

## LA936. Respirazione al ritmo di 4 colpi per sviluppare l'intuizione

Mudra: Mani unite nel mudra di preghiera. indici (Giove) dritti, le altre dita (anche i pollici) intrecciate.  
Occhi: chiusi per 9/10

Postura: in posizione comoda, mudra guardando la punta degli indici con gli occhi socchiusi.

Respiro: inspira in 4 colpi decisi dalla bocca a O (un colpo per secondo=inspirazione 4 secondi) ed espira con un colpo deciso dal naso (1 secondo) Durata: 16 minuti



Per finire: siediti dritto, inspira, trattieni 20 secondi, braccia distese orizzontalmente ai lati. Palmi rivolti verso l'alto. In questo modo avrai la forza di equilibrare la colonna dorsale centrale. Espira.

Inspira profondamente, trattieni 20 secondi e stira le braccia orizzontalmente, stirando al contempo la colonna verticalmente. Espira.

Inspira profondo, trattieni per 20 secondi e apri le dita, dure come l'acciaio. Strizza l'energia e portala nelle braccia. Espira e rilassa la posizione.

Commento nell'era dell'Acquario l'intuizione è il principio dell'identità. Questo piccola meditazione dimostra come possiamo chiedere alla nostra ghiandola ipofisi di lavorare per noi.

. . . È necessario conoscere la realtà attraverso l'intuizione. Non attraverso la conoscenza. Perché quando la realtà diventa conoscenza. Ormai è troppo tardi.

## LA936 980609 FOUR STROKE BREATH TO BUILD INTUITION MEDITATION



**MUDRA:** Place your hands together in Prayer Mudra. Keep the Jupiter (index) fingers extended as you interlock the other fingers to clasp your two hands together. Cross the thumbs.

**EYES** The eyes are nine-tenths closed.

**POSTURE** In a comfortable seated position, place the mudra a little below your nose where you can look at the tips of your Jupiter fingers through the one-tenth opening of your eyes.

**BREATH** Inhale in four powerful strokes through the 'O' mouth (1 stroke per second = 4 second inhale) and exhale in one powerful stroke through the nose (1 second).

Continue for **16 minutes**

Whosoever does best, will get the best experience. I can't do this for you. I can only tell you what to do. Use your own diaphragm, move your own central (channel), open up your own chakras. achieve your own results.

These exercises are time bound. Within that time you should achieve a sensory system. Take a heavy stroke through the mouth and push it out through the nose. ,-



To end Sit straight, inhale, hold your breath 20 seconds. and stretch your arms out to your sides. Palms facing upward. That will give you power to balance your central spinal column. Exhale. Inhale deep, hold your breath 20 seconds, and stretch your arms horizontally and stretch your spine vertically. Make a T-square. Exhale. Inhale deep, hold your breath 20 seconds, and open up your fingers, making them like steel. Squeeze your entire energy and bring it into your arms. Exhale and relax.

Comments In the Aquarian Age intuition will be the principle of identity. This is a little meditation to see how well we can tell our own pituitary to work for us. . . . You must know reality by intuition. Not by knowledge. (By the time reality becomes knowledge) It's too late.

#### LECTURE

Hey hello, will you also give cookies? Hey, chief nurse, read this quick. We are doing today PR. Public relation. Under the high command's order. See even I have to obey. Read this note.

Student: Kind sir, we are hoping you could share this message request tonight. The thirteenth international peace prayer day, world's music celebration is just ten days away on Saturday June twentieth. You are only ninety minutes flight away from experiencing this extraordinary day. We are very pleased to announce our keynote speaker in nineteen ninety eight man of peace. Dr. Steven . New York Times best selling author of seven habits of highly effective people and the seven habits of highly effective families. A claim to time magazine is now twenty five most influential people in America, international peace prayer day recognizes Dr. for his outstanding work in bringing integrity, honesty and dignity to the business community world wide and for his tireless effort to teach and promote the principles of strong loving family. We particularly agree with Dr. statement. When you raise your children you are also raising your grandchildren.

In addition to Dr. speakers on this year's program include world bank special representative to the United Nations judged by an executive director of talking film festival, AIDS activist . Ma Jaya Sati Bhagvati and Yogi Bhajan, father and founder of peace prayer day. There will be a marvelous world music program including yaka in a high energy band blending the tradition of Zimbabwe with American folk and rock and rock. The tribal dance music of and to horns, gongs and drums. The manual machinery also Punjabi, bhangra dances, ego and the TEWA youth dance group and an evening of African dancing led by duan duan. Throughout the program there is a comment peace in a family and youth working for better tomorrow. The future way and puppeteers. and puppeteers will create entertainment to demonstrate how youth can resolve conflict in a more powerful way than violence. So timely with the increasing violence we are seeing today in schools in America and worldwide.

We are also specially honored to announce the establishment in nineteen ninety eight of the golden temple peace cereal grant. Golden temple natural food in collaboration with peace prayer day has recreated a line of fruit and herbal cereals from which a portion of the profits are awarded to organization or individuals working for peace. We are pleased to award fifty five thousand dollars in grant funding to the following seven recipients for nineteen ninety eight. Grand mother's for peace international, The conflict resolution center international, The nuclear air peace foundation, Peace international, The family violence prevention fund, Volunteers for peace incorporated and the fellowship of reconciliation. Representatives from each organization show a peace prayer day to accept the grant.

Personal healing is also same as peace prayer day, as hundreds participate in the sacred healing walk. Guided this year by and Thomas one from north west people of Seattle. This ancient ceremony is performed in the same tradition as taught to us by the Hopi elders. Participants will walk to healing circle to the beat of the drums honoring the earth and dancing to the music of heart. The walk begins with the arrival of the eternal flames of peace torch, which will be carried twenty five miles by marathon runners. Including democratic nominee from the third district, New Mexico attorney general Tom . The torch will be brought from to the peace prayer day site Espanola. Participants in peace prayer day will enjoy two hundred and fifty acres of clean air and beautiful visitors. As well as the bustling open air bazaar and delicious vegetarian food. Ten dollar mission include the vegetarian food. Children are free. Arrival at twelve thirty p.m. is suggested. For directions and further information please call toll free, it's not too late to make that plane reservation of powers and our prayer and where prayer goes, in God follows. Yogi Bhajan.

YB: I wrote it? Na, na, na, I have good officers, now I am very glad they are trying to... in one way I am relieved that thirty years we started building up a family cuisine I call it. Then today all the properties, all the businesses are good enough to carry these people through the times. I believed always and shall believe I came with empty hand and that's how I am going to leave. No concern of mine. But with this attitude now people are picking up the tabs and they are acting right. There is a ingrown ownership and responsibility which is a very happy news to deal with.

Tonight lecture or tonight talk or tonight class is very simple. What God wants you to be you are not. God created you as you. How He created that He knows. There is nobody else knows. Why somebody is corrupt and one is saint? One somebody is a nonsense and somebody make all the sense? It is the caliber and the capacity which a person has. And that capacity is that what it is in a person. We call it given elementary consciousness. But if you take your given elementary consciousness and you develop it to be super conscious that is the deal. If you do not have intuition you can't even force, it's just driving a car and there is no lights. Just a guess work. It can be any accident. You fall in love with a girl and she falls in love with you and hug hubby, hubby. Two three years later you will find she is insane and you are a madman even to think of it. So it took you three years to go and dig in the reality. Because within seven years conscious people can find each other really. That's why they say seven year itch. After, within seven year you know you have not married a human, you have married a dog or you have married a bore or you married somebody like this and that's real personality which is hidden on the polish of the outer surface comes out. But if you have a intuition then that suffering can be eliminated.

Once I remember, I had somebody out of compassion. There was no other problem. And everybody told me, "What are you doing, what are you doing? Sir you understand?"

I said, "I am not doing anything I don't hire and fire anybody."

"What will happen this case?"

I said, "If person believes put somebody to work. Test it out. Give a chance. Let's not be judgmental."

Sometime you do see the person doesn't have a caliber. But if you call yourself compassionate, give a chance. And you know there are some people who are wiser than you. First a person has to think he is wiser or she is wiser than anybody else. Then there is a fight. Fight follows that. Avoid it. Let them live with their wisdom and fall into the pit. You don't to push them. There are ways that I have to live a light traveled life. I have a long journey between distance and destiny. I cannot carry and drag load of life my own and somebody else. We do not have any knowledge or social understanding how to avoid it. We get to religion. Religion says this is right, this is wrong. Even in yoga there is yam and niyam. Some things you do, some thing you don't. You start with do's and don'ts. But this is Aquarian age there is no do's and don'ts and yes or no's. The consciousness is every rotten person has a good side to it. Equal and perfect. Every prostitute is exactly a saint too. Simply somebody got on the wrong road. No...

I once surveyed in India seven thousand criminals. And I talked to them, I discussed with them. Certain people admitted they did it, certain told me not. Certain said everything was wrong, certain said whatever. But not a one person wanted to be there in the jail. Not one. Not one, I ask this question are you think you are paying your Karma and you are happy here? They say no. What happens in your life? You have a momentary lapse. You know in our houses when electricity goes what we say, circuit out? Right. Circuit out.

Student: (---).

YB: Fuse, circuit out, whatever, when they go they do this thing and then it comes again. And after five minutes again out. Because you have put the heater on, you have put toaster on, you have put machine on, you have put all the electricity on, then you finally come to an understanding wait a minute. cannot take the load. So you put off certain things and bring to a balance and then you have light. There is no difference than that in your daily life.

You are the most insane mammal born. Most insane. Insane to the degree of insanity. You put everything on you. let the toaster, let the heater, let the fans, let the lights on, all.... what are you talking about. You are a human. You have to have a limit. So the best beautiful thing a man can do or a woman can do is to be to be. If you can't do a thing there is no need to just show off that you can do everything. It's not necessary. If you live tomorrow you can do it tomorrow.

I had to go to bakers field today to meet Romeo and Juliet. It was my moral responsibility but I traveled about six hours, two hours going, two hours there, two hours back. These two kids, the girl is young. She is under age. Boy was under age. Now he is more than eighteen. He went to jail for three years but nothing could separate both of them. Nothing. I don't see anything what is between two of them, nobody could see anything what is between them. Finally the judge dismissed all charges and apologized. Because the whole town told him these are love birds and you can't separate them. So I asked them today, I said, "How you feel?" And both said at the same voice, "One."

I said, I gave up, "Thank you very much. You come along we will take care of you." Boy went to jail for three years. And she never missed a day. And the picketing was done so strongly finally everybody never wanted to touch that case.

Person has some attachment to something and it is just not a attachment of the moment of time and place, it's like infinite. Well in two things it can happen. That's all right. But what about the situation when you do not have attachment with yourself? Is that a curse? Or a blessing? When you are with somebody you have a role model of somebody. You want to look like somebody. You want to be something different than you. Know it, that's your thumb impression can never change. That is your registration number. Your elements cannot change. They can progress or they can eliminate. Your progress, your capacity, your role model is you. What you want to be. That is the progressive life. What I want to be. If you want to be you then you deal with your girlfriend, you will deal with your mother, you deal with your father, deal the whole thing.

But fundamentally and technically you have to give yourself a chance. And you have to decide one thing in your life. All the things come to you will all the things go from you. You need a million thing in the world, you go after a million things, take million efforts or you sit calmly and let your mental capacity bring all the million things to you. It cannot be both ways it has to be either way. To be you, you have to have a commitment within you. To be you, you have to have a character for you. To be you, you have to understand your life is not precious nor it is cheap. It is just you. Then you have to impress the whole universe by you that you have a dignity. Then to follow people see and have reverence for you, you have to give them divinity. Over and above that the most beautiful thing human has is human grace. Then you made it. Then you have a very easy time to sacrifice for everybody. And remember that, those who give are never empty. Because there is a law of vacuum. Law of vacuum is there is no vacuum. And when you give you are fulfilled many times more.

Nanak said,

"Ek bhi na dey, dus bhi Har ley, tou mooda kahu kya karey, jis thakra sey nahi chara, Tho Sada namaskara"

One doesn't give one, I want to give this. And God takes away ten. Tell fool what you can do? That lord who lord who rotates the earth and creates the creation what power you have to face Him? But we do not believe in God and we do not trust God and there is no faith in God. It's a lip sympathy. I am very divine, I am very spiritual, I am this, I am that. What do you mean I am this? God is infinite, you are neither this nor that you are absolutely infinite. When you are infinite you can't put yourself in a pigeon hole. I mean to say I am so shocked.

That's why you know I came here to live forty eight years, I am sixty eight. I am kind of stuck. Telling you again and again and again. You have come here to enjoy the bounty of the God. You have come here to enjoy the bliss of your life. You have not come here to sell yourself and con people out and get into each other and make groups, I am good, I am bad, I am right, that's wrong, this is.... this is not the human. Human has no judgement. You judge me wrong, I judge you wrong, some judge we right, I judge them right, it's a hassle, it's a tug of war. It makes no sense. But you have to do it. Because you don't have intuition. You are blind folded horse pulling the cart of life without knowing where is the happiness.

In the age of Aquarius without intuition it will be difficult for a human to even survive. Life will be very fast. Even now look at the computer age. Sooner or later you will have four mega billion unit information at one press. Can you believe that? How that will mean to us?

A kid was telling me that day. He put his book and that book went through as you count the money, trrrrrrrrrrrrrrr..... three hundred pages, just went three hundred and twenty pages went. After that he said, "Give me the exact essence." And titititittiti..... came on the screen about three pages. Then he said, "Give me the salient features." Then came the salient features. "Give me the character roll." Then the computer, whole thing I told him I said, "Why don't you put this computer in your head and you will find."

He said, "No it has to be discussed on the table."

And tomorrow somebody may come out with a computer design because I have a one student of mine he comes once a while. Once in the blue moon. He comes to the lab there. So he came and told me, "I have something for you"

I said, "Go ahead." He put glasses on my eyes. like this. And he plugged my both ears. And I was hearing him very clear. And the glasses have absolutely nothing to see they were opaque glasses but I could see everything big, nicely. I told him, "What is it?"

He said, "Your future head."

I said, "Why don't produce it commercially?"

He said, "Not right now, no, no, no, no. We want people to feel people. But I am telling you. Tomorrow there will be no blind, no deaf, no dumb, nothing."

And that thing can process the thought. And speak in your trained voice. Isn't amazing? So that movie you saw? 'The force be with you.' You saw that? Some of you? That black force he has no human in it but it is all computerized situation. We are going to have robots. Have you seen tomorrow investigation in the robots, they will bring you in, they hold your hands, they put you in the chair, they give you sharbat if you want, tea if you want and I love that robot how fancy he was stirring the sugar into the tea. And asks how much. He says one spoon. He picks up one spoon, there he goes.

What is happening to us, actually we are robots. We are robots of our emotions. And we are absolutely slave to our ego. We have not found God, we have found our ego. And sophisticated ego in which we feel I am the president of United States. The one who cannot hold his zipper tight is the president of United States, what you can do about it. There is nothing you can do about it. In democracy you elected him, didn't you. I voted for him. Did you? So what you can do? But we didn't put a condition all right president, here is this lock, put it on the pant.

So what I am trying to tell you is whether there is a president or a vice president or whether there is a man who sweeps the streets, we are basically humans. Our basic sentiments, our basic emotions are human. And those humans' emotions when they start entangling if there is no intuition at that time you correct the disaster is inevitable. Then you can judge, somebody is thief, somebody is not. These are not the things, nobody wants to be thief. Nobody wants to be hungry. Nobody wants to , nobody wants to beg. Nobody. Ask anybody in right at the point of heart. You will be shocked. No one wants to be insulted and beaten. Look at the woman, she goes to the work equally and come back, cook all the meals, husband comes, cater to him, then cater to the children, cater to the friends, at night have sex with him. In the morning make him get up, do bah-bah-bah, what is this, super machine? She is a laundry, she is a kitchen, she is a entertainment, look at the thirty thousand things she does. And then some are very lucky, they get beaten too.

I was reading that day rule of the thumb. That was a American law and English law. You know what is a rule of the thumb? Man can beat his wife with a stick which is not thicker than his thumb. This was rule of the thumb. Can you believe this? And she... till she got the right of vote and she fought.... in United States. In United States. It was a law. We don't treat woman as a human. Though we are all born of woman. Because we can't see then our emotions and our ego.

Therefore for the new age to enter this new coming life we have to develop intuition. We have to make this pituitary the gland master gland.... I told you all the time this Roza Krishna has a book called glands, now they sell it for ten dollars they used to sell it for dollar fifty, then it was two dollars. Just read that. Take it, read it. It will really affect your life very much and it's a well explanation there. They have done a good orthodox research things.

So what I am saying this pituitary and this ajna which is a command center which tells the secretion of all the glandular system to secrete properly so that the chemistry of the blood may be to suit your body, to nurture your body, as your body needs under stress and pressure. No, you don't do that. Keep on drinking coffee. Keep on pushing your luck. Keep on drinking wine and liquor. Eat urea, eat meat. What is.... you think you eat meat for any taste, no. It is the uric acid in which just give you a push. Heavy food.

Somebody told me that day, "I only drink Coca-Cola and I eat only chicken."

I said, "Good for you. No it's very cheap. Five six dollars for the chicken, one two dollars for the Coca-Cola. So you cost about seven bucks."

He said, "That's how I feel, I can perfectly take care of my life. And I don't want to drink any other thing water or that it can cause infection."

I said, "As Coca-Cola is going to serve you."

"I don't have to eat anything, cooked chicken is just clean, soft thing."

Four days ago I got a telephone call. He has got into disease which comes from only chicken. He was telling me, "Is there anything which can help me?"

I said, "But they are giving you?"

He told me. I said, "That's a heavy dose, you are feeling giddy with it?"

He said, "Yes."

I said, "Well, I will ask somebody to give you something. Sooner or later you will be all right but. Take that too."

People have very much misunderstanding on themselves. The greatest tragedy of human life is when you are eighteen you think you are going to be eighteen when you are eighty eight. You cannot accept your life more than eighteen. Accepting you are sick, accepting you are wrong, accepting you are not well, accepting you are eighty eight, is a very glorified conscious act. There is nothing wrong to it. And there is nothing wrong giving yourself a chance to be eighty eight. Think of those who died at forty four. They couldn't live eighty eight.

Let us do this meditation and thereafter we should decide that in our life.... I know I can only see you in summer solstice and then this year after this August I have to go and already our staff has gone to India to do that most noble act to organize this Anandpur Sahib festival. So our emergency will shift and I know normally I come in the winter and teach here and you are all very nice to me and I am very nice to you. But this time you have to come to Anandpur to learn. It's just in India near the hill stations. And there will be. This is a call we have to answer. This is a call which has come to us after three hundred years. And this is a call where they are celebrating as three hundred years we are celebrating our thirtieth year. Only difference of zeroes.

Somebody asked me, "What this will mean?"

I said, "Three hundred years a call was given. We will answer the call. We will walk through the dirt of that place where our elders walked. And we will be there to feel the path which they led for us."

We are not going to ask anything. If they have grace and their stories are so great, they will share with us in our thoughts, in our essence and in our character. No American should think we are going there to a five star hotel. No. You are going just to answer the call with the spirit. With your own sleeping bags. And you will walk the same dirt as they walked. You will sit and be there as they sat in and you will experience that what they experienced. They become deathless. And that is the story of time to repeat. So we will be doing that. So qualifying factors are that this age, Picean age is going away and Aquarius is coming in. Where intuition will be the principle of identity. And let us have a little meditation to see how we can tell our own pituitary to work for us.

And now please put your hands and put your Jupiter finger like this and by the nose, by the nose little lower look at it with nine percent eyes closed. Accurate? And now to be technical you breathe in four strokes. Four strokes and with one stroke let it come from the nose. And try your best. It is not specially A, but whosoever do best will get the experience best. Four stroke inhale. And one stroke exhale.

Don't give up.

Four strokes. You don't have much time left. You got to produce the result.

If you think I have to do this for you I can only tell you what to do. Use your own diaphragm, move your own central system, open up your own Chakra, achieve your own results.

You have exactly two more minutes to go and that's the end of it, whether you make it or not this is up to you. These exercises are time bound. Within that time you should achieve a sensory system. Take a heavy stroke through the mouth and push it out through the nose.

Now one more minute please inhale and put your both hands up down like this and hold your breath as much you can. Tight. That will give you power to balance to your central spine column, Mayurdand. Balance it out and sit straight and tighten your spine as much you can. Breathe out. Inhale deep and hold tight and stretch your both arms and hands outside as much you can. Give a width to your body with your spine height and hands. Make a T square. Let it go. Now inhale deep. Deep, hold the breath, open up your fingers like you have absolutely five iron nails and squeeze the entire energy and bring into arms. Relax.

You will never be the same doesn't matter what you do now and it is all not a miracle and nobody has done anything, it's all energy in you. Some of you participated forty percent, some fifty percent, some eighty percent. I wish and pray that you should have participated hundred percent and then gone home and say I am very, very divine. That's all it takes.

In our part we are trying to do our best to give you a healthy, happy and holy prospect. Anybody of you who has nine holes is holy, anybody who does not react to time and space is happy and anybody who eats little and drink little is healthy. Principles are simple. But to do all that you need a intuitive mind to control yourself. I hope you will give it a chance. And we will see you in Espanola if you care to come. We are trying to ask you to come to the summer solstice and peace prayer day so that we can

become the part of the international world. Thank you very much of the night and God bless you now, she is going to sing a song to you and you are going to all sing with it.

(Students sings the song....)

(The class sings along with her....)

May our purity and piety lead us to prosperity so may we with God's grace enjoy the living life as a field of ecstasy without fear, without vengeance and without crippling on small things. May we become a shining star in the horizon so we can love and live with each other with highest strength and joy may this day make us to be worthy of ourself and may our work be available to be shared by those who need our help. God created this universe and the creatures to live in peace and tranquility. May this prayer of our self that we should be at peace, peace of mind and peace of self be always be our guiding force. So we can the distance of destiny with most righteousness in strength and in help. God bless us all. Sat Nam.

Well, there somebody in this class who can sing too or they are going to act shy? I see some people who can sing. Yeah, they can sing. Yeah, yeah get up, have strength it's okay, it was a good class.

Wow, that's the tape? You made it?

Student: (---).

YB: We are getting better and better.

Student: This is my newest song called, "Who you are?"

Student sings the song.....

(Applause)

YB: In one song she taught the whole class.

If you know who you are the problem will be solved. Those who get to know who they are, are the humans who are served by God. Those who try to know who others are, are always crushed by the maya. And those who do not know who they are and what others are, come back to the earth again and again to find their reality. The time we want to waste on who is who, if that much time if we waste on ourself who am I game will be different. But she sang a beautiful song, you enjoyed it.

Then go home and we will meet you in summer solstice on peace prayer day. Which is the twentieth, right.