

**NM132 May 4, 1994 Meditation 22 minutes**

- index fingers up, thumb over other 3 fingers, elbows at ribs,
- move hands in a circular arc inward and outward, with each motion, inward or outward, chant one word of the mantra (Har Haray Haree)
- make the 3 bent fingers very tight, the index finger totally tight: move very hard those fingers like you are moving an iron rod
- eyes on the tip of the nose
- chant Har Haray Haree
- to end: 3x Inhale, hold tight. Totally squeeze your body into pratyahar. It is called inner molecule. Squeeze tight. Breathe out



Let us see, if we can reach, this exercise is very funny, it's not hard, mind you, no, don't try to, some people say, 'we don't come to your class because God, then we get so energized we can't sleep.' Well it's a very simple exercise, you have these two index fingers, correct, right? And you know these two, you have two elbows here and have you seen this movement this, no it's a circle, it's not straight, if you go straight, you will find a very different, then look, I mean to say, I tell you electromagnetic field, the subtlety, I am teaching you the subtlety, watch this and put it here and move like this. Right? And now be here and move like that. Just see the difference I mean just in two, three times, it's not that you have to do twenty years. Just do this and you will feel absolutely grossness of it, you move like this, you will feel whole universe is moving with you. You understand?



Now, in this exercise, I will project the magnetic field. So I shall be the pivot of the electromagnetic field psyche. That's why I worked all my day to come to you, so I am well prepared. With my feeble health and my sick body whatever I can do, I shall do it right. You know I am a perfectionist too. So what I will ask as a help that when you put this elbows on this rib, rib bone and this should be very hard, if you make it loose, you won't enjoy the whole thing, this, these three fingers have to be very tight, this finger has to be totally tight and eyes on the tip of the nose and you move, it's very, it will become little painful, I know I practice it myself before sharing with you and keep going. See, your elbows are fixed on your rib cage and you move very hard those fingers like you are moving a iron rod and it will totally recuperate the inner brain neurons damage, it's a very powerful recovery system. Har Haray Haree, Har Haray Haree, Har Haray Haree.

YB (talks over chanting): Use the tongue, keep the fingers stiff. Chant it with the power of the tip of the tongue. Keep the rhythm. Now you are entering the twilight zone of the experience. Do it correctly. Tip of the tongue make it hard, create the sound. Go, go, go, go for it now. Inhale.

To end: Inhale, hold tight. Totally squeeze your body into pratyahar. It is called inner molecule. Squeeze tight. The inner of the molecule. Breathe out, inhale deep again, hold tight, squeeze. One, two, three, four, five, six, seven, eight, eight, seven, six, five, four, three, two, one, breathe out. Breathe in. Hold, one, one, two, two, three, three, four, four, five, five, six, six, seven, seven, eight, eight, eight, eight, seven, seven, six, six, five, five, four, four, three, three, two, two, one, one, breathe out, relax. You are done. This exercise is for the very fact of the self and self-enlightenment in the sense that you can do it

eleven minutes the words are Har, Haray, Haree and you go eleven minutes, then you enter the twilight zone and then you have another eleven minutes or twenty-two minutes, you finish but it doesn't finish there, then it goes another eleven minutes, another eleven minutes and there is another three sounds, there are three sounds, Har, Haray, Haree, Wa He Guru, that's all. Rest is all a combination of combinations of combinations.