

**LA965 A10408 The Inner Child II Purity of Speech Pick Me Up.** Yogi Bhajan, Ph.D. - April 8th, 2001 - Los Angeles, CA, USA

“Man - tra” is the vibration of the mind that coordinates with the universe, and each mantra has a way of being recited. A million people may chant Ram, but if it is not chanted from the navel, it will not have any effect. If, by chanting mantras and doing yoga, you just become a good Christian, Hindu or Muslim, you have wasted a lifetime. If, by chanting mantras and doing yoga, you have conquered your spirit and re-emerged in the Infinite Spirit, you have achieved something. You are born very pure and innocent. That is all you ever need to be. Every development around you is Nature’s gift, and Nature will never let you down. But your friends and everyone around you tell you to grow up and you forget you are a child. Mantras give mental frequencies that enable us to feel we have been born innocent. We must retain our inner child and innocence, and never fall victim to poverty, indignity or disrespect.

**LA0965 MEDITATION - Purity of Speech**

Sit straight in a cross-legged position. Hold your hands in Sarab Shuni Mudra in front of the heart center—fingers interlocked with the Saturn (middle) fingers extended up and thumbs crossed. Elbows are relaxed down. Eyes are closed. Chant the mantra, “Bolo Raam, Bolo Raam, Bolo Raam, Raam Raam,” pulling in the navel on the word “Raam.” Continue for 3 to 11 minutes. To end, inhale deeply, hold and pump the navel powerfully for as long as you can. Let your body adjust and take care of your health. Exhale. Repeat 2 more times. Relax. “Raam” means “God Everywhere.” “Bolo” means “Thou shall speak.” When you chant “Bolo Raam” you are asking for a purer form of speech. When you speak “Bolo Raam,” hear “Bolo Raam” and see that “Bolo Raam” is everywhere in everything, then everything comes to serve you. Whenever your psyche is not behind you, you end up being ridiculed. It is like letting a car go downhill without gas, gears or controlling power. The car will crash somewhere. No one wants a life like that. You want to make your life purposeful and meaningful. You need the power to tolerate and endure so you may drive in the lane of life where you are safe, which keeps the child and innocence in you alive. When your psyche is behind you, you are happy and powerful. When it is not behind you, you are sad—your transmission is not working right, your gears are stuck! Get up early in the morning and take a cold shower: Cause the glands to secrete and change your chemistry, then sit down and let everything circulate. You will regain flexibility and benefit body, mind and soul the whole day.

**MEDITATION - Pick Me Up** Sit straight in a cross-legged position. Grip your hands together, right palm over left. Eyes are closed. Chant the “Maha Mrityunjai Mantra” by Alka Yagnik, (Om Tri-ambakham Yaajaa Mahay, Sugandheem Pushteevaadhaanan, Oorvaarookamiv Bandhanaat, Mrityor Mukhshee-aa Maamrootaat). Continue for 11 minutes divided equally into three parts. In the first part bring the hands in front of the heart center, with elbows relaxed down. In the second part very slowly raise your hands until they are stretched up over your head, then very slowly lower them back in front of the heart center (2 times). In the third part very slowly raise your hands until they are stretched up over your head and keep them pulled up tightly. To end, inhale deeply, hold and pull up the arms. Exhale. Repeat 2 more times. Relax. Whenever you feel you are in trouble or feel very weak, lock your hands in this mudra and pull them up.

