

781023 Challenge yourself on the breathing, but don't kill yourself on it.
Philadelphia

E. P. eyes at tip of nose. Arms at shoulder height parallel to ground, palms flat and facing ground. Hands about four inches apart.

Breathing: Inhale long, slowly, deeply.
Hold long time.
Exhale long slowly and completely. Hold breath out as long as possible.
Challenge yourself on the breathing, but don't kill yourself on it.
Holding breath in - Nirvair.
Holding breath out - Nirbhao.....



This meditation integrates Mind, Body and Spirit for single action.

Chant mentally any mantra, **but either Sat Nam or Hari were given.** To do this mentally one would chant "Hari Hari Hari Hari Hari..." very rapidly, mentally. Same for Sat Nam. Meant to be done before bed. 31 minutes. Given for 90 days.

LECTURE

.... Your mind in proportion. And mind is constituent to deal with three different areas or three different cycles. One is the life. Other is the intelligence. Third is the consciousness, mind is not to deal with one part only. Majority of the people who have unhappy life are those whose mind is not dealing with all the three things at the same time. Now this secret is known to us for a long, long time. That's why the science of yoga, the science of meditation is as old as man has ever experienced happiness. It didn't get built in one day, it's a very, very old and scientific research made by people of very high quality and caliber who were recognized as sages. Those people didn't belong to a group, to a religion, they belonged to entire humanity. And today the meditation I am sharing with you is very simple. It looks very simple. Let us talk that way. It is to bring the unison of the triplet, that's the mind, body and the soul into the effectiveness of a person in his own experience. And you will bear with me exactly we will take very shortest possible time so that you can learn it, experience and go back home.

Put your both hands just giving it a distance. Now this is a very particular posture in which you must give a place for the soul the subtle body and keep distance between your hands. Both hands are in very parallel posture of ground and that means with the magnetic field of the body and the mind, body and mind are in equal parallel. Mind represents the earth and that earth is an aspect of the magnetic field which relates to the mind, which is a super magnetic field of the same earth. And therefore just put that way; put your eyes at the tip of your nose, try to locate it, some people can't even locate their own nose. They want to locate God, God knows when they are going to find Him. But at this moment it's very godly if you can find the tip of your nose. We will time you and please remember either you are going to come out as victorious or a failure, in this Kriya there is no in-between, no cheating possible.

Inhale, as long and as slowly you can. And then hold the breath as long and as slowly you can. And when you can't hold anymore let it go as deeply as you can evacuate it and then hold out as long as you can. So let the breath have your own rhythm and your own strength and develop it as much as you can. Exhale very slowly, inhale very slowly, retain very maximum and retain out very maximum.

In all this whole Tattvas. Regulate it but use your will. In the science of meditation they say if a person cannot do this meditation he should understand that he is (?) for life purposes on this planet.

For the entire internal strength and for the intuitive mind to bring in the balance please do not hesitate to hold the breath in and out to your maximum. That will work out on central vagus nerve.

Time comes once in life please be honest in doing it so that you can experience and open up your trunk into the area where you can be what you ought to be.

Sincerely and carefully try it.

Don't under do it, don't overdo it, (?) do it right.

Put in sincere effort.

Keep up, inhale, exhale, inhale, exhale, inhale, take your hands up please and stretch. Right now, stretch, don't worry about that little pain, stretch it. Just stretch it, exhale. Inhale again and stretch so much that you can be up on your buttocks. That much up. Exhale, inhale deep again, deep, stretch, relax.

Time, thirty-one minutes, duration of practice ninety days, everyday preferable time is before going to bed. Mantra open.

Student: (-----)

YB: And it opens. No mantra. Any mantra will do. CM, VM, IM, UM, anything. (?). Preferably if you want, you can have Sat Nam and you can have (?), preferable. But according to the scriptures it's open mantra meditation. Any mantra. But it will straighten you out. Ninety days. Mentally. Breathe in, breathe out. (?) anything. I am, I am, I am, sohung, sohung, sohung, world is, world is, world is, anything which (?) talks about infinity of God and God, anything higher than you. Clear?

Student: (-----)

YB: God has given you that (?). That you are obligated to do it because that is your earning process, which is your learning process. Mantra has got nothing to do with learning process. It is an experience and to feel that experience we do it so that you may not fall apart from the state of consciousness (?) that energy. That's the difference between yoga and the Tantric yoga. Yes please.

Student: (-----)

YB: Me?

Student: (-----)

YB: God.

Student: (-----)

YB: In this?

Student: (-----)

YB: (?). God knows everything. Simply if you just pray in goodwill, goodwill will come to you in abundance. Asking in prayer for help is to consolidate. It's consolidated effort. (?) prayer is nothing but area code number to dial to God. You know what I mean? In some areas you have one (?) some don't. In area of Guru Nanak (?) Ek Ong Kar. You know. (?) and that's what the prayer of life is. You must pretend you are (?).

(Students' laughter)

Student: (-----)

YB: Hold breath out? You become nirbhav, and you hold it in, you become nirvair.

Student: (-----)

YB: Not too much trouble is required, as much physically is possible. Not overdoing it. You ever think is harmonious (?) and that is enough to (?) central vagus nerve, that's all. Whole thing is (?). Where?

Student: (-----)

YB: Sadhana is the big win. Normally (?) because in (?) and that is required to be continuously extreme and you must reach that experience, it requires to reach that experience. (?). So it is (?) our win.

Student: (-----)

YB: No, no, it has no (?), preferable time is before going to bed.

Student: (-----)

YB: That once a time (?) don't you expect with this.

Student: (-----)

YB: Because there are certain people (?) ask them and there is (?) source to source. And it's time, we have to (?) sequences to prove it. Because it will (?) in space. But individual has to put in individual effort and that will always come out (?). Have you seen those people they send totally out of tune and they bring out everybody, throw them out. (?). Any other question?

Student: (-----)

YB: (?) want to, but at ninety days you will extremely that by doing it for ninety days you have reached a experience of easiness, of friend, or intuitiveness, (?) you can do rest of your life, I mean you can do this.

Student: (-----)

YB: Just to get confirmed (?) that's why (?). Ninety days everyday constantly if you do it you will become (?) your body with all tattvas will relate to it, your mind will open up, your whole thing, the system, the gray matter, the (?), the central vagus nerve system, all will be set. Then you can do it anytime you like.

Student: (-----)

YB: Ask somebody to open up your skull right underneath. The top of the brain (?).

Student: (-----)

YB: You don't know that?

Student: (-----)

YB: You are very intelligent. Yes dear.

Student: (-----)

YB: You know the highest meditation is Nam Chitteavey. When God is in your remembrance all the time. We remember God, we chant to God, we do all that so that it can be confirmed in us. (?). In United States of America meditation has not been taught. It has been (?). And it's very horrifying to see that some students like you (?) and then it's very clean. Nam Chitteavey. God is made(?) image. Any question? Yes.

Student: (-----)

YB: No, mantra is just to be rotated inside anytime.

(Students' laughter)

Student: (-----)

YB: That is called research. (?) upon you. (?). He used to put a telephone, "Sir, (?) that has happened, now how can you compare it?"

And I end up comparing it and then say, "Thank you for saving my time (?) God, God, God... you should have done it, (?)."

Student: (-----)

YB: (?) it is on the prana, the breath of life. (?)

(Students' laughter)

Student: (-----)

YB: (?) chitteavey, chitteavey, it's a state of consciousness. Now, Guru Guru Wahe Guru, Guru Ram Das Guru is (?). I am not (?) Wahe Guru whole day. That I can hear all the time. (?) otherwise mantra is you wash your hands, (?) impossible (?). What you can do? (?)

Student: (-----)

YB: I don't know what Guru Nanak did, you can do the same thing. Guru Nanak made it for everybody.

Student: (-----)

YB: Yeah, (?) you can hear it. (?) you can hear the unheard, you can see everything, you know the unknown. It's the state of consciousness, apply it. Right under your turban there is a head which must experience that. That's what I am trying to reach all people. Go ahead. Any question?

The class sings: "May the long time sun shine upon you..."