
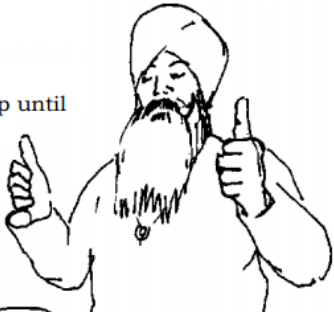




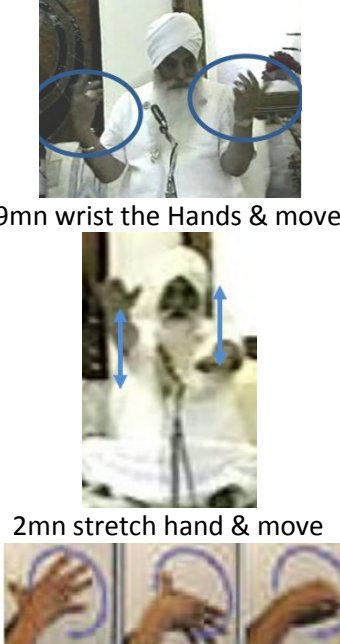


Meditation in Perugia 2012 dec 07

 <p>11mn breath of Fire through a pursed mouth. Without singing, use the breath to chant the mantra "Har, Har, Har, Har..."</p>	<p>NM388 A10313</p>	<p>Anger and Innocence Recall Your Inner Innocence</p>
 <p>p until</p> <p>3/4mn no mantra for the first part of the meditation. For the second part meditatively 7/8 mn chant the following mantra and get into the naad (sound current) of it: WAAHE GUROO WAAHE GUROO WAAHE GUROO WAAHE JEEO.</p>	<p>LA265 811109</p>	<p>Ecstasy meditation purifies the blood, strengthens the heart, and elevates the power of the brain</p>
 <p>22mn Chant, listen and understand the mantra Humee Hum Brahm Hum</p>	<p>NM365 A01024t</p>	<p>On Communication II Effective Communication Eliminate Inner Conflic</p>
 <p>11-31 mn chant, "Sat Naam, Sat Naam, Sat Naam Jee, Wah-hay, Wah-hay Guroo, Wahhay Guroo Jee" with the instrumental tape "Duni</p>	<p>NM380 A10130</p>	<p>Self Sensory System II Ecstasy and Joy Purify your Body and Being</p>

 <p>11-31mnb clap the Hands in front of the heart at the rate of one clap per second. Your hands must create a sound. Elbows are relaxed down. Breathe in rhythm with the motion through pursed lips, inhaling as the hands are spread, and exhaling as you clap the hands together.</p> <p>During the last 2 minutes grip the hands together in front of the heart, tightening the hands as much as you can so that the energy begins penetrating your body. Breathe long and deep to control the energy.</p>	<p>NM377 A10122</p>	<p>The Sensory Age and the Sixth Sense Strengthen the Nervous System.</p>
 <p>11-31mn Chant the mantra, "Har Haray Haree, Wah-hay Guroo"</p>	<p>NM379 A10129</p>	<p>Self Sensory System I Just One Breath Stimulate the Pituitary</p>
 <p>9mn wrist the Hands & move</p> <p>2mn stretch hand & move</p> <p>3mn round the fingers</p>	<p>LA800 940607</p>	<p>GRAY MATTER CIRCULATION de-stress yourself and be elegant</p>



22mn read & singing
Guru Dev Mata, Guru Dev Pita