

LA876 960530 For the Tattwas, Pranic Rib Cage And Nervous System

1



1. Sit in Easy Pose with your spine straight. Keep your chin in and your chest out. Bend your elbows and support them on your rib cage with your palms facing toward your body. Allow the wrists to bend so the palms face upward, hands in front of the shoulders. Close your hands into fists and open them again rapidly and continuously. Put strength in your movement. 3 Minutes.

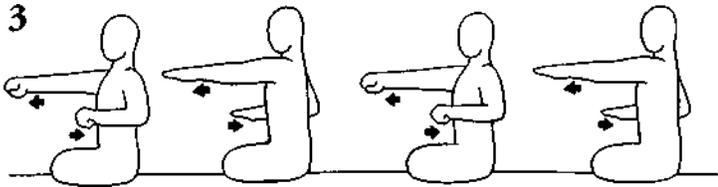
This creates an elementary balance which is one of the most beautiful and powerful things of the human body. It will stimulate the basic tattwas...Your breath will change. The pranic energy in the combination of your breath will change. You cannot buy that in the market, you have to produce it.



2. Still in easy pose, move your arms and shoulders like a bird in flight. Move fast. This balances both parts of the brain. Be sure that your shoulders move up and down with the movement of your arms. 3 minutes.

This adjusts the ribs, is beneficial to the heart, and improves circulation in the chest area. This will help to adjust the ribs and balance both sides of the brain. However, if you start to feel nauseated, stop immediately.

3



3. Sit in easy pose and look straight ahead. Reach forward with your right arm and, at the end of your forward

movement, make your right hand into a fist. Pull your right arm back to your side as you reach forward with your left arm. At the end of the left arm's forward movement, the left hand is open with the fingers slightly spread. Move quickly and powerfully, reaching forward with alternate arms. 3 minutes. This is for the nervous system. Move very fast so that the breath changes. (When Yogi Bhajan demonstrated this movement he made a fist of his right hand at the end of its forward reach. When his right hand returned to his side, it relaxed open with the fingers slightly spread. When he reached forward with his left arm, the left hand remained open. When his left hand returned to his side, he made it into a fist. The movement was timed so that extending arm reached its maximum forward extension at the same time that the retracting arm reached its resting point at his side.)

4



4. Bend your elbows with your palms facing forward, fingers slightly spread. Lean back 15 degrees. Close your eyes. Sit with your chin in and chest out. Balance your body from the chin, which is the moon center. Sing along with the tape "Meditation" by Wahe Guru Kaur and go into deep meditation. 15 minutes. The angle of the spine is

important. If this exercise is done correctly, the basic psyche will change.

To finish: Inhale, lean back a little farther and stretch your spine vertebra by vertebra as you hold the breath 10-15 seconds. Repeat this sequence two more times.

Exercise one is for the tattwas, exercise two is for the pranic rib cage, and exercise three is for the nervous system.

"When you walk on the path of spirituality, one thing is very essential: you must see the Hand of God."

YB

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Please sit down, have a fun, how many people are going to Las Vegas with me?

(Laughter).

Oh, I will teach you a class in gemology, effect of stones, cookies will be served after the class in honor of Seva Kaur's and Anand Singh's birthday. That's and these cookies are really good. I full moon healing seminar. . offered by Saturday June 1st 6 PM to 8 PM, offered by Singh Sahib Guru . Sardarni Sahiba Guru Prem Kaur? Is that true?

Student: (-----).

YB: Oh good. First somebody lost his eyes, he put the glasses. Then he, his legs couldn't walk. He started doing this and that. Then actually there was nothing to. Finally one day he died. He went to God, he say, "You have no justice."

He say, "Why?"

"You never gave me a warning."

I say, "What warning? I took away your eyes, I took away your this, I took away your that, each time you have artificial everything, then I finally found there will be nothing real, so I brought you a home."

I saw, I met a one actor when I was in Las Kala and somebody said,

"You know him."

I say, "Yeah. But I met him twenty five years ago, hardly there is any part of the body real."

You know what I am saying? Totally different stuff. Different nose, different cheeks, different cheekbones, what do they do? They want to reclone themselves? . Funny part is you all want to be young, you never want to be wise, isn't funny? You want to look young and youthful and all that, why you not be wise? Why should you not be trustworthy? Why should be worthy? Why not trustworthy? You want to be great, why not to be grateful? You want to do a fashion, why not be gracious? One of the best fashion, graceful person. Anyway, tonight we have to learn, we have to go through three parts of the other exercise, lecturing will not be right. It's time to do the job, come on, let's do it.

Could you please put your elbows on your, on your, on your this ribs? And support them there and stretch your spine like this. Chin in, chest out. And just very fast, as you know, do it like this. Very fast. It's just stimulation exercise and nothing particular. Fast. Open, close, open, close fast. We are creating a elementary balance which is one of the most beautiful and power thing of the human body. Fast, move fast. Spine straight, chest out, tight. It will stimulate the basic tattvas. For a while you think you can do it. After a while you will think I can't do it. Then you say, "Well, may I do it?" Then you will start doing it. It's, it's a kind of mental stage which come with it, funny and you will start freaking out in exact three minutes. If you do it right, there is no way, you shall not freak out in three minutes. I mean, big exercise twenty one ton weight and all that, this is not weight, it's just an exercise. Come on, come on, come on. See what it does to you.

What the, how much you cost? Three thousand dollars a tread machine and, you know? Tread machine? How many? Three thousand dollars? And that, the thing which you do that, whatever..... And one thing is there, and they are doing right, what's the use? Sit down on the bed and do it. Let's see. . . Three minutes.

Actually this exercise starts after three minutes. That's a factor. Aha, I am not kidding. I, I am going to teach you something in which you have total engross power of your tattvas. Not that you have to ask something. Nature will come in, you will start feeling it. Your breath will change, watch, this is something very beautiful. Your breath will change the pranic, pranic energy in the combination of your breath will

change. You can't buy that in the market, you have to produce it. Like this. And put the strength in it. Not slowly, fast. Come on, one more minute. . No, one more minute you can suffer, that's okay. Not bad. Try, try.

There are certain things you don't do in home. And you do not know when you move that muscle and then you think you are all right.

You have thirty seconds to go. Come on, do it fast, last chance. All right, bring it out. And you know how the bird does? Watch me. See how the bird does. Watch it and fast. Long distance you travel, watch it, balance, no, no, no, no, this .

Ladies, you know what happens that mammogram that they say you have a this, this, this, you understand that? You know that? Ha? Now men are getting, forty percent men are reporting, can you believe this? What's going wrong with you men? Is not prostate enough to kill you? Now chest has started killing them.

No, no, it is a bird, it's a bird, it's a bird, shoulder must go, look, watch me. It's a shoulder thing, hands are just helping, dancing, aha, shoulder thing, , fly, fly. shoulder, cheating is, I understand, I, I can cheat all the time you want. That's not. Aha, shoulders go up, each time. You see, you can't do this, botch me. Is it something you can't do? Come on, keep going. If you start feeling nauseated, stop. this, I know the effect of this exercise, therefore please, it balances inside both part of the brain, it's not something, if you move the shoulders and the hand, my God, you can't believe what you are doing.

Hello, no bent in elbow, what kind of wrong with you? Yesterday you were doing so good. No, not this. This is dumb thing. Hey yes, you will freak out, I can bet on you. Yeah. It's a awesome exercise. It has been experienced by a selected group who were prone to get the heart attack, they selected two hundred people to do it and hundred fifty not to do it and the result were humungus. Not this, now you are doing like this. No, this is not. Move. Come on.

I told you it is not a very good day for class, class is concerned. What? Come on. Third is worse than this. . Not yet, not, move the shoulder. You are you know why you are hurting and why is the problem? Your ribs are not in order. They are not adjusted. Just do it, you, you have to adjust your ribs, just go ahead. Move, move.

All right, hurry up. You have about forty five second, go, go, go. Do it right, now, come on. It doesn't matter come on. come on, please, please. Fifteen seconds, come on. Try it.

All right, now the third exercise. You see this? Watch this? Watch this. One hand goes up, makes a fist, other comes out to open. Come on quick, straight. Look straight, sit straight, make straight.

This is for the nervous system. First one was for tattva, second was for the pranic rib cage and the third, this, this exercise will give you a potential nervous strength. Dare up, dare up, dare up. These exercise are three minutes and they are for fast. They are not for slow situation. It has to totally stimulate and accumulate energy and push it in those areas.

Harder, harder. Your breath must change. And in one minute, how strong a person is, the breathing rate will change. But if you really want to enjoy what I am trying to reach you to, then let us reach to that status.

Harder. There is hardly time left, . Arrey, your arc line must change, that's the beauty of it, it's not exercise it matter. Close your eyes and sit your chest out and bent sixty degree. Watch, I am going back, sixty degree. Chin in, balance with the chin. Only chin can balance it. Go behind about fifteen degree, from ninety perpendicular. Fifteen.

Come on, mama, hold your knees in balance, chin in, then will be balance of, yep, yeah, and bent back little bit good. Don't be breast shy ladies, there is nothing, you have it, it's natural. Come on. Little bent, little bent, don't lose the balance.

Oh put that tape, 'Meditate.'

Stay there, stay there, stay there, stay there. They can sing with it.

Flowers, flowers, flowers. Some people, God has send us flowers.

(The tape, 'Meditation for creation' is played).

YB (talks over tape): Oh help them, help them, , wow. Enjoy folks, enjoy , go in deep meditation.....
Sing, sing.... You just do it right, we'll talk later on. Chin in and bent back fifteen degrees, that's all you have to do.....

(The tape stops).

YB: Inhale. And, and just relax. Now you want to go further or you want to stop?

Students: (-----).

YB: Now listen. This is a science, it is not my privilege to mislead you. You have to keep the back fifteen degree backward. You have to balance the whole body from the chin. Chin is the moon center. If you can balance your entire balance bend back with chin, you will get it what I know you will get it. And, you know? When you start worrying about this stuff, this, this is all right, you, when you are getting it, you are getting it. Sometimes just tremendous, hummungus pain and that pain will be transferred into the spine. But it's not going to do anything wrong, it's going to be give you something which you need. It take again a one eighth of a second to penetrate through the Chakras or they turn back. And we need in one minute, hundred eight movements and that's what you have to achieve and that's the pressure stand that, you know what I mean? Don't worry, it's, it's now, that's to have set of the ground perfect and it's time to achieve it. All right? Ready?

Posture, I mean, just, it's not that you are doing it for me and I am doing for you, it's not, we are doing for our very best of self. And you know, if you achieve even two percent of it, it's worth. It's worth everything, because then it will change everything. This is, basic psyche will change. That's what I am trying to achieve. All right, set posture, breathe, start the tape.

(The tape is played again).

YB (talks over tape): Sing as one rhythm, as one unit.....

(The tape stops).

YB: Inhale, hold the breath, little bent backward please and stretch the spine. Exhale. Inhale deep, hold the breath and stretch the spine vertebra pull it upwards. Stretch, stretch, exhale. Now this is one chance, don't let it go. Inhale deep, hold and now with your power of the will and muscle the nerves, stretch spine upwards. Stretch it up. Squeeze it upwards, let it go. Wow, relax.

Happy birthday to you (mock singing), who is that? Come on folks, sing now.

(Students sing, 'Happy birthday.....' to Seva Kaur).

YB: And Ji, and Ji, and Ji, all Jis. May the long time.....

(The class sings, "May the long time....." and chants 'Sat Nam').

YB: Those who have come in Thy faith, honor them, those who have come with Thy grace, heal them. Those who have come to come, exalt them. Give them all, big and small, so they can be yours. Give them the shelter in the heart, clear their heads, give them the consciousness, the beauty of character, strength and courage in life. Power to be, exalt them into the essence so that all can remember you are Thy Lord, personal, impersonal and total. May this day be the day of joy, happiness and great self. Sat Nam.

I do not know where you are but, . Now cookies are going to be served and you came late, but I want to talk to you, hurry up.

Cookies, cookies, cookies.