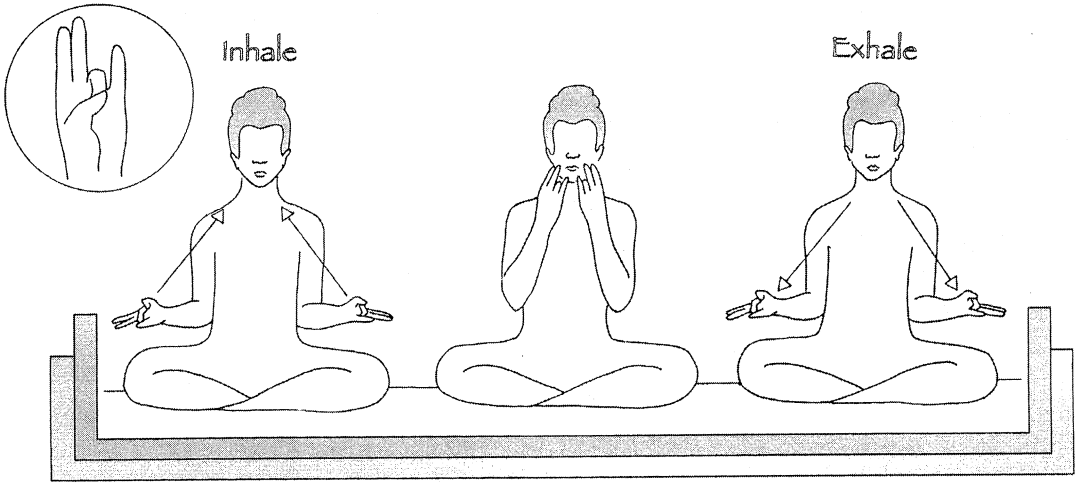
Breathing Through Both Nostrils

March 3, 1997

This exercise is very valuable to your life. "When the moment of death comes, and if you have a habit to breathe through both nostrils, you can get it over with. That's how powerful it is. (Breathing through both nostrils is very neutralizing because it activates the *Shushmana naadi*.) A neutral person is not punishable by God because neutral breathing becomes Divine. When *Ida* and *Pingala* meet, the only existing (channel) is *Shushmana*. And when *Shushmana* is active, there is no sin, punishment or authority of anything which can take you to the wrong corner. Can you believe how easy it is? But you have to develop it."

"We are working scientifically with the Agia Chakra (6th chakra) to develop the frontal lobe and the hypothalamus. The hypothalamus controls your automatic functions and the frontal lobe controls your personality. If these two areas are not developed, it will create a situation that will downgrade your life, doesn't matter what else is working for you."



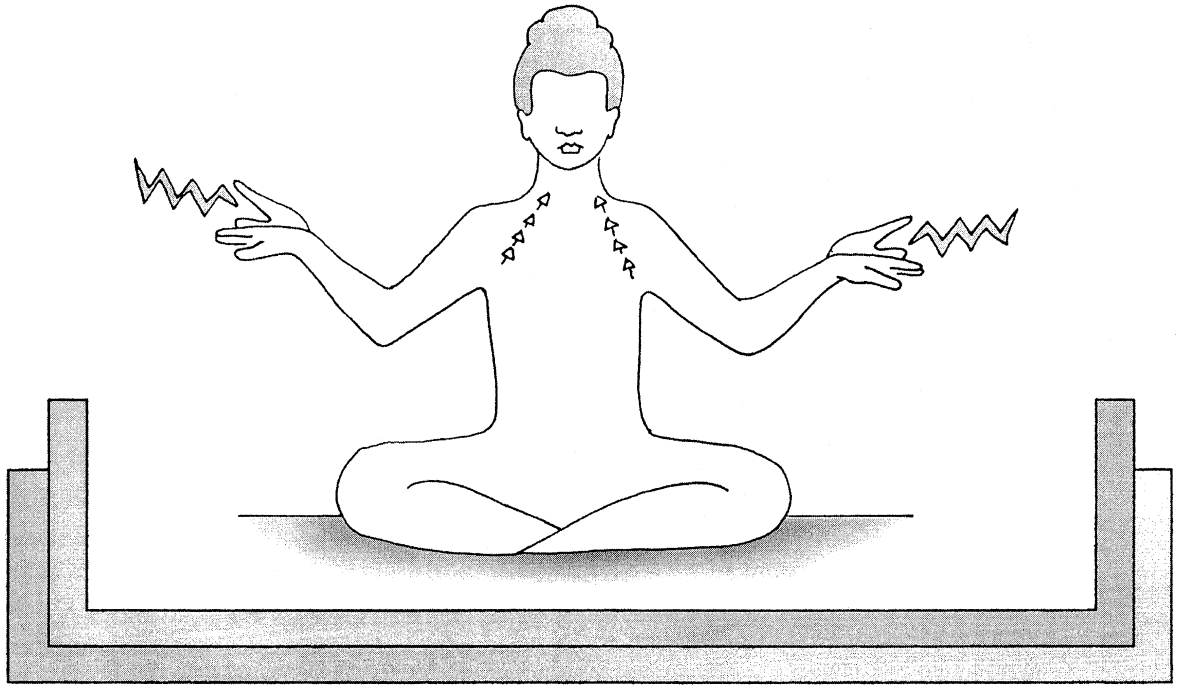
2' / 3' / 4'

1. Sit in Easy Pose with a straight spine, chin in, chest lifted. Lock your Sun fingers down with your thumbs and keep the other three fingers straightened out by pressure. Inhale through both nostrils, pressurizing both *Ida* and *Pingala*. Use strength and inhale with force so that both nostrils squeeze almost shut with the power of the inhalation. As you inhale, bring your hands toward your face as if the strength of the inhalation was pulling them in. On the exhalation, lower the hands back down. Keep your eyes open and look straight, line of vision parallel to the ground. Total time of practice is 3-4 Minutes.

Continued...

(When YB first taught this kriya he had the students do it for two minutes and then relax for three minutes while he spoke to them. Then they resumed the exercise for another two minutes. He said, "If you do it right, in exact three minutes you will blow over. Breathe through both nostrils. Both nostrils must work. Normally in three, four minutes of this exercise you will start swaying back and forth. It happens.")

"Sometimes if you get a headache, breathe through both nostrils three times. See what happens to the headache. It is very powerful."

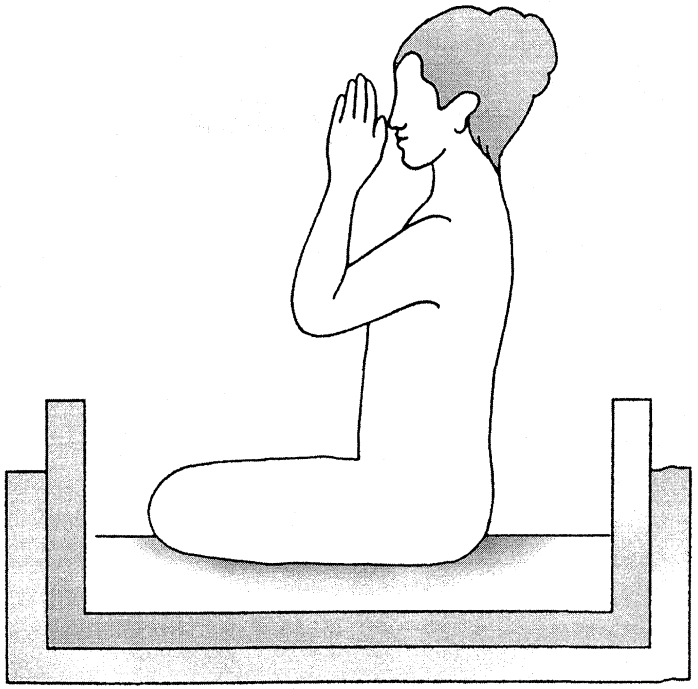


1'30 / 2'15 / 3'

2. Extend your arms out to the sides, elbows are bent but forearms start out parallel to the floor, palms down. Inhale powerfully through both nostrils in four to six strokes and shake your hands with each stroke of the breath. Hands are just balanced and the shaking is coordinated with the breath. Practice with power. 3 Minutes.

"Brain will start working right. Lot of oxygen will go right to the brain." These exercises can only be practiced for a very short time, so they must be done with intensity in order to make them work.

2′ / 3′ / 4′



3. Close your eyes. Fold your hands in Prayer Pose and place the mudra so that your thumbs are at the tip of your nose. Try to see your hands through your closed eyes. Breathe long, slow, and deep. Make it a healing breath. Pull in *praana*. 4 Minutes.

To Finish: Inhale deeply and exhale deeply and hold the breath out for 10 Seconds. Repeat this breath sequence two more times. Then relax.

"If you have done even one breath right, you will have a very good view of your hands through your 'inner eye.' This exercise, which I am developing with you now, will give you a power to see through the walls and see to the Unseen. That's called Agia Chakra.

"Concentrate. Concentrate, you can enjoy it, it can give you all what you need. Get lost. These are your powers, which are with you. They are useful things. They are your decorations. They bring you prosperity, they bring you opportunities, they bring you goodwill, they bring you love, they bring you success. These are the things (that work), not telephone calls. The Mastermind must do for you. Your shaking hands will not shake the world but your mind can shake the Universe. Mind is the most powerful organ."

"The idea is to leave the knowledge, idea is not to judge. The one on whose head the crown will sit is the one who will obey and practice."