

LA233 810512 activate the parasympathetic nervous system

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

With the elbow straight raise the right arm up in front of the body until it is parallel to the ground and the hand is in front of the shoulder. Bend the wrist back sharply so that the palm faces forward. Curl the ring and little fingers down into the palm and lock the thumb over them. Extend the index and middle fingers and spread them apart as much as possible. Bend the left elbow and bring the arm up in front of the body, grasping the right arm just above the elbow where the hand fits naturally. The thumb is hooked under the upper arm. The left forearm is parallel to the ground, perpendicular to right



Breath: arm. Breathe as necessary to whisper the mantra. At the end of the meditation inhale deeply and hold 30 seconds; exhale, immediately inhale again, hold 30 seconds; exhale and relax.

Eyes

Look at the tip of the nose.

Practice this mantra which will never give you any trouble. It

Mantra:

Powerfully whisper the following mantra:

ARDAAS BHAE AMAR DAAS GUROO
AMAR DAAS GUROO ARDAAS BHAE
RAAM DAAS GUROO RAAM DAAS GUROO RAAM
DAAS GUROO SACHEE SAHEE.

Length of time:

Practice this meditation for 11 minutes.

Comments:

This meditation will activate the parasympathetic nervous system and the central vagus nerve. will save you from all darkness: mental, physical, spiritual past, present, and future.

NM413 A10904 You Are Gracious Not Guilty Intuition and Strength of Excellence. Yogi

Bhajan, Ph.D. - September 4th, 2001 - Espanola, NM

When we cannot save ourselves from our emotions, we are unable to use our intuition to be aware of our tomorrow. All the guidance given in the Siri Guru Granth Sahib comes to one understanding—there is no heaven or hell, no guilt and no nonsense. All you have to do is to make sense to yourself. Making sense to everybody except ourselves, we become victims of our own concept, attachment, greed and anger. There is no God outside of you. Your God starts with you, goes with you, and ends with you. But you have guilt! So you can never be you. Save yourself from yourself—drop that guilt! It is the reason we are a community. Every community leader knows how to give, because giving is the only way. Do not just give to those who ask. Give to those who do not ask, and keep on giving. Your faculty and God's Faculty will become the same. Have you ever sat down with someone and eaten from the same plate? No? And you call yourself human? How many people have you helped? How many children have you played with? You are looking for romance, yet you do not have any romance with nature, Prakirti. Have you become one with each other in the Name of God? How much nearness have you produced? Are you relaxed when somebody commits a mistake? Do you share kindness and compassion? Socializing and being kind to each other, we grow our ultimate aura. If a person has fallen, raise him. If people are hungry, feed them. If people are unhappy, dance with them. Simply remember that you are gracious, not guilty! The subconscious tension we create is not required. Life is like a beautiful, marvelous horse and a cripple is riding it, with unnecessary problems and attachments. God does everything, but you cannot believe or trust it. He gives the breath of life and you make commentary and create drama. That much you get involved in Maya! You know it is not real, but you feel it is real. Guide your ego to strength of straight-forwardness. Feel the real "real." Do you remember when you wanted to come to class and couldn't? Do you remember when you wanted to get up in the morning and be with your God and couldn't? Do you remember when you wanted to love and be with somebody and couldn't? All problems on this planet come from "couldn't." It gives us a slip from our dharma, from our destiny. We need to make our will so clean, clear and positive that "couldn't" does not touch our shores. Kundalini Yoga takes away "couldn't" and gives us excellence. In creating excellent character, it gives a pathway of essential sacrifice, which gives maximum happiness. If we cannot sacrifice our ego, attachments, anger, lust and greed—what can we sacrifice? These faculties force our "couldn't" upon us. Things will not change until you change them through the Divine You within you, which allows you to sacrifice. Reality in you makes you realize. This is the law of the Lord, Purkha, and Nature, Prakirti and will never change. You must change with it. Sequence has a consequence. When we start a sequence, the consequence will be there. If you do not want consequences, do not start the sequence. Have that control! Control your "couldn't"! Let us meditate to get rid of this "couldn't."

NM0413 MEDITATION - Intuition and Strength of Excellence

Sit straight in a cross-legged position. Cross the middle fingers over the of the index fingers, the other two fingers are closed and locked down the thumbs. Bring the mudra up to ear level, with elbows bent. Eyes are closed. Chant from the navel the mantra "Har, Har, Har, Har..." ("Tantric by Simran Kaur and Guru Prem Singh). Sit like you were the Lord Buddha. Be constant and consistent. Continue for 11 minutes. To end, deeply, hold, and let it multiply into the being. Exhale. Repeat one more then inhale deeply and powerfully, hold, and pull the navel in. Exhale and Practicing a kriya like this one with a mantra gives you a rhythm. When life is subject to rhythm, "couldn't" goes away.



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with
Har"
inhale
time,
relax.
your

LA009 780123 TRISHOUL KRIYA TO NERVOUS SYSTEM:
stirs up the kundalini from the power of life & immunity of death

General Position:

Sit in easy pose with a straight spine

Hands:

Bend the Saturn and Sun fingers of each hand straight down to a 90° angle from the second knuckle. Press the bent fingers of the opposite hands together at the bent knuckles. Interlace the other fingers, pressing the thumbs against the nearest Jupiter finger. Hold the mudra in front of the heart chakra.

Arms:

Bend at the elbows, raising the forearms up and in toward each other until the hands meet at the center of the chest at the level of the heart.

Legs:

Sit with the legs crossed in easy or sit in a chair with the weight both feet equally distributed on the ground.

Breath:

Breathe only when necessary and in quick short breaths in order to maintain the continuous rhythm of the mantra.

Eyes:

The eyes are 1/10 open.

Mantra:

Chant the following mantra in a monotone voice:

GOBINDA

There is a strong emphasis on the first syllable.

Chant in a continuous unbroken rhythm at a fast rate.

Chant only with the lips and not the mouth. Proper pronunciation of the mantra is vitally important to experience the effects of this meditation.

EXTEND AND PUCKER THE LIPS ON "GO," SMILE ON "BIND (A) "

Locks or other conditions:

Lock the hands into the mudra and keep them locked throughout the meditation.

Mental Focus:

Focus on the mantra and make sure the lips and tongue are pronouncing it correctly at all times.

Length of time:

Begin with 7 minutes and build to 31 minutes.

Comments:

This meditation stirs up the kundalini. It gives immunity from death and power over life.

Figure No.

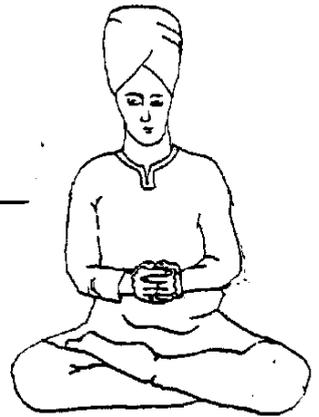


Figure No.



TH3202 990728 Meditation to Move the Entire Akashic Record
Masters Touch Level 2 July 28, 1999 Class 2, Espanola, N.M.

Mudra: Sit straight and place your left hand on your right knee. Place your right hand up by your ear with the elbow bent, and your Jupiter/index finger pointed straight up. The other fingers are in a fist.

Movement: Move your right hand/Jupiter finger in a 4 to 5 inch circular motion, counter-clockwise. The finger and hand move together.

Eyes: Close your eyes 9/10 and look at the tip of your nose.

Breath/Mantra: Listen to the Shabad, "Chattar Chakkar Vartee..." (the last four lines of Jaap Sahib) as you breathe in through the 0 of the mouth and exhale through the nose. The breath sequence is as follows: First line, you breathe in deep through 0 of mouth. Second line, you exhale through the nose. Third line, you breathe in deep through 0 of mouth again. Fourth line, you exhale through the nose.

Time: This was done for 26 minutes in class.

To End: Inhale deep and hold your breath about 20 seconds as you stretch your right hand straight up, keeping the Jupiter/index finger pointing up. Diagonally tighten your entire body, as you push, pull, and squeeze your body tight. Exhale with Cannon Breath through the mouth. Repeat this two more times. Relax.

Comments by Yogi Bhajan: "Move the Universe and breathe properly. Rhythm your breathing with the mantra and the body must move accordingly. Concentrate. It's not that your finger is moving the entire Akashic Record is. Apply your mind, body, and soul to it."

Shabad:

First Line: inhale through the 0 of the mouth "Chattar chakkar vartee chattar chakkar bhugatay,"

Second Line: exhale through the nose "Suyambhav subhang sarab daa sarab jugatay,"

Third Line: inhale through the 0 "Dukaalang pranaasee dayaalang saroopay,"

Fourth Line: exhale through the nose "Sadaa ang sangay abhangang bibhootay."

English Translation from Sacred Nitnem by Harbans Singh Doabia.

First: God is present on all sides and by His order controls all the world.

Second: God's light is automatic; He is beautiful and is ever present in all living beings.

Third: God destroys the pains of births and deaths, and is the embodiment of mercy.

Fourth: God is present with all and His grandeur will never vanish.

"These lines instill courage and fearlessness into the fiber of the person." Yogi Bhajan

