

## 720306 8° rib Cage Pranic Center Praanpathi Namō Namō

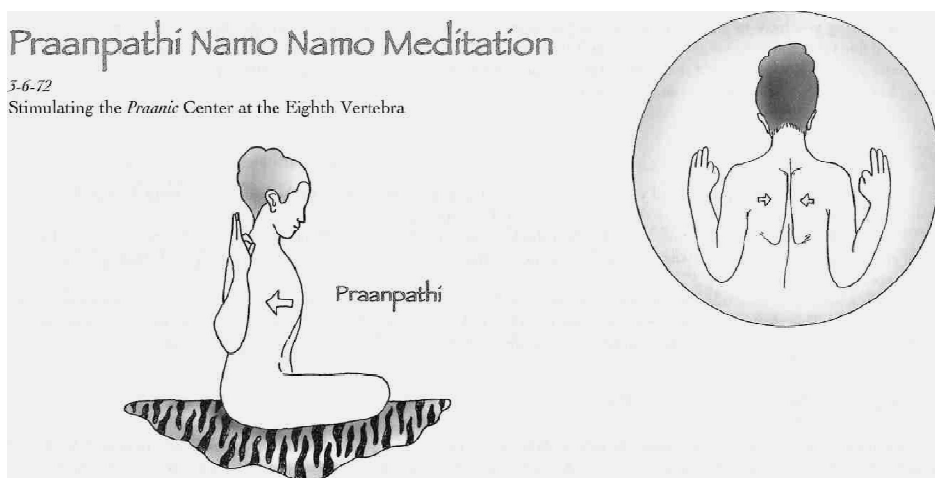
.....Tonight is a very simple exercise, put your hand in this position please. Without removing your elbows the hands must move at the shoulder point like this; not elbows have not to do nothing, just fix it here, fixed position and take them all the way back when you take all the way back and pressurize and you have to sit away from that if you want to do it. Turn this side yeah because you have to go all the way like this back, all the way you can go and then you all the way come up.

1. Sit in Easy Pose with a straight spine. Place your hands in Gyan Mudra, the tip of the index finger touching the tip of the thumb, with the other fingers pointing straight. Bring your hands up to the level of your shoulders with the elbows resting against the rib cage and the palms of the hands facing forward. (The forearms and hands line up with the shoulder joints.) Lift your chest, stretching the ribcage and spine upward.

### Praanpathi Namō Namō Meditation

5-6-72

Stimulating the *Praanic* Center at the Eighth Vertebra



Inhale as you move your arms backward to press your shoulder blades together. The elbows stay in contact with the ribcage at all times. Your chest will rise as the shoulder blades press together. Pressurize the area between the shoulder blades. (The eighth thoracic vertebra is just below the bottom tip of the shoulder blades.) This pressurizing movement takes about 7-10 Seconds. Mentally chant "Praanpathi" during this backward movement. Praanpathi (pronounced praan putt-hee with 'praan' being about 3 seconds and 'putt-hee' being about 4 seconds)

As you exhale, release the shoulder blades, allowing the forearms and hands to come back in line with the shoulder joints. This movement takes about half as long as the inhalation movement. It is about 4-5 Seconds. Mentally chant "Namō, Namō" during this release. Continue inhaling and exhaling in this manner for 5 Minutes.

"Do this kriya in a very personal manner. It is a meditation on praana, the source of life. As you inhale, feel that God has given you the breath of life and let the breath create that music."

(This exercise benefits the praanic health of your heart because praana goes to the heart via the eighth vertebra.) **Move your shoulders in all direction**



2. Begin shrugging your shoulders and moving them in all directions: round and round and up and down. Don't stop. 2 Minutes

Your shoulders move in many directions and you have to keep moving your shoulders. All the pressure that makes

you insane, fearful, incapable, unmanageable, weak, and cowardly comes when the nervous system between the eighth to tenth thoracic vertebrae can't sustain under pressure. Your downfall is there and you have got to shake that area now."

### 3. Come back into position and repeat Exercise #1 for 1 ½ Minutes.



A. Relax the position and dance your shoulders around for 1 ½ Minutes.

"Shrug your shoulders like you are saying 'I don't care.' Shape up your self, move left and right also, up and down, all the sides. It is fun to move that area. There may be a lot of deposits there, because you have never really shaken it up and the circulation in the muscles is deficient. The muscles require a kind of exercise. Just be kind to that area."

### 5. Inhale deeply and chant the mantra *Maaa* in long form. Each *Maaa* sound takes 20 Seconds. Chant *Maaa* five times.

### 6. Relax for 4 Minutes

"Your neck is going to have a lot of pressure and it is going to do many things to you. Your elbows have to come all the way with your body. Bring your elbows with your movement, let them touch your rib cage. Pull back your shoulders. If the life nerve is not pressed, this kriya has no meaning whatsoever. It's a particular angle in which the life nerve, which goes this way, gets pressed and it is the pull of that nerve that -we require. It is nothing else. (Using this) mantra is just (a way of) relating to the ecstasy of the Creator of the prana, Lord God.

"Praanpathi is the master of our prana, the master of our breath. You are not the master of your breath, though you may say so. Praanad you don't control. Praanpathi means the Master, the one God, the Infinite. Namō, namō is a salutation: I bow, I bow

Pull back so much that your two shoulders can join in the back, some can go up to that extent, some can't; like this; all the chest come out, all this area, this whole area is pulled back, totally. So much even the blood circulation you can feel get stopped. Come on, do it. Pull all the way back, all the way back. All right, come forward, go back, come forward, and now this is a prana exercise, it relates to the eighth vertebra and I will chant the mantra and you will do the exercise. When I say namō, namō, you can come forward in this parallel position, parallel to the shoulder. Beyond this...

You know, kundalini yoga has got one thing very weird in it and I can tell you that, it's a yoga of angles and the kriyas are based on a particular angle and because it's a question of longitude and latitude; cut down here and that's it. Now this is the position in this, three fingers are straight, one finger is in this gyan mudra, it's exactly in this position, chin in and chest out. And you can fluctuate this much, watch me.

Praanpathi namō, namō...

When I say pranpathi, pranpathi, the master of our prana, the master of our breath, you are not the master of your breath though, you may say so, just to please you I'll agree too but that's a lie. Prana you don't control; they are not with you. Pranapathi means master, the one God, the infinite. Namō, namō a salutation, salutation or I bow, I bow, it's the same thing. I will chant the mantra you will do this exercise. When I say pranpathi, your shoulder should go back all the way. Your three fingers should almost be straight and your this, in this position you say.

Praanpathi namō, namō....

**Your neck will have a lot of pressure and it is going to do lot many things to you, but the elbows have to come all the way with your body, you can't have like this, this is not right position. Bring your elbow with you, let it touch your rib cage, your ribs, you have eaten enough of prime ribs.**

(Student's laughter)

Let today you touch your own ribs okay. Not like this, this eheh...like.

Pranpathi namo, namo.....

All right, let us all do it.

**The class chants: Pranpathi namo, namo.....**

Keep up.

The class chants: **Pranpathi namo, namo.....**

**Pull back your shoulders.**

The life nerve if will not be pressed, this kriya has no meaning whatsoever. It's a particular angle in which the life nerve which goes this way, which has lot of capillaries, and things which we call here sciatica that gets totally pressed and it's the pull of that nerve which we require. It is nothing else, mantra is just relating to the ecstasy that whole, the creator of the prana, lord God, you call Him by any Tom, Dick, and Harry name, I don't care. You are going to call Him as you feel Him. It doesn't bother me, if your God is Jesus Christ or He is lord Buddha or you even call your bull as a God or you call the angel flying is a God or you call a sparrow as your God, it doesn't matter to me, you have your own God, I have my own, mine is all right, I am sorry about you.

(Student's laughter)

But you got to relate to your God anyway. It's your God to which you want to, don't relate to my God at all. I am very happy with him, and it's okay. But you got to do it in the very personal manner tonight and it's a meditation. It's a meditation on prana, a source of life, so exactly do it in the same manner, in the same form to relate to it.

Inhale deep, pull all the way back and feel the God has given you the breath of life and you have filled up and then pull forward and back. And let the breath create that music, inhale deep, go back all the way. Pull back as much as possible, just use it, it will save you the stroke of the heart, can you believe that.

Exhale.

If you don't want to die of heart attack you got to learn this and do it right.

Inhale, pull back, pull back, with the force, God has given you life, and life is yours. Exhale.

I'll like to time you, inhale.

Exhale.

Inhale, exhale, inhale, exhale....