

90/11/23 all what that moves creates a vibration: that is NAAD, (MO61)

1. (5,51) Sit in easy pose. Bend the elbows down by the sides, and bring the hands about six inches in front of the chin, palms flat and facing one another, about six inches apart. EYES: Closed. MOVEMENT: Begin moving the hands (at the same time) very slightly out (about a quarter of an inch), and very slightly in. (Very very small movement). And "feel the sound. It is the sound of your total magnetic field. " Mentally chant "Har har har har har har har," as you are doing



this. Hear that sound being created by the movement of your hands. Done about 18-1/2 min. COMMENTS: This was **sattvic**.

2. (23,40) This is **tamish** - hard, a burst of energy. Sitting in easy pose, make fists of each hand with the thumb inside the fingers, and begin twirling the fists one over the other in front of the heart center (the hands are moving in clockwise circles perpendicular to the heart center). Close your eyes and hear the silent sound of "Har har har har har." 8 minutes.



COMMENTS: Move faster and faster, hard, and create the sound of "Har" silently. You will hear it, you will feel it, you will be in the rhythm of it. But this is something you can relate very well. Don't stop, don't open your eyes. Hear the sound, feel it. Create mental sound around it, "Har har har har har." Go faster and faster and faster. This is **tamish**, this is the burst of energy. That is how earth revolves. The stars exist. That is the four chambers of your heart. Polarize the energy. It is a very good exercise, otherwise if you just take it for the sake of exercise. But once you get into the rhythm of it, it'll go beyond you. That's what we are trying to practice here. Last minute: Now please try to get into it fanatically. Create a self hypnotic hysteria. Understand the depths of the sound and go more and more into it. Beyond your physical body and its strength.

3. (32,17) This is the **rajish** part of it. This is the royal way of feeling the energy. (This is a 3 part movement, but you do the whole thing in one flowing motion.) Easy pose. Eyes closed.



Part A: Begin with your elbows bent, out to the sides, the palms of the hands flat, facing down, about 3 inches above each knee. Fingers of hands are pointed slightly towards one another, and partly pointing straight ahead. **Part B:** In a long swoop, bring the hands slightly down, towards one another, and then up to where the palms come together ("touch) for a brief second in front of the heart center, and stay together as the hands keep moving up to the level of the face. **Part C:** Then

continue the movement upwards, bringing the hands slightly apart from one another, so they end up in the end right above the tenth gate, with the hands about 1 foot apart, palms facing one another still, but slightly face up, and the elbows are stretched up but are still bent slightly at about shoulder level. (At this point he says "Sound.") In other words, in the final position, you are not stretched open wide to the sky, but very contained within a few inches. (When you see a person doing this motion, it looks somewhat like a spout of water in a fountain going up and spreading slightly out at the top.

Then when you bring the hands back down, you touch them again at the face to heart center, and then bring them back to position A.

SUMMARY: the movement is: A, B, C, B, A, in one continuous motion. 8-1/2 min. COMMENTS: **This alone can give you knowledge. Create the magnetic rhythm. This will strengthen your arcline and relate to your energy field.**

4. (41,47) Place the left thumb on the mound just below the left pinkie finger of the left hand. Close the fingers over the thumb to make a fist. Bend the left elbow and place it into the side, the left forearm will be parallel to the ground about 6 inches above the left leg. Hold it there. Make a fist of your right hand, thumb outside, and extend the right index finger straight. Place this hand about a foot in front of the right shoulder, elbow bent and down by side.



EYES: Tip of nose. Now, very slowly, begin to bring the hands together in front of the chest, so the right hand is about 6 inches in front of the chest, and the knuckles of the left hand are pressed into the side of the right hand closest to the mercury finger. Look at the tip of the nose, and see the tip of the extended Jupiter finger, as well as the knuckle of the Jupiter finger of the left hand, as you look down. Done **silent for about 5-1/2 minutes**, then tape played: "**Wah Yantee.**" **Total time: 15 min. Concentrate. It will totally expand you** Nothing moves but from the tip of your finger you will feel the energy. If you see double, or even triple, don't worry. It'll go away after a while. Keep yourself alert. END: Inhale deep, hold, 20 sec. Exhale. Inhale deep, hold 20 sec. Exhale. Inhale very deep, hold, 20 sec. Relax.

5. Shake every part of your body. Let the energy prevail.

INTERMISSION - you must talk during the 20 minute break.

6. In easy pose, make the hands into fists, thumbs outside the fingers, extend the index fingers straight up. Place the hands about six inches in front of each



shoulder, elbows bent and down by the sides. Chant in a spoken, monotone voice, "**Har, Haray, Haree,**" continuously, from navel. 9 min. END: Inhale, relax. Stretch your arms overhead, move shoulders, &twist from side to side for a few seconds.

7. Same posture as #6, but using mantra, "**Waah-hey Gur-oo.**" It has to be from the navel. If you chant from heart or throat, not right. Say the mantra in three separate syllables.

"Waa" is a water sound. "Hey" is the sound of the air. "Guroo" is the sound of fire, light. We are combining these three sounds to create a very powerful mantra, chanted with strength. About 27 minutes.

END: Inhale, make your fingers hard like steel. Put all the pressure and synchronize your fingers to the pressure of a steel. 25 seconds. Exhale. Inhale deep, repeat, hold 20 seconds. Exhale. Inhale deep, exhale deep, inhale, exhale, inhale deep, hold 20 seconds.

8. Shake your body few seconds, stretch your body few seconds.