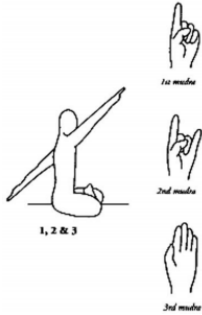
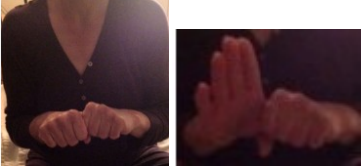







Meditation in Perugia 2012 dec 06

 <p>3+3+3 mn Extend straight behind you, down at a sixty degree angle, palm facing up. No Bend in Elbows.</p>	<p>LA795 940105</p>	<p>LONGEVITY KRIYA "Naav Jivan Karam Kriya"</p>
 <p>10-15mn Chant inhale and completely exhale as the mantra is chanted HARI NAAM SAT NAAM HARI NAAM HARI, HARI NAAM SAT NAAM SAT NAAM HARI. HARI NAAM SAT NAAM HARI NAAM HARI, HARI NAAM SAT NAAM SAT NAAM HARI. HARI NAAM SAT NAAM HARI NAAM HARI, HARI NAAM SAT NAAM SAT NAAM HARI.</p>	<p>LA079 790115</p>	<p>this meditation will help us by going deeper into it the inner world, And let be enjoyed by you</p>
 <p>18mn Wisper Har Hare Hari Wahe Guru 3mn Silence and listen</p>	<p>NM118 940209</p>	<p>your identity and your dependability</p>
 <p>15mn Inhala profundamente a través de la nariz, manten la respiración por un período confortable. Exhala completamente reteniendo la respiración afuera el mismo tiempo que retienes la inhalación. Continúa estableciendo tu propio ritmo respiratorio</p>	<p>LA014 780220</p>	<p>Meditación para aclarar el pensamiento</p>

 <p>31mn Chant from the navel Raa Maa Daa Saa Saa by Guru Nam Singh</p>	<p>NM370 A01114</p>	<p>Meditation and Thought Look Into Your Internal Being.</p>
 <p>31mn Chant the following mantra WA HE GURU 16 times in a monotone as the breath is exhaled</p>	<p>LA034 780509</p>	<p>SOLA PAD KRIYA the best concentration</p>
 <p>19mn Breath: Breathe long, slow and deep and very consciously. Tape: "Guru Dev Mata, Guru Dev Pita</p>	<p>NM142 940615</p>	<p>Shunya Kaal Karni Kriya Bless the planet Earth and let the heavens descend in you</p>