

SUMMARY MEDITATION:

**This is simple Kriya, these are very simple things. But let's see I am changing your faculty, faculty of facility. When... You understand what I am saying? Let me explain to you. When you do not have a faculty within you to facilitate things, faculty within you to facilitate thing, you don't perform. Or your performance is low grade. Is that understood? Yeah. You start blaming yourself, oh she fought with me, I fought with her, he fought with me... there is no something. It is just faculty which facilitates communication, understanding and behavior pattern. And that's what Kundalini Yoga is all about. Giving you a booster so you can have implied personality to overcome your inner weaknesses and your problems.**

(9:10) **18 minutes:** So put your hand here like this and put your this hand over like this as you are passing the light through that hole. Simple. It's a simple Kriya. And this is simple. This is just like a dome over it and your eyes has to be nine parts closed, one part opened through which you have to see the tip of the nose. Just go into it deeper like. Now I have a taste how students can really do things.

Like dome, it has to have a curve, upper hand has to have a curve yeah, do it. And go deeper into your silence.

Hey play that tape that Sat Nam Singh gave me, that oolala. **Guru Nam**, sorry.

Somebody has Guru Nam's tape oolala? Yeah, no? He is not in the class today, he was supposed to... Do your meditation we'll search the tape don't worry. Oo-la-la tapes no. Yeah double, it's a double beat. It's a beautiful double beat.

Still, I tell you how it will work. If you can still yourself **breathe long and deep, look at the tip of your nose (?).** If you **calm down yourself and cut out your thoughts and breathe long and deep, work on the pavan Guru the acknowledged breath of life which gives you all dimensions has acceleration you will find yourself after we finish with this in a way better position than you are right now.**

(The tape is played in the class)

YB (over tape): The music is just to accelerate you, it has no connection.

Let the energy flow, go deeper into your own isolation so you can relax the entire body. It is working. The color of your aura is changing, therefore it's a good (?). Chin in, chest out, look at the tip of your nose, breathe long and deep.

Now hold your posture strongly. Invest in your posture.

Meditation should start affecting your psyche and changing your mental projection. Deeper and calmer you become, most beneficial you will be.

Let it change you now. Concentrate deeply for few minutes, let it happen.



Right hand in gyan mudra

- 1) First posture as indicated, left hand in Gyan mudra in front of the chest palm facing the body and the other hand as a dome on top of it, 15-20 cm. Music Triple Mantra from GURUNAM SINGH. - 15 min (SEE ABOVE)
- 2) Second posture: Change directly the hands into a cup in front of the heart. Top of the index fingers touch each other. Base of the palms touch each other. Small hole between the hands. Music continues. - 3 min
- 3) Third posture: arms straight in front of you, fingers spread like antenna, plug into the universe.  
End: lock your hand - interlace your fingers, arms straight above the head. Stretch holding the breath. Repeat 3 times in total. - 9 min

(27:13) **9 minutes:** Change to the third position, your hands forward, your fingers all wide open, as you are trying to connect the universe. Fingers should be tight like steel as plug sits in. May universe be your globe and the global energy you have to get (?). Now receive.



Prosperity can come to you and within you the faculty will grow up which will make you rich and wise (?) by these things if your facet has the facility to (?) co-ordination of your being as a person. Very simple thing, it's a reality, core reality of you.

God made us in His own image, He cannot be so wrong.

Tighten fingers as much you can. You will feel something near the navel point, bellybutton changing, if the posture is correct.

By teaching philosophy and books to you will not work. (?) practical and experience that will serve you in life.

Tight down your fingers, let it flow.

This is another way systematically we have understood and there is a school of practice, it's as old as beyond BC 3000 years, that kind of thing. We are entering, changing to the next millennium. You can heal yourself by being sitting like a great yogi and you are the only one in the world and getting the universe (?) talk to you through your fingertips and steady yourself. if there is something in the shoulders, in the back and (?), it's being corrected automatically, you don't have to (?). Without any touch you can heal yourself. Fingers should be wide (?).

The tape continues....

YB: Your shoulders are going to fall apart, your back is going to hurt, but body has to correct itself and all the wrong you have done when I was away shall show up. But be steady, and keep breathing and take the help of the breath and you will overcome it.

I learnt a new word in Germany. (?). That's a new (?).

Wide open finger and (?). It's just like you are plugged into universe. (?).

There are four more minutes. I am looking at the watch for you. Come on, come on, four more minutes, no big deal. A four tough minutes can give you good health. It's very cheap. I went to Germany and paid so much money to get health (?). But see how good I look. Come on suffer. I am not asking you to be happy, I said suffer; get rid of this pain by your own authority. Dismiss the pain. Yes, yes, got to grow. Conquer your pain and discomfort. And let the energy flow in you. No kidding. You know all this flip-flop in your life which cost you whole life has to be eliminated at least those who come to this Ashram. That's what we are now determined at. (?).

Next minute and half if you do it correctly it will benefit you.

One more minute left. Stick with it. Now you do everything and then you come back. (?) that's not what we need. We need a solid connection for last minute. Twenty five seconds passed. Thirty seconds passed. Thirty five seconds passed. Forty seconds passed. Forty five seconds passed. Fifty five seconds passed, lock your hands up please and breathe in deep.

(The tape stops).

(36:20) [to end] **Up straight, stretch your spine, stretch. Damn it you did so much and now you can't do little thing. Stretch. Breathe out. Breathe in deep, hold tight, stretch. For God sake stretch. Breathe out. Inhale deep again. Deep and stretch. All your power in stretching up. Relax.**

