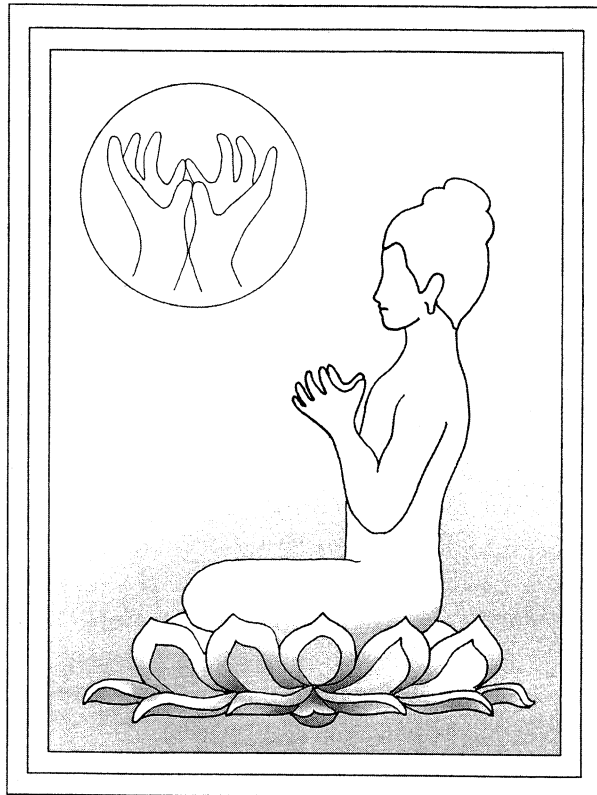


# Accessing the Knowledge of the Universe

April 1, 1998



1. Sit in Easy Pose and make a lotus of your hands. Lotus Mudra is done by touching the base of the palms together, touching the tips of the Mercury (little) fingers together, and touching the tips of the thumbs together. The other fingers gently curve and the mudra looks like an open flower.

Place the mudra at the center of your chest, the heart center. The eyes are nine-tenths closed, looking at the tip of the nose. Concentrate and settle down, holding the position in silence for 2-3 Minutes.

Then begin to whisper the Pawan Guru mantra along with the chanting on Guru Shabad Singh Khalsa's CD Pawan Pawan. Hold the position steady for 25 Minutes.

*Pawan, Pawan, Pawan, Pawan, Par Paraa, Pawan Guroo,  
Pawan Guroo, Wha-hay Guroo, Wha-hay Guroo, Pawan Guroo.*

"Use the force of the breath with the power of the navel... Open up the chakras with *praana*, *apaana* and *udyaan* (see page 6)... Concentrate and take advantage of this time to experience the kriya.... Meditate..."

Inhale deeply and relax your body. Relax the hands down and come into a good meditative posture. (Suggested posture is Easy Pose, chin in, chest out, and hands in Gyan Mudra.)

2. Immediately begin long, slow, deep breathing. Recharge yourself with a long, deep, slow breath which you will do consciously, paying attention to the process of filling yourself with as much breath as possible on the inhalation and fully emptying your lungs on the exhalation. 3 Minutes.

3. Stay in position and begin a powerful Breath of Fire. 2 Minutes.

“Make the breath powerful: powerful and strong. Don’t forget about Breath of Fire. It guarantees your health.”

To Finish: Inhale deeply, hold the breath 10 seconds while you pump the navel point as powerfully as you can. Exhale. Repeat this breath sequence two more times and then relax.