

Meditation KWTC, 1992.07.22

Experience your spiritual trance and awaken your dormant spirit

(3min30) Put yourself in a position where your fingers will be straight and your body will be in a balanced state. Weight will be right on the elbow. Feel convenient.



Check your posture. Because any movement in the posture will disturb your muscular and nervous system. The energy you need for that experience.

Please open your mouth in a circle. Breathe in and breathe out. It's called doctor's breath or we call it Vayu Yagna. It vibrates the lungs, it has no other value. If you do it too much, it can be very damaging to health. It can hyperventilate you. Keep the mouth open and round and breathe in and breathe out. At a certain limited time it will give your lungs the openness you need through this meditation. It will also relax your body. You have thirty more seconds to go, correct yourself and relax as best you can but set your posture right.

Inhale deep, exhale.

(5min30) Breathe through the nostril as slow as you can. It's called conscious breath. Close your eyes at the tip of the nose and you have to close your eyes completely and look at the tip of the nose from the closed eyes. It is called Drishti Kriya, the most powerful Kriya of the Yoga. If Drishti Kriya is perfected that you can start seeing the tip of your nose from closed eyes, anywhere your eyes fall, death shall not touch it. It has that recuperating power. Try to look.

(6 min) Now you will breathe from the nostrils and you will breathe as controlled slow breath, long and deep as you can regulate and from the closed eyes you will try to hypnotize yourself and start looking at the tip of your nose. In this hypno trance, you will concentrate to elevate. Please don't move your body because this is the only handicap

you have. No life can be disturbed. But hope you will exercise self-control. First you have to create self-hypnosis or hypnotic trance through the very physical closed eye, with your mental eye try to see the tip of the nose. Make no move. And if there is a possibility of the move resist it. Concentrate, concentrate, concentrate.

(3min30) Now turn your head into a flower of rose as big as your head is and put your nose to smell it. Now you are in a ultra- trance. You will turn your head into a big rose flower; color of your choice and you will smell the rose smell. You will turn your head into a big rose flower, I repeat rose flower and you will put your nose to smell it.

First was the hypnotic trance and the second is the ultra-trance. Now you are playing with the Prana, be careful. Breathe consciously, slowly. Smell, smell rose. Head is transferred to a lotus big huge of rose as a flower with many, many petals the color of your choice.

(5min10) Now you are transferring in ultra-hypnosis you transfer the color as of your choice and you transfer the Vayu, the Prana into the smell of your choice. And tonight we have chosen rose smell. Rose is purifying, lotus is pure, rose is purifying, that's why we select in ultra-trance, rose. Don't move your body and don't try to humiliate you by your own tiredness or diversion. Concentrate. Resist movement or interference. It's a huge energy here. Any diversion will make it difficult for you to experience. If you do not have a spiritual trance experience, you have no relation to your spirit. (58:08) All action will lead to reaction, good and bad. Breathe consciously, long, deep and slowly. Control your physical body and your nervous system and hypnotically transfer with the power of the I am, I am, your head into rose flower and put your nose into it to smell it. From hypnotic self-trance you are reaching the second stage of ultra-trance (58:54) .

(2min40) Your seal in which you have locked your energy is the Gian Mudra, the Jupiter seal. Your body is a neutral balance. Therefore your breath should be conscious and your hypnotic sense to transfer things or to your wish must be actively concentrated. With this basic power you can wish and grant your own wish. If you are not doing it don't do, if you are doing it, do, but don't move either way.

(4min30) Feel the head; the rose flower is bright light of the color of your choice, now you have started the first transcendental transaction. You are now transcending your first image. Image, imagery and impact, these are the three things, which your life psyche can create.

ENDING Inhale deep, deep, hold your breath. Hold it tight. Let it go. Inhale deep, hold your breath, let it go, let it go. This is your last chance. Inhale deep, exhale deep, hold it out, lock yourself and hold it out, hold it out tight, relax.