

LA223 810408 Let the breath dance accurately to the melody and see what it does to the pituitary gland
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SUMMARY MEDITATION

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

With the elbow bent bring the left hand up until it is near the shoulder in a relaxed comfortable position. Touch the thumb and index fingertips together in gyaan mudra, with the other fingers pointing up and the palm facing forward. With the right arm straight raise it up until it is parallel to the ground and the fingertips point out at an angle 60 degrees from straight forward. The right palm faces down. After 15 minutes change hands and reverse the position. For the final five minutes put both hands at the heart center on top of one another palms in



Breath:

"Dance" the breath in rhythm with the mantra, inhaling in eight strokes and exhaling in eight strokes. **After 15 minutes inhale and change the position, then continue as before. After — 30 minutes inhale deep, hold 30 seconds, exhale, repeat hold out 20 seconds, relax.**

Length Of time:

Hold the first position for 15 minutes, then reverse the position, hold 10 minutes, then five minutes in the final position.

Eyes The eyes rest at the tip of the nose.

Mantra:

[last 3 minutes Put your both hands at your heart, keep going. Palm of the hand should touch heart center.]

Listen to the tape of this mantra:

ARDAAS BHAEI AMAR DAAS GUROO

AMAR DAAS GUROO ARDAAS BHAEI

RAAM DAAS GUROO

RAAM DAAS GUROO

RAAM DAAS GUROO

SACHEE SAHEE

Comments:

Dance the breath freely. Keep the energy exactly in this rational self. Let the breath dance accurately to the melody and see what it does to the pituitary gland.



Kriya 31 minutes

LECTURE

... It's a Baisakhi day right? Well, well, so we are entering the era of the festival of Baisakhi so this has come from... Got it? This is how you can see, it has teeny-tiny twenty-six diamonds plus Adi Shakti. Plus four ounces of gold, plus nugget which they found and the chains were confiscated from Ranbir.

(Students' laughter...)

He wears lot of them. So in practically, this is contribution to our what you call as, treasury from Nirbhav Singh and Kaur and the people there in Alaska towards their greeting for Baisakhi. It took two years to design, build and make, it's lot prettier when you wear it. Well, one day we can tell our children we were all not poor. That's all it takes. Poor Ranbir has lost two good chances.

(Students' laughter...)

It's fun.

Sometime you understand you reach a stage when you decorate yourself to cooperate with others, at one time you decorate yourself to impress others. You understand decoration remains the same, at one time you decorate to impress others, then you decorate to cooperate. Somebody once asked what is the idea of rubies and jewels and these diamond rings and all that. If you really want to understand...

Rajyog means kingliness in Divinity. Divine majesty, divine majesty, the correct translation of Rajyoga is divine majesty. And the throne of this divine majesty is best owedly given to Guru Ram Das. Guru Ram Das is not savior. People who believe, meditate, chant, look towards in prayer to Guru Ram Das are not saved or protected. But their divine majesty is established. That's why Siri Guru Granth says,

"Raj jog takhat dhian Guru Ram Das."

So basically, "Bina santok nahi koyi rajey," without satisfaction nobody is a king. Greed does not let you be a king.

So when you establish within yourself a state of mind, satisfactory, cozy, calm, not only you have cleansed yourself, but you cleanse anything in the area you touch, surround and feel. Establishing a royalty of your characteristics is your mental faculty.

You are not beautiful because you want to be beautiful or you want to look beautiful, that you can do till morning till you sleep. Then what? Then you have to decorate again, then you have to decorate again, then you have to decorate again. Decoration is like a Japa till you reach a stage when you are already decorated. Like in army a general can become one star, general two star, general three star, four star, five star, then what. There is nothing beyond it. Exactly the inner mind, the cosmic mind, the mental mind, the real mind, you can't judge it. Because you cannot reach it. But if you ever reach that mind, the inner mind, then everything within and without is very cozy. Very cozy. It is the mental coziness which is the source of divine majesty. It's not a pride, it's not a ego. It is state of ecstasy and happiness. It is very extraordinary state of happiness. It belongs to me, it belongs to you, it belongs to all.

You have to understand that as gradually you graduate from any school or college and university in any art or science or you become graduate in law, you become graduate in medicine, even sometime you have to graduate in love. When you break all barriers, and return nothing but kindness you graduate in love. When you break all barriers and serve in kindness, then you master in love. And when you break all barriers and you flow in love, then you do doctorate in love. You never thought of it, right? I never thought of it too, I just made it up.

(Students' laughter...)

Nobody makes it up anything, it is all there. It is within the realm of consciousness that you can understand. Flow of mind is great. It is always great. It shall always be great. Therefore when there is a mental decoration to reaching the point of satisfaction and there is a spiritual grace filling your heart, filling your?

Students: Heart.

YB: Then my friend you don't need any outside force.

"Jaa tu merey val lakh, bahey kya kijiye?"

O divine God, when your hand is with me then millions of hands cannot do any harm to me.

I mean to say you must understand things are hard today, some of our old friends have left but you do not understand how many new friends have come. Difficulty is we don't know them. And from middle of August 82 onwards what is in stock. As one decade has gone, things have tested their grounds to get ready for the next decade as every winter leads to a spring, to a summer, to a fall and to a winter. Exactly the process of growth is in your mind, you are positive, you are neutral, you are negative, you are neutral and you are positively neutral and neutrally positive. Negatively neutral and neutrally negative. You are negatively positive; you are positively negative. Out of this growth of balance you sometime feel you are confused.

(Students' laughter...)

But actually to be very frank with you, you are juggling your way through your own limited consciousness. If you let it flow into the, merge into the consciousness of slave, slave, who flows in what? In the spirit of divine. It is better to be slave. "Nanak Das greev baithey piya dwarey." You know then the attributes are very humble because it is only among all religious prophets and men of God and divine incarnation or avtaar, Guru Nanak is the highest. In the essence because he is the humblest. He never said, I am the son of God, he never said I am the messenger of God. He said, I am humble, I am neech, I am mean, low. Because you know how low you become... Suppose there is an atom bomb attack. Naturally you will like to go into dungeon. When Guru Nanak realized the glory and the grace and the bigness and the vastness and the majesty of the divine in action his own self became very meek.

All right, put this finger here, exactly the way I have done, and put this finger there, exactly the way I have done. It's simple and **close your eyes to the tip of your nose**, look at it. **The hand, which is pointing forward is flat with the ground. It is called parallel, this is called perpendicular energy, this is called parallel energy. Sixty degree parallel, ninety degree perpendicular.** Eyes are totally resting at the tip of the nose.

We are going to play tape ardas bhai Amar Das Guru, Amar Das Guru ardas bhai and we like you to dance your breath freely with it. Freely. Like this. **Breathe in strokes, one breathe in, two, three, four, five, six, seven, eight, exhale the same way**, one, two, three, four, five, six, seven, eight. With each note of this music which is a beautiful shabad you dance your breath in this posture. Keep the energy exactly in this rational self.

Eyes on the tip of nose, play.

(The tape is played in the class...)

YB: (Over tape) let your breath accurately dance with it, see what it does to pituitary.

Very honestly dance your breath with it...

(Chanting continues...)

Rhythm yourself.

Inhale, (17,40) change your hands. Hurry up, change them right now, (?).

(27)Put your both hands at your heart, keep going. Palm of the hand should touch heart center.

(Tape stops.)

Inhale deep, deep, hold, exhale, inhale deep, hold, exhale, exhale deep, exhale deep, hold out, steadily hold out, steadily hold out please, steady, five more seconds, steady, inhale, exhale.

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

YB: Come on come on quick.

The class continues singing "May the longtime sun shine upon you..."

YB: May He, may He, may He, may He, be so, be so, be so, may He be so helping hand of God, give you the consciousness, may He uplift, uplift the spirit in the realms of divine kingdom. May there be light forever and hand of God make the divine, divine, divine. Sat Nam.

