


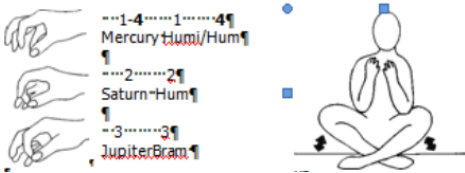










Meditation in Perugia 2012 dec 04

 <p>5 ½ Punch Breating Canon fire. From the O of the mouth</p>  <p>11mn Concentrate on the screen of your forehead.</p>  <p>2 ½ mn Shake the Body</p>	<p>LA667 901107</p>	<p>We are going to play to touch your mask today</p>
 <p>31mn Chant Hume Hum, Brahm Hum</p>	<p>LA721 920325</p>	<p>ADJUST THE BRAIN AND INCREASE INTELLIGENCE</p> <p>This meditation can be taught to children in either their third or fourth year. The practice time can be adjusted to suit their attention span</p>
 <p>"HARI ONG"</p> <p>"HARI" is chanted from the navel and "ONG" is chanted through the nostrils.</p>	<p>770303</p>	<p>MEDITATION FOR UPLIFTING CONSCIOUSNESS</p>
 <p>Breathe very long, deep and slowly and try to repeat these words Har Singh Nar Singh</p>	<p>LA685 910319</p>	<p>CHAKRA SERIES Ajina</p>
 <p>8mn</p>  <p>3mn breathe normally and close your eyes and pull your navel</p>	<p>LA889 961010</p>	<p>Uttar Kriya Renew Your Body</p>

 <p>11mn breath and exhale long and deep through the O of the mouth 11mn chanting HAR & Pomp the navel 3 mn whistle Ardas Bahee</p>  <p>4mn</p>	<p>LA907 970311</p>	<p>burn the subconscious "Life is Love</p>
 <p>11mn Deeply inhale in 8 equal strokes. Hold the breath in for 16 strokes. Completely exhale in 8 equal strokes. Hold the breath out for 16 strokes." Mentally vibrate the following mantra: SAT NAM, SAT NAM, SAT NAM, SAT NAM, SAT NAM, SAT NAM, WAHE GURU</p>	<p>LA062 781016</p>	<p>balances the parasympathetic system and the nervous system</p>
 <p>HARI NAM SAT NAM HARI NAM HARI HARI NAM SAT NAM SAT NAM HARI HARI NAM SAT NAM HARI NAM HARI HARI NAM SAT NAM SAT NAM HARI HARI NAM SAT NAM HARI NAM HARI HARI NAM SAT NAM SAT NAM HARI</p>	<p>LA056 780925</p>	<p>energizes all systematic systems to maintain self control This is a simple creative meditation. Be sure to chant the entire mantra on one breath. It will aid in gaining control of the breath. Once you have control of the breath, the in-flow of the prana, you have automatic control of the apana and can eliminate the negativity. This meditation energizes all systematic systems so that you can apply the master brake in life necessary to maintain self control</p>