

M161 A00415 Inner Purity April 15th, 2000 - San Diego, CA, USA #M0161

First, you are a human being. When you wake up in the morning, realize it. Stretch your arms over your head then press the hands together in front of the heart, extend the hands straight out from the chest and say, *"I am a human being."* Second, you are a gender—male, female or in-between. Third, you are pure or impure. If your purity and piety work for you and work with others, you are the best of God. You can share, love and serve. Otherwise you cannot, and this precious life is wasted for nothing. To enjoy prosperity and self-fulfillment, maintain your purity from the time you open your eyes until the time you close your eyes. Your power does not reside in money, muscles, cleverness, or in the way you impress people. Your power is how simple, straight and pure, how honest, trustworthy and reliable you are. Your own actions will decide whether your purity, piety, future, God, your prosperity and you are near *you* or far away from *you*. Watch your purity. See how many good things come to you. Do it for 40 days.

MEDITATION - Experience the Source of Your Infinity

1. Sit straight in a cross-legged position. Extend the arms forward, parallel to the ground. Hands are in receptive Gyan Mudra, tip of the index finger and thumb tip together, with the other three fingers stretched and wide-spread, palms facing down. Eyes are focused at the tip of the nose. Chant Wah-hay Guroo, Wahhay Jeeo by Sangeet Kaur and Harjinder Singh (from Raga Sadhana), pulling the navel up and in with each Wah-hay. Continue for 11 minutes.



2. Place the hands on the heart center. Continue chanting the mantra powerfully for 3 minutes. Bless your heart center.

3. Continue chanting for 2 minutes. Whisper powerfully, using the breath of life.



4. Press deeply into the navel point with both hands. Continue whispering strongly for 2 minutes.

5. Keep the hands pressed into the navel. Inhale and exhale powerfully through the mouth. Exhale powerfully letting disease go. Change your biorhythm. Continue for 2 minutes.

6. Keep the hands pressed into the navel. Whistle loudly for 2 minutes. To end, inhale deeply, hold the breath. Cannon Fire Exhale. Repeat 2 more times.

Relax. During the first part of the meditation the arms must be parallel to the ground to keep the magnetic field balanced. Do not bend the elbows—if your elbow bends it means your stomach is out of balance. Pronounce the “r” in “Guroo” touching the upper palate with the tip of the tongue. This stimulates the meridian points connected to the hypothalamus and thalamus whose secretions stimulate the pituitary. The pituitary’s secreting capacity increases stimulation of the entire glandular system and of all the organs according to your power. After a few minutes the body will begin to reform. It will be painful. Keep up. You do not believe God has created you and me. If God has created you and if He has created me, then let us relax. He is a Creator: believe it, trust it and understand it with the purity of your heart. You are poor and miserable and you have difficulties because you do not believe God is the Creator. You are suffering. You are fighting with the Guy who created you. You think you are the creator! Believe God is your Creator. Create the atmosphere to make Him feel He is the Creator. Then you will never have any problem, because the Creator will create the atmosphere in which your creativity will never be destroyed. And if your creativity can not be destroyed, you will be rewarded through time and space. Longitude and latitude must have coincidental altitude and attitude. Your inner purity and intuitiveness must know whether something is right for you or not. Meditation and mantra will give you intuition so you do not have to live by impulse. Animals live by impulse. Humans live by intuition

