

NM373 A01127 Conscious Breathing Self-Experience. November 27th, 2000 - Espanola, NM, USA #NM0373

When I move my fingers, it is not that I move them—within me is a system that enables me to move my fingers. We have two systems. In one we choose to do certain things and, in the other, they happen whether or not we choose. For instance, we cannot stop our heart from beating, we cannot stop our lungs from breathing, we cannot stop our blood from circulating, and we must answer the call of nature. We need to control our thoughts, otherwise they become emotions, then desires, psychoses, and Cold Depression, the first stage of insanity which almost everybody has, and no one wants to admit. The only way to control our thoughts is by controlling our breath. When you do not control your breath consciously, it works unconsciously. Every breath you breathe unconsciously is wasted. Every breath you breathe consciously is a breath gained. That is the difference between divinity and duality. Only you can control your breath. Your breath is your property. In the old days, yogis lived 100 years or more, while remaining young and beautiful. Each person's life span is measured in breaths. Normally you breathe fifteen breaths per minute. If you take one breath per minute, you can live fifteen times longer. When you take a conscious breath you control your life force. When you keep the life force under your control, a unison occurs. Your life is imbued with all the natural force of Prakirti, and Purkha and Prakirti become one. There is nothing else so easy and so marvelous! It gives you grace, respect, prosperity and all that you think you could not otherwise achieve. When your mind has no duality, you have divinity. If you have divinity, everything on this planet can be done for you. But we do not believe that this can happen—we do not have faith. Every time we doubt, we lose virtues. Doubt is a gulf created between the two minds of a person, where all his virtues and values fall. Guru Nanak said, in the beginning pauri of Japji, "Sochai Soch Na Hovae, Jai Sochee Lakh Vaar." "Thoughts cannot be fulfilled, even if you think thousands of thoughts." When God plans, His plans are infinite. People may fill a wall with their degrees, but insanity exists, because they are running their mental So Darshan Chakra, not their spiritual So Darshan Chakra. You cannot believe what you cannot experience. Let us see what we can do tonight

MEDITATION - Self-Experience

Sit straight in a cross-legged position. Make both hands into fists at ear level, with the index fingers curled at 60 degrees pointing forward and the thumbs resting on the middle fingers. Eyes are closed. Meditate deeply as you chant: **1.** Wah-Hay Guroo, Wah-hay Jeeo by Sangeet Kaur and Harjinder Singh (from Raga Sadhana) for 22 minutes. **2.** Hume Hum Brahm Hum by Nirinjan Kaur for 31 minutes. You will experience a special energy in the spine. During the last 3 minutes, pump your navel powerfully with each word. **3.** The Bolay So Nihal shabd for 3 minutes. To end, inhale deeply, hold the breath, and stretch the arms straight over the head. Keep the hands in fists and stretch the index fingers all the way up. Exhale. Repeat 2 more times. Relax

