

LA0669 910122, 1st Chakra

When I shall be gone people who really want advance study in this human happiness can use these techniques for their physical, mental and spiritual perfection.

I am going to teach certain things you cannot find out from a normal holy man or from a book.



There is a way of talking that will be very effective. There is a way of talking that will not be effective. Words will be the same. This is the 5th Chakra. It is the most powerful psychic force you have. It doesn't matter what you speak. It matters how you speak.

The secret of success is not what you are, but how you deliver it.

This Kriya will change the construction of your charkas and you will never be the same. It will immediately start moving the grey matter in the brain and the fluid in the spine

He does just with squeeze and hands going together then release when they touch for five minutes to warm up. Then:

Sit straight. Eyes at tip of the nose. Chant with a "withdrawn tongue" = tongue stays down, sound of voice is lower, slower not quite a whisper but earthy... Hands do two movements. Halfway on Humee Hum, then rest of way on Brahm Hum. Hands start elbows at solar plexus height. Angle of hands is not 90 degrees but 60 degrees tilted in toward center.. On second stroke the hands are still separate. Squeeze just anus half on first movement then more on second then release.

Serious practice of this stops aging, reconstitutes your structure. It is for sophisticated practice to balance the 72 major nerves.