressure on the upper back area, which may hurt, but go through it. Keep your head high. Keep your power flowing.

Eyes: Closed.

Breath: Breathe as long and as slowly as you can.

Music/Time: 11 minutes, in the following segments:

7-1/2 minutes, do the meditation with long deep breathing, in silence.

2-1/2 minutes, Ong Namō Guru Dev Namō by Nirinjan Kaur and Guru Prem.

Singh. Meditate in silence, still breathing in posture.

One minute, music still playing, sing aloud, still holding the posture.

END: Inhale deeply. Relax.

Comments/Effects: The shoulder blade pressure should be so much that they hurt, and may even become numb, but this will release the tension stored in the muscles. This will cause the shushmanaa, the central nerve, to flare up. Put a huge pressure on your shoulder blades. If your shoulder blades don't hurt, this will not occur. Learn to conquer the pain, overcome the obstacles, and find the victory within. You are having the first relationship with your self in this meditation.

In absolute silence, the world will talk to you. In absolute pain, you can take away the pain of the whole universe.

You have to win today. The victory is yours. Look at the Infinite power in you. Let your love win today. "I am the Lord today. I shall bless all. shall bless myself. I shall command. I am, I Am."

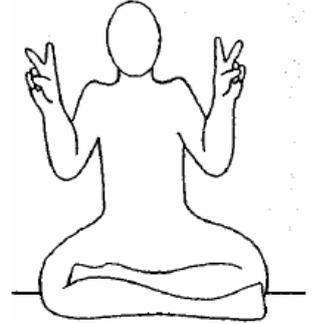


Relieve the Suffering Caused by Duality

June 19, 1996

"Meditation is the creative control of self where the Infinite can talk to you." YB

1. Sit in Easy Pose with your upper arms close to your sides. Your elbows are bent, your forearms extend upward, and your palms face forward. Your thumb locks the Mercury and Sun fingers. The Jupiter and Saturn fingers are split in a "V." Squeeze your shoulder blades together, which will push your rib cage one-half to one and one-half inches forward. Every muscle should be steel tight. Keep your chin pulled slightly in and your eyes closed. This meditation is done to the instrumental version of Ardas Bhaee on the tape called Healing Sounds of the Ancients #5. For 1 minute, whistle along with the tune. Then, for the next 2 minutes, chant the Ardas Bhaee mantra out loud from the navel. Really pull the navel in as you chant.
Ardas Bhaee, Amar Das Guru Amar Das Guru, Ardas Bhaee Ram Das Guru, Ram Das Guru Ram Das Guru, Sachee Sahee



To finish: Lock your hands behind your neck and lean back sixty degrees. Inhale deeply and hold your breath for 10 seconds as you strongly pull the navel in. Exhale like cannon fire. Repeat this sequence two more times and relax.