



Find Peace

May 22nd, 2000 - Espanola, NM, USA

#NM0350

We are multiplying and growing in numbers, but we are shrinking in consciousness. We want to be happy, but we cannot apply our minds. We do not have the strength and tolerance of each other. Do you see how the world is different today than it was twenty years ago? Our relationships are not based on reverence. They are based on judgement.

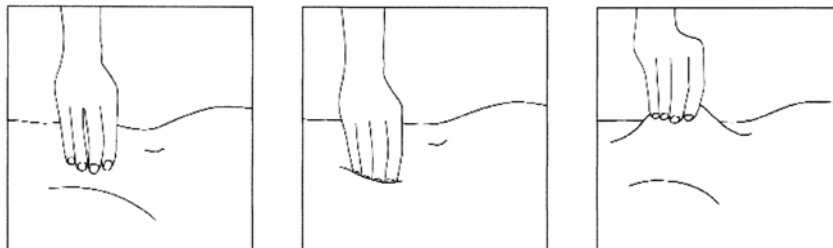
Tonight we will do a very special meditation to overcome our insecurity and anxiety so we can find peace. It will give you patience, tolerance and Self.

MEDITATION - For Patience, Tolerance and Self

Sit straight in a cross-legged position. Bring the right knee up to the chest, lock it with both hands, and pull it as close to you as possible. Eyes are focused at the tip of the nose. Form an "o" with the mouth and breathe powerfully through it in rhythm with the mantra, *Har, Har, Har, Har...* by Simran Kaur and Guru Prem Singh (Tantric Har). Continue for 31 minutes. To end, inhale deeply, hold, and bring both hands to the chest and press hard. Tighten yourself and stretch your spine from the base to the top. Exhale. Repeat one more time. Then inhale again, hold, and stretch both arms up over the head, keep your right knee near the chest without pressure, stretch the spine and every muscle of the body. The harder you stretch, the better it will be. Relax.

Navel Centering Technique

Because in the West people do not have the habit to stretch or flex the spine, most women have navels which are off-center. A man will survive, but a woman will not. When the pulse below the navel is off-center it can cause terrible headaches. This simple yogic technique can help a lot of problems.



Ask the person to lay down on their back and relax. Lightly and gently press your fingertips and thumb 3 inches below the navel until the person completely relaxes. It will take 1 to 10 minutes. Then quickly dip in, tightly hold a fold of skin between your fingers and thumb, and pull it up for few seconds. Then smoothly lower and release your hold. The navel's pulse will come right to the center.