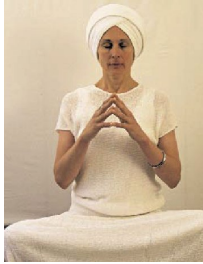


**NM422 A11020 Coordination of Body Mind by Spirit GUIDED MEDITATION WITH THE MASTER To Enter the Fall and the Winter Season** Yogi Bhajan, Ph.D. - October 20th, 2001

I have called you today, as these nine days are very auspicious. The moon is crossing beneath the sun. It is a time to sharpen the mind. Why not to do it the way of the century-old custom? It is not very difficult, and you will be very comfortable in the end.

**NM0422 GUIDED MEDITATION WITH THE MASTER –**



**To Enter the Fall and the Winter Season 31 Minutes** (Sit straight in a cross-legged position. Bring your hands in front of your heart center, with the fingertips touching and the palms spread.) “Try to see how the energy moves. You will feel the reality of the body. Inhale deep and ride on the breath, in and out, long and deep, as honestly as you can. Take your body—the inner being in this body, simply by meditative force. Do not try to understand that you cannot do it. It is not difficult, but it is a great experience. Pull your mental body out of your body. Just take it out. Just simply coordinate between you, your environments, your activities and

your own preciousness. Your mental body, when you command it, is very pure, very clear. And it is yours. It is not related to the physical activities, although the mental body is with you. Things are corrupt only when you are in your physical body and your mental body is not combined. So, do coordinate—you have that power, and take this out, out of your being. Time is with us, the wind is behind us and virtuous we are. It is a very special Saturday. Therefore the Saturn energy in the penetrating form of its being is passing through, irrespective of any force or any effort. That is why I chose it. And we have a small time window only, that is why I am very quick and not saying anything. So this breath has to be very long and down to the navel point. Deep in, and hold, and completely out. The power we have is our virtue. Our virtue is extremely powerful. Our value is humongous. Value, we give! Virtues, we experience! Our values are our values. The majority of the time we forget that we have values. But most of the time if we practice these things, we remember our values. And once a person follows one’s own values, that is all divinity is all about. So, keep the breath long, deep and evaluate yourself. Give yourself values. The first value you can give yourself is: I am virtuous. I am beautiful. God created me in the best form. Thank God has given me health, happiness and wealth. You know, you are a wonder of the world. Recognize the fact. Concentrate on these things. Now comes the secret of the Shintoism, the Japanese faith. See that you are just a blade of grass, beautiful, green, and you are covering your values. Start covering your values as a blade of grass, with an extreme sense of self-cooperation. The tips of the fingers must meet so that circulation can coordinate the two parts of the body, and your valuable and virtuous and wonderful body is right, at this time, under manual control, and your mental body is taken out. The mental body is looking at your physical body as you are sitting. Practice this split. Once you can separate your mental body and practice to separate it, as we keep on doing, there will be no problems—at the time of death you can split your mental body and be free of karma. You will never have a rebirth again. That is guaranteed. This is your reality. You have a physical body, you have a mental body and you have a body of bliss. When you separate that, in-between you watch over this body. See how beautiful it is? Your breath has to be very long and deep because your spiritual body, your physical body, your mental body and your being are separate. You have never been taught this. You have never been told. You think you are one bundle. Feel the super and extreme contentment. That will bring you prosperity. Ride on your breath and just feel supremely contented. That will give you the prosperity that you are looking for. It’s no use living rich, it’s no use living poor, it’s no use being great if you cannot demonstrate to yourself that you can separate your bodies as you can separate that strength. And you can not only visualize, but experience it. In this experience, you are the Supreme.

Every religion goes round and round and round and talks one thing only—self-consciousness. Self-consciousness is just a phrase to us. Let us consider what self-consciousness is: When we know we have a spiritual body, we have a mental body, we have a physical body. Your mental body and your radiant body—have you ever put them together? They are yours. Nobody will know it! But you will be charged, and recharged with the energy. What is more beautiful on this Earth than you? What is more pure and shining than you? What is more cool and calm and quiet than you? In the Eyes of God you are everything. Take a long deep breath and ride on it. Fortune and misfortune are two wavelengths. By yourself it pulses—you can put your body on any wavelength you need. In common man's language we call it repetition. The body's membranes, the body's re-adjustment and the body's main nervous system are going to adjust now. You are within that time. Please breathe long and deep and cure yourself forever. Heal! Take long deep breaths and ride on it, and keep your mental body away. Only look at where the tips of the fingers meet. Circulate your breath. Keep the mental body separate. Concentrate on the physical body, in the realm of personal consciousness. You are beautiful, you are bountiful, you are blissful, you are virtuous, you have vigor, self-control. Apply all that! The central nerve in the navel point can be touched by a deep breath. A split mental body can give you a vast area of coexistence. Your all five channels and tattvas are totally balanced at the moment. Your arc line is clear. Can you believe the little bit that we have done? We suffer here, there, everywhere. What for? America needs peace, it needs love. It needs tons of smiles. It needs us—we the people. Our window is up at 12 o'clock. The rotation of the planet will change the energy and it will change everything. Now is the time. Breathe long and deep. Get it when it is available. Bring in you the coziness. Colorful coziness. Split the light inside. Bring in the special Breath of Life. If you know how to concentrate, meditate and breathe, this is the time." **To end** "Breathe in deep and hold it tight. Breathe out. Breathe in deep and hold it tight. Breathe out. Breathe in all the virtues of God and breathe out peace for the world. Breathe in long and deep, hold it, love it, feel it, and then let it go. Now put all the pressure on the fingertips. Inhale deep. Put a tight grip on the fingers. Let it go. Inhale deep. Make the fingers very tight. Feel the purpose of life and prosperity. Let it go. Inhale deeply, exhale and relax." This time may come in this month next year. My idea was just to give you a re-charge. And this is a very special time. The whole Eastern World is going to celebrate the Festival of Light. During the ten days of this festival people will do nothing but breathe, meditate, eat the right food and show gratitude to young girls, the mothers of innocence. When you see a young girl, you see the creative purity. Purity has many forms, but creative purity is only the young girl. The source of humanity is that young girl, who will grow and one day have a family and children. America is young all the time and does not care. There is no rule, no virtue, because we are not a very meditative nation. But now we are learning a lesson. We got chili in our nose. Now we know we have to change. One day you will come out and realize how virtuous you are, how valuable you are, how this precious time is given to you so you can act on yourself so that you can turn from human into an angel. You are going to get kicked. That is a fact you cannot avoid. Every moment you have to concentrate on your purity. I asked a Japanese master, "What is Shinto?" He replied, "It is a personal religion." "Can I know about it?" He picked a blade of grass and said, "What do you see?" I was a little cleverer than he thought and I said, "God." He asked, "Where is it?" I said, "In this blade." "You know Shinto. That's it! Thank you." There is nothing more in teaching. This is all it is. If you cannot see God in all you cannot see God at all. When that monk picked up a piece of grass and said, "What do you see?" a normal reply would have been, "A blade of grass." What is the most beautiful virtue man has? Matching intelligence! If you can match intelligence with another person you are the most valuable, virtuous and wonderful person. Love is when you temporarily get along with a person. Virtue is in matching intelligence—not values, where everybody differs. Match intelligence!

