

Achieve an Experience of God

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Sit in Easy Pose, bend your elbows so that your upper arms are by your rib cage, and the hands are at shoulder level, palms facing forward. Bring each hand into Surya Mudra with the thumb and sun finger (ring finger) touching. Keep the other three fingers straight. Silently meditate to Rakhe Rakhan Har by Singh Kaur. Your hands are in Surya Mudra and you are meditating to a Surya Shabd. Close your eyes and go through your oneness.

Let the surya or sun energy circulate. Start with 11 minutes and work up to 31 Minutes.



"There is no God outside you. Neither was, nor is, nor shall be. It is all in you. The very breath of life is Divine."

YB

LECTURE:

At that moment that person through the crises became Christ because he could forgive unforgivable done to him and that's the reality. When you can do which is impossible to do you have made the impossible possible that is called divine rest is all nonsense. When you can take a cup of poison drink it and make it turn into a nectar what is the medicine, all poisons given to body to kill the disease and bring the health and when you take a social poison and turn into a divine excellence, that is what spirituality is about. Your concept of spirituality may be different than mine and I am not here to impose mine on you, neither I am going to accept yours for me. I am not asking you to follow me, I am not asking you to walk with me, I am not asking you to respect me, I am not asking you have any reverence you can live in your nuisance rest of your life it will never make a sense. The sense is only in one virtue where impossible hits you with possible you can deal with it. Am I clear? Then impossible hit you and you turn out with possible of you possible of you and deal with it and don't become a monkey all crack down or fall apart then you show the strength of God, the infinity. When the finite gets to you and you show the infinity that is what divinity is. The difference between duality and divinity is very simple in duality when time hits you, you fall apart you split and if you have any divinity I am not talking A divinity B divinity C divinity I am not branding it any divinity then when impossible hits you, time hits you, space hits you, you are just divine, you are not divided. Duality and divinity are the two sides of the same coin called God and you want to achieve that, take the sun finger take the Surya Mudra and just like this as I am sitting straight and simple calm and quite straight up.

Hey Rakhe Rakhan Har...

Calm down yourself put your eyes close them down and go through your oneness consider you are a figure one.

(The Rakhe Rakhan Har tape is played).

YB (Over the tape): Beauty is to keep those three fingers straight and let the sun energy circulate which will make it little difficult, but if you just consolidate your energy it will work out perfect.

Enough now this exercise which you have done this mudra can make the dead to rise and walk, if you perfect this mudra it is call surya mudra and that is the surya shabad. When that word and the body put it together that's what power it will give you put your hand and say rise the dead man will rise, it's not impossible, it's conquering the life breath of life the sun energy. And last of all which I like to deal right now some people have communication problem and many of you do have and we need to deal with it. You see this mudra you won't find it in any book that's why I am trying to relate to you. The sun finger is together mercury here but they don't meet normally they get to like that but this is the right way to do it, bent them keep them separate two fingers and the hand meet straight just like that is the mudra and that's how the heart is. Correct?

And put that that peace lagoon of some Kaur.

Student: (---)

YB: No that peace first song of her, first song from Peace lagoon. You have that version?

Student: (---)

Okay that's all right they can do that.

Kindly concentrate get into posture calm down yourself let yourself go, neither the sun fingers meet not the index and the Saturn finger meet they are separate only the pinky that meet. is the first tape, first tape is peace lagoon.

(The tape is played).

YB: It is all right this is to involve in us the mercury power the communication which, which if penetratingly is used and exercised give you lot of headway and that wake up Har Har Mukunde you have that? .

Okay now when you are not in a position to work it out and you do not know what to do it is called zero point of self-confidence to get it back to normal first don't do this do it as wide as you can, it's very comfortable put your head on your hands and just go like this, correct. Close down your eyes concentrate on your navel and go for it.

(The tape is played).

(Over the tape)

YB: (Over the tape) Pump the navel at the sound of Har, when you hear it. That's enough.

(End of the tape)

So we are trying to give you different mudras to let the energy be regenerated in a different state of stress and strife in life, trial triumph to avoid the tragedies, that's the purpose of the Kundalini yoga not to live very long, not to live very healthy, not to be very excellent, not to be very down up, just be ready whatever it takes. It's a very great concept very misunderstood by students and the practitioners of yoga they don't know what a Kundalini is. Kundalini is very simple when the time wants it the energy spins up and make you to face it and you face it good. So that excellence human excellence in performance, in achievement is called Kundalini awareness, consciousness, divinity, Godliness, whatever you want to call it, but that is the basic reality, it cannot be changed. And that's what all this about is, this is the science in which shortest possible time you can balance yourself to get going, get going, keeping up. Keeping up doesn't mean to pull yourself up. No, keeping up is absolutely balance in confrontation, that's call keeping up. Keeping up not, when you don't give in. Now if something is wrong and you have to give in you give in but you don't give in to any stupid pressure. You don't give in to wrong, you don't give in to betrayal, you don't give in to tragedy. If you don't give in to exploitation don't give into anything you are you. You want give you want to give. You gave you gave. It's a conscious living. So what I have to tried to cover with you these, these tapes are about thirty-one minutes, twenty-seven to thirty-one minutes something like that and with that music going with that mudra with that stimulation with that balance try it sometime by your own self. If it work for you share with others, it work for others tell them to share for everybody there is no secret there is no possibility of any reaction and then no possibility of any danger or damage, all good will come out of it.

I hope within the shortest possible time I have covered the maximum this are the things which you need in life if God willing and time permitting space granting the humanity to live we will see you again.

The class sings: May the long tine sunshine upon you....