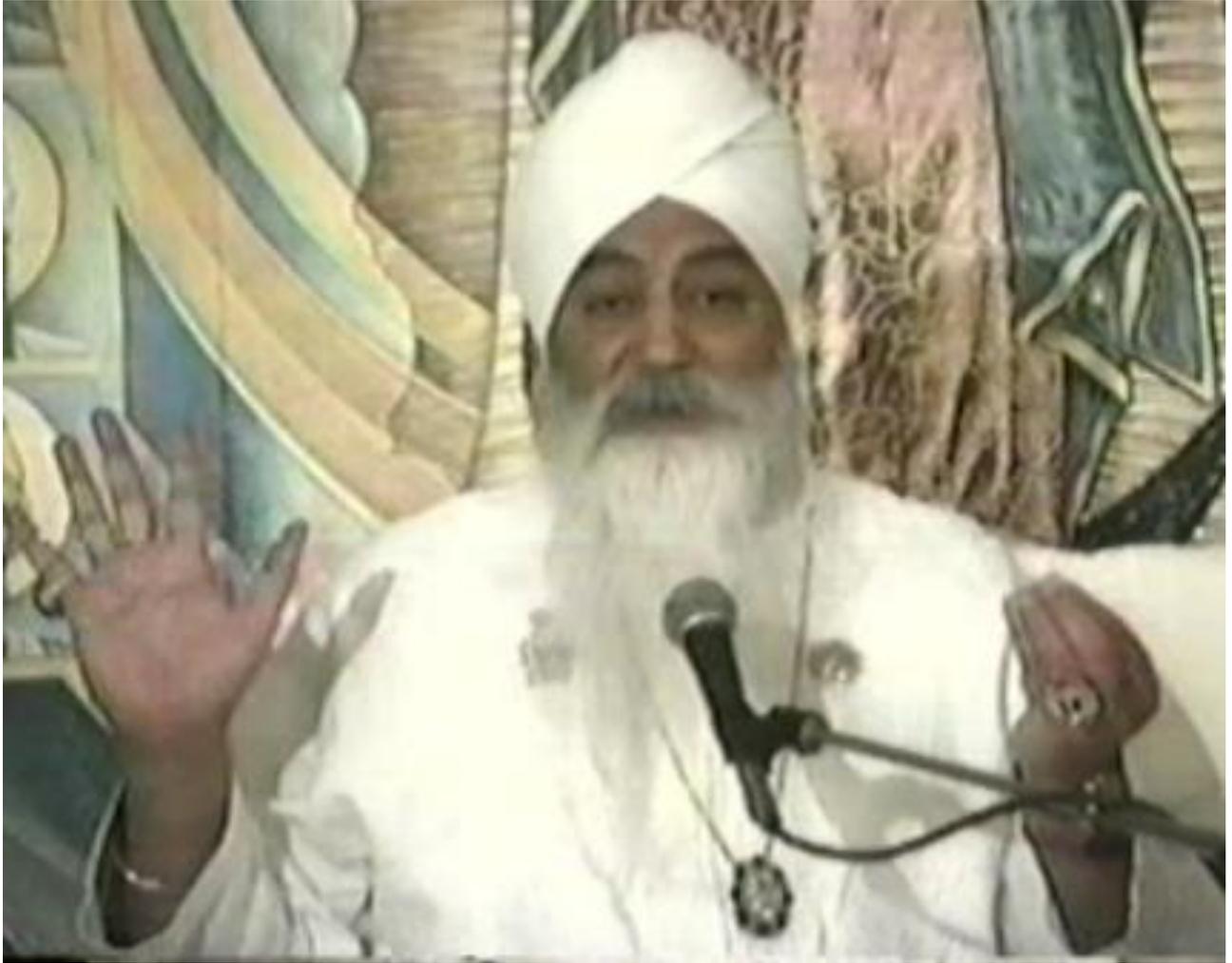


**NM192 960110**

*Equilibriamo l'energia dei Tatwas*

**11 minuti:** *La spina dorsale dritta con la cassa toracica sollevata ed il mento serrato. Chiudete gli*



*occhi e mettete la bocca ad **O** e al ritmo del mantra ispirate profondamente **SAT NAM SAT NAM** ed espirate profondamente **WAHE GURU WAHE GURU**.*



*Alla fine degli undici minuti Ispirate profondamente e sollevate in alto le braccia nella stretta di venire inversa e stirate stirate stirate e fate uscire l'aria dalla bocca come il colpo di un cannone ( 3 volte )*

**SAT NAM**

I am starving when the refrigerator is over flowing, I am extremely depressed as you have achieved the crown ship in God's kingdom. **I am confused. You know mostly as human you are sick, you all want to play sympathy, apathy game and that way you use your nervous system to the point, you become totally insensitive living human. It's the worst game in human's life and in their commotion of self-satisfaction.** You are a social animal to be alone is very difficult for you. Well, you have a God, you have a Guru and you have your consciousness, environment and you have your courage and you have a thoughtful self as expanded as anything is when you are lonely. **So sometime we have to learn this Kriya, it is called Sathwic Kriya, which we are going to face now and we will go through it. Are we ready?**



**11 minutes:** I will give, give a very good preface so that you can do it right. This is left hand, put all four fingers and thumb in one place like a closed flower. It will start hurting after a while and you will like not to keep it but you have to. It's a very simple thing, see my hand, all my fingers and my thumb is closed and it is just like I have a flower lotus like this and these fingers like this are wide open. Now, understand there is a very powerful exercise, it is not to be played around or fooled around because it is going to deal with your Tattva energy, I mean you are going to feel as you have to feel, correct and now make your spine straight as possible and make these, this hand, flower hand and this hand like this, very self controlled that it is there, rest of the body is spine straight, chin in chest out, correct? Now, you close your eyes. **Now, you make a 'U' round 'O' of your mouth and you inhale deep and then you exhale deep and they put some tape with that rhythm. I think put that Sat Nam, Sat Nam, Wahe Guru, Wahe Guru, that is easy. At Sat Nam, Sat Nam they can breathe in, at Wahe Guru, Wahe Guru they can breathe out.**

(Tape is played in the class)

YB (Talks over the tape): Inhale deep and stretch your hands up please.

(Tape stops)

And lock them and put your palms up and stretch your spine as powerfully and forcefully you can do. Exhale, inhale again, lock your fingers, put your palms upward stretch every part of the being, stretch up, exhale, this is one chance more you have got, inhale deep, lock your fingers and go and go and go and go and stretch and stretch, lift up your body from the base, lift and with a cannon fire, relax out. Relax now. This Kriya you have to do eleven minutes, it will balance the Tattava, it will give you patience, strength and endurance. It's not, and I wish all of you for a eleven minutes in your day or night, in the afternoon used to, start using practice, one breath a minute, twenty seconds to inhale, twenty seconds to hold, twenty seconds to exhale. That's as simple as that, hand folded in the center to neutralize your elements. We are starting here to actually I have to be here to be with my doctor and I have promised to come to Santa Fe to change my medicine and I think I was, I felt safer to leave Los Angeles and come here and take care of my things, which I have promised with him, so for that much time I will be available with you and we will have twice a week in class where we will practice thing and class will start normally eight PM but we will not promise what time it went, so some of the things because my position now is to prepare you for your tomorrow so there should be no sorrows, bless you guys, thank you. You have well trained, keep it that way, so technically speaking, your life, your happiness and your contentment is in yours health. By the way,



majority of you are suffering many things and you are very nasty, obnoxious and you don't care when you say things. radish juice half and with cucumber juice one part and, and putting celery juice one part, so all total a six ounces and let us say, four ounces or two ounces, totally eight ounces, let us put it there, twice a day, may not do any miracle at all. It's totally useless, it smells bad, it is horrible, you talk sometime that you should be put before a firing squad but to do you know that it can take away extra fat of your body? Cleanse your liver, spleen, absolutely make you a new person? Are you aware? No, you just talk sometime things, which you do not, it, it means you do not value life, it's just, you value taste and what is your taste? You know what is the taste of ill health is? Sick health is quite painfully tasteful. And if you want to reduce within this before spring coming, you should take walnuts, cashew nuts, almonds and this pistachio, cashew, walnuts and almonds, four nuts and you make a milk out of it, put pure water in it and just drink that and if you are very kind and compassionate, put an ounce of ginger juice and ounce of, two ounce of lemon juice and see how healthy, how fast and how energetic you can be. This fast is difficult for first three, four days and after that you will be ever grateful that you knew the formula. If you are very hungry and cannot resist then eat thrice a day, four, eight AM. There are time with it, these kind of things, biorhythm. Eight AM, twelve noon and four PM and you will be surprised how good you can be and it is not something, which you should not do now, you should because spring is coming, new blood, new life will sprout out of you too and if you give a nurturing base now to the body and eat light, you will be very healthy and whenever I drink that juice, oh! People make faces, nose and as they have never drank

anything awesomely wrong, it very amazing that people can go to that oat, oat meal, what is that store? Wild oat to buy health organic food at double price and I see them other times eating junk, which I don't think our dogs will take it.

(Students laughter)

And these are health freaks and these are most health freaks they will have no sugar, no, no, no, honey not and whenever they go to a movie, whole three packets of M and M goes into the stomach without even, even questioning what they are doing. So I mean, you are really and there is book out, you know? Men are from Mars and women are from Venus, I think there should a book out western are from North Pole and South Pole together

(Students laughter)

Nobody can predict you where are you from and what you are going to do? And what your solutions are but I want to tell you if you want to be healthy, you are what you eat and change your diet and you will not die. Alap ahaar sulap see that's what the Guru Gobind Singh said. Daya kshima tanpreeth. Daya kindness, kshima forgiveness and Tanpreeth love of your being. There are some important things in life Mana-mind, Tana-body, Dhan-wealth. So you have to understand that, right now let us do our common prayer, may.

(Students started singing in the class)

YB: Sa.

Students: Saaaaaat Naaaaaaam.