

Meditation to Develop the Power of Prakirti

"This breath will relax you very quickly, so keep your spine very straight, and don't fall asleep. It is not a small exercise. Test your grit. Hammer the breath in and out very powerfully, keeping a rhythm. Feel you are riding a horse after a while, and begin to move your spine a bit with the rhythm of the breath. This is one of the most powerful cleansing breaths you can do. Open up and use your diaphragm. It is important to keep the spine straight, because otherwise your body can go into spasms.

"Remember one thing in life: that as a woman you are a Prakirti¹-all will come to you. Your powers are reduced by emotional nonsense, commotional thinking, and spaced out fantasy, which is never a reality.

"If you contain yourself and you are content, you will continue in life as the most successful in business, at home, and in life. You are here to represent and reflect the light of the sun. As the moon in the Heavens is cool and flexible, waxes and wanes, but is there to reflect the sunshine to the Earth, that is your criteria. For that achievement of that character of yours, we are doing this very simple exercise." ~ Yogi Bhajan

PART I

Mudra: Sit with a very straight spine. Grasp the elbows in front of the chest; the right hand grasps the left elbow from below, while the left forearm lies on top of the right forearm, and grasps the right elbow. Breath: Make an "O" of the mouth, and in a very fast, short, and powerful sip, drink in the breath. Then through the same "O," blow the air out very fast. Make it a rhythmical in and out breath. Use the power of the diaphragm. As you get into the rhythm of it, you can use the mantra Sat as you inhale, and Naam as you exhale. Powerfully hammer the breath in and out, and begin to slightly move the spine in rhythm with the breath.



Eyes: Unspecified.

Time: 7 minutes.

To end: Inhale deep, tighten the grip across the chest, and tighten the ribcage. Hold 10-15 seconds. Cannon fire the breath out through the mouth powerfully. Inhale a second time. Squeeze your ribcage a second time, and hold 10-15 seconds. Exhale. A third time, hold and squeeze for 10-15 seconds. Relax.

PART II

Sing along with the song Nobility.²

"Those who have really done it for these seven minutes must be in ecstasy. Those who have even cheated for two or three minutes will still have enjoyed it. Those who just sat there and never did a thing are still blessed because their companions were doing their work."

Nobility

Noble is a virtue of the presence of God.
Greatest virtue that can be expressed.
Noble through every one, whatever they may be.
Before the one God equality.

Noble is a virtue that affects every Soul,
As innocence affects the heart.
Woman has one virtue to be noble till death.
Living nobly is very blessed.
Living your Truth is happiness.

A noble woman gives birth to a noble life.
Noble children and surroundings be.
A noble woman looks and lives nobility
Even if she lives in poverty.

And like a mirror distorted when it is cracked,
Noble habits are a noble life.
Don't barter character values for benefits,
Noble one of God does not forget.

¹ The basic nature of intelligence by which the Universe exists and functions; primal motive force; the essence of matter, that aspect of the Absolute which underlines all the objective aspects of Nature

² Cassette is available through a-healing.com. An alternate version, "Living Your Truth," can be found on the CD, Blessings of a Woman at spiritvoyage.com.

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