

LA873 Nao Niddh Kriya

There is law of sorrow and law of tomorrow. Those of today who don't face their tomorrow will have nothing but sorrow. You are not born to suffer. Happiness is your birthright. Soul is inside you. You can't search it through books. What should you do? Just sometimes sit down and tangle.

Today we want to do Nao Niddh kriya which is very hard kriya. I'm sorry. I didn't make it, so I'm not taking responsibility. It's tough, but it will put you somewhere. Agreed? And if you don't want to do it, lie down and sleep. Snore. What do I lose. You already paid. (laughter) There's no loss. All right? Understand?



Watch this. This is your right hand. This is your left hand. Put these fingers out and put this finger together (thumb covers pinky nail). This is Nao Niddh. Nine occult powers shall come to you when you block the mercury of the right hand and rest of the fingers you open. It's painful. It hurts. Cheating starts right there. Posture is very good thing. Open up these fingers

This pinky, press it under your ego, the thumb. Open up this Jupiter, Saturn, sun and id. Let the mounds be free. Make them free.

And (on right hand) you cover the mound of mercury and the mound of

Venus.

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a) 11 min. Now you are set. Now please close your eyes. And make an "o" of your mouth like G-o-d. The center "o". Please breathe in and breathe out. Keep the "o" perfect. Close eyes, "o" of mouth. Breathe long, deep in. Breathe long, deep out. And understand in your spine the tape we are playing. (Listen to) I am Thine in mine myself, Wahe Guru. These are the sound current. Concentrate this current at the spinal column. Keep the mouth open and breathe long and deep and powerful.

If it starts moving after a little while, it'll start penetrating to the chakras and all body will be in balance. You will not be that handicapped as you came in the class.

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First few minutes you have to get rid of all the fatigue.

Breathe through the center of God, that is "o". And breathe out the same way.

b) 5 min: Repeat the words with the tip of the tongue. Saturn nerve system. Use the tip of the tongue. Open up your heart. Try to reach an experience. Use your pranic force.

Sit straight. Say it with power. You have 2 minutes left to reach a result. Let the fingers, antennas, be tight, at least for these 2 minutes. Sing man sing. Sing sing.

c) at end: 3x (done 5x on tape for those who cheated) Tighten the body and inhale, squeeze the body and pump the navel point to the fullest.

Inhale deep. Tighten the body. And move the navel point as hard you can. So that the energy can go to all facets of the body. Exhale.

Inhale. No cheating. Hold tight. Squeeze the body and pump the navel at the fullest. Cannon fire out.

Inhale deep again. Hold tight. Move. This is your energy and your health and your reaching out. Breathe out.

Breathe in. For those who have cheated, I am repeating 2 more times. Move powerfully. Use force. Your force for you. Breathe out. This is last chance. Breathe in, all the way in. Tighten your fingers. Make them like steel. And move the navel point. At the point of eleven, give up. One two three four five six seven eight nine ten eleven. Breathe out. Relax. You have done the job.

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d) 40 seconds. And now there's one mischief you have to do before I release you. Put your left hand here (on heart chakra) and put your right hand here (bent elbow, fist with index finger up rotating finger in a circle around vertical axis). And move fast, like you are throwing a discus out. Your spine, your butts, your everything will move. We have to neutralize you before we say class is over.

e) 20 seconds. Change the hands please. Fast, fast, move in circle. (right hand on heart, left index finger up, circling)



f) 20 seconds. Now put your both hands and move heavily. Like mad people. Don't worry, you'll have wisdom. It looks like a simple exercise, but it does a lot. Make the Jupiter antenna straight. Move straight. Move in circles. Now relax.



May we all live in peace, compassion and caring for each other. May we not only project love and be truthful about it to our own consciousness. May we never utter a negative word which becomes a mantra and starve our destiny from improvement, prosperity, purity and prayers of life for which God has granted us. Life and time and span. May we all understand whatever we utter becomes akashic record and reflects back on us to bring all what there is. May God give us the power to be loving, kind, peaceful, compassionate. Extending ourselves to serve in uplifting all we see, we meet, we cross. May this day become one of the best. Tomorrow be one of the super best. And on we go as men of God and women of grace. May us all be in his eyes, in his ears, in his tongue, speak the truth.

Sat Nam.