

## NM035 910827 controlling their breath, Experience your infinity

Innocent. And we don't know anything, at the time of birth. We proceed our life by the... Out of experience we find out the breath is automatic. We breathe, we inhale and exhale. And so long the breath is going on and heart is beating we are fine. All along the way, somewhere here and there, there may be discomfort because of... Cause is always, for every disease, nothing but stress. So when it is a very stressful situation, it places an extraordinary burden on our body and our glandular system, and on our rhythm and biorhythm of life. And though people call us very accomplished, but the accomplishment is only for this world. What is wrong with the whole situation is that we go on collecting, not what we need, not what we should need or what should not need, we collect everything for the sake of prestige. And we collect everything for the sake of prestige, then in the long run what happens is that we do not enjoy life. Prestige is what we work for, social prestige, personal prestige, family prestige, religious prestige. All that we work for is prestige, but when it comes to self, we have lost our self. We have done everything, it's just like that. Somebody wants security. They put the irons on the bars, they just keep the house closed, they keep the door closed, don't let anybody come in, nobody can go out. They can live very secure. But they may not end up even seeing what at night the stars are and where the sun is and... Sometimes our security dissociates us from everything. Sometimes our search takes us so far away that we are almost gone from our base, from our identity, from our home for a long time.

People who are in Dharma, when they act on the basis of other religions, and other religions have a basic idea, basic principle, basic tenants to be not to be. So basic tenants are, if you do this, this, this, this, this, this, or you don't do this, this, this, this, you'll be fine. If you obey the ten commandments, you are the best person in life. If you do this... Whatever you do, if you just do that, and that's what other religions tells you. Like Sikh Religion says, you get up early in the morning, you meditate. If you get up in the morning and praise the Lord, then you'll get rid of all the negativity and nudity of your life, you'll not be exposed. Your actions, your actions will be covered by the hand of God. You'll see the door of salvation. Now, when I say that, you immediately understand, after death. Right there, right there. It's not true. Sikh Dharma teaches everything in now. *Jiwan mukta*. Liberated when you are alive. It doesn't teach anything tomorrow. Make tomorrow as today. Therefore the basic, fundamental of Sikh Dharma is to be not to be. It's not the answer. Let it be.

Now it is very painful for everybody to let it be, because when you get into let it be, you feel you are losing control. You feel you are nobody. There are so much insecurity in your life to let it be, that you feel nothing. Actually, when you become nothing then you'll become everything. There's no other way! Because if you become nothing, you become zero, then you can become ten, you come hundred, you can become a thousand. If you're not going to become zero, you're not going to become anything else. You cannot let it go, you cannot... let it go, you're not going yourself anywhere.

So human destiny is very simple. When your soul left the *Mha Atma*, the Great Soul, it's a part of it, a spark of it. Like cloud. When the water evaporated from the ocean, when the water...evaporated from the ocean, it became cloud, and when it reached to the height of mountain, it rose again, but couldn't go. It condensed itself and became a cloud, and the coldness froze its situation and all we had is rain. But that drop of water which evaporated from the ocean, by traveling all that it traveled, it became a drop of rain and it came back, crawling, rolling, flooding, doing things, it came back to the ocean again. For what? To go back again. Similarly, as souls leave the Great Soul, with X amount of prana. And those pranas are given enough. Now you measure the life by years, sixty-two years old, fifty-two years old, he lived seventy years, he lived thirty years, that's what you say. But that you only measure physical. You never measure anybody spiritually, or mentally, because when the soul leaves the Great Soul, it has enough prana, given, to come back to the purity. But, like water drop, some got absorbed by the ground, got through the pipe into the pump, some got stuck into the lake, some got evaporated on the way, many drops could not reach the ocean. Like the salmon fish. Salmon fish has the satisfaction to come back to the region where it started, but majority of them do not come.

Similarly, majority of the souls do not enter back to the purity of the Great Soul, though it has all the arrangements. Why? Because purpose of giving you the prana, the breath of life, was to use each prana innocently

and be pure. What is your purity? If you do not pull anybody's legs everyday, you're not satisfied. If you do not put down somebody, you don't feel elevated. If you do not do this, you don't feel that. So what you have done? Your life has become just a enjoyment of feelings. Feelings comes out of the thought. Thoughts come from the intellect. Feelings become emotions, commotions, neurosis, psychotics. Then the man is lost. Man is lost exactly like that drop of water, which evaporated from the ocean and became first drop of rain. That is true, that much is true. When it became a drop of rain, it lost itself into the lakes, into the ground, into the pipes, into the channel. Name how many things are there to get that drop and finish it. Then there is a mess. But somehow, somewhere, finally that drop, that drop gets into the ocean, and then it says, "Wow! I have come home." When drop evaporated, it left all the salt behind. That drop evaporated with the power of the sunshine and the purity. When that drop became a cloud with its maintained dignity, maintained identity, and when it reaches the top of the mountain, it touches the height, and then became drop again, and its journey started towards the ocean. But it got diverted, it got converted. Sometimes some of those drops are put in a pot on a heater and are evaporated. They never become cloud again. But somewhere in the morning, they become morning dew. It's so funny, that in the ocean, those drops which go up, some of them end up in the desert. Whole day they are like steam. Those tiny drops. But at night the desert goes very fast and very cold, and these drops take the nearest vegetation and become dew, and next morning they are nurturing that plant.

Question is, is your life nurturing? Do you have purity in you to nurture everybody? Do you have the honesty or innocence to nurture everybody? Do you have strength to yell and scream and cry and emotion and commotion and neurotic and misbehave and whole thing to wake up somebody who is not in a position to just wake up? Do you have the truth, and when you know somebody is faltering you'll do everything, you'll put yourself on the line, you'll put yourself in a strait to make that person feel, once again, to move on. Can you tell every person you know, feel good about, that you are a pure drop of water? Can you remind a person, once for all, once you became a very pure vapor? Can you just remind a person collectively you became a beautiful, wonderful, marvelous, well-shaped cloud? And can you remind somebody that at one time you became again a drop of water, pure enough to come down to nurture the planet earth and give us life? Are you in gratitude? Can you pay homage? And have you ever paid thanks to that drop of water? That drop of water whose cycle keeps you alive. Similarly, have you, have you ever thanked a breath of life? Have you ever for a minute held your breath and loved it, talk to it, thank it, and make him feel good, so it can come again? In yogis, some yogis get so beautified with God's creation. That is called status of bountifulness. Bountifulness is a status of a yogi who is united with the creativity of God, and creativity of God is like... It is winter, it is spring, it is summer, it is fall, it is born, it has died, it has lived, it has gone, it has grown, it is not grown. All that to them is creativity. And through creativity, which they can see with these human eyes, hear with their human ears, and express, talk to them mentally, that creativity they enjoy so much, because they see behind the Creator. They have reached a stage where every puppet which is dancing, they see the strings, and they see the power, and permutation and combination of the hand which is pulling the strings and enjoying the puppetry show. These yogis start controlling their breath, because they know that they left the Great Soul, they were given enough pranas. These yogis know, they were given enough pranas to go back to the purity of God, back home. It's just like, you are given a ticket, and you are given a ration, and you are given enough traveling checks, with the simple idea that you can come back. That is true. So these yogis don't want to leave fast. They know on average we breathe fifteen times a minute. So what do they do? It's very simple mathematics. They train themselves to breathe one pranic breath a minute. So, they make their life fifteen times more than it is scheduled to be. Now, is that body is going to stay with it? Yes, yes, yes, yes, yes, yes. Body can nurture itself or renew itself by the power of the prana, if the pranas are coming in tact. It is not that you grow old. It is the prana becomes less. Whenever your breath becomes shallow, you are irritated, irritable.

You know sometimes it's very funny. Sometimes I yell and scream. You won't have seen me. Yell and scream, and I nail down a person to the point of that...God, the earth shakes! And next minute I turn around and say, "Hi, how are you, Darling? What are you doing here?" And it confuses everybody. It's nothing confusing. You have a rifle, you aim, you hold, you press, you fire. You get to the eyes of the bull. But when you talk to your friend, you don't point the rifle to that person. So it is one situation, and then there is another situation. But I feel if your transmission is okay, you can change gears. And if your alive, number one, and your flexible, number two, and you

have self control, three, and your mind obeys you, you don't obey your mind, you can do it. There's nothing confusing about it. This life, without creating a discipline... I know, you can say, "I'm always angry, angry. I'm always hungry. I'm always messed up. I'm..." Yeah, yeah, yeah, yeah! You are right. You're absolutely right. I am too. You are messed up, right? I am messed up as many times as you are. Well, as a teacher I am equally messed up with the mess up of every student. Is that true? I mean, is there any way out? No. You are confused. Yeah. I'm equally confused. But you are just one person confused, I am all the persons confused, because I have to deal with it. There's no confusion. You can solve problem A, there's a problem. I have to solve every problem A to Z. You can do wrong, fine. All I have to do is one wrong, I'm done. You can lie hundred times, it's okay. All I have to lie, once, I'm cooked. You can do what you want. I can't even do one thing which I want. But I'm still alive. You are still alive? But how is possible to live this life? Let it be. That's the only way. You can tap into infinite energy. You think you get horny, I don't? I'm all the time horny. You get horny once a while. And I have no place where I can stick my horns! Because that will hurt me, that will hurt the other person. So what I have to do? Do I cosmically elevate myself consciously? Bull! Not at all! I love to remain horny, and I want to enjoy to be horny, and it's just a state of feeling horny, that's more joy. Ejaculation and masturbation and all that what you do with your life, that's the tragedy. It's **good** to be horny! And it's very depressing not to be. But you have not learned to control your horniness and extend it. Feel jubilant, feel powerful, feel active. You can perform, you can do lot of things. But that energy has to be inside. When you let it go, it's gone! There's a very beautiful slang in our language, and whenever people will say that, everybody will laugh. You know is a *tirath* where people go for pilgrimage, And when you ask somebody, "Where are you going?" He says, "*Kartar Siraaji Maharaj*." There's a great reverence, there's a great horniness about it, great ecstasy about it, great higher self about it. "I am going for a pilgrimage. I am going to yatra. I am going to see the Divine. I'm going to dip and sip in the holy water." Whatever. But when you reach *kartar siraaji maharaj* and you go through the hell of that journey for three straight months, through the trails and through the tyranny of the jungle and the landscapes and everything. And then after reaching there and having one dip, you have to return, because there's no food available there. And you come all the way back, and you are so tired, and somebody says, "Where you have come back?" He said, *kartar soainkee*, and he has no energy, and that's ejaculation.

What you want so much, you are so horny about it, and this ejaculation, that little semen in your sexual life, that's understandable. But just wait, when you ejaculate your prana, you do not consume them, you do not contain them, you cannot keep them when your breath is shallow. When your breath is shallow, you are shallow. When your breath is deep, you are deep. When your breath is young, beautiful and pure and conscious, you are conscious. Hey! Fundamental of your life is on the horn of the breath. How this earth, which is said to be on the two horns of that bull, the energy, how much weight it has? Horns, bull has horns, man is horny, so the female. And how much those horns of yours, negative and positive, how much strength you have built in that you can carry that weight? You know that pauri? What is the next line? This earth is supposed to be said to be on the horns of a bull, but there are so many earths! So many stars! How much weight they have? And who is holding that? Next? All varieties and existences are by products of the color, and whatever the projective color, that is their name. That's their identity. Everybody in the end has just said so. Next line? Nobody knows how to write the account of it. Next. I know, but I want you to know or not. That I understand. But I want to know.

What I am saying is, prana gives you the horniness. The heat of the sun gives you purity, and you evaporate as a drop from the ocean. And you resurrect to the height of the sky. And then you take a beautiful shape as a cloud. Then you go and touch the top mountain, and then you become drop again. Similarly, the breath comes in you, it gives you the energy, you reach the height of life, from breath, breath to another breath. And then you are stimulated, you are horny, your glandular system works, your organs work, your heart beats, you circulate, you move, you talk, you eat, you presume, you imagine, you have thoughts, you have desires. And all that, you are lost in one thing, basically it was the breath of life. And as you live, your breath of life becomes shallow and unconscious. You just breathe without knowing you are breathing, and you breathe shallow. Though the lungs are the biggest organ of the body! Though the diaphragm is the strongest vibrating power ever created! You don't breathe consciously, you cannot live consciously. You do not consume the breath of your life, you must not presume that you have all the energy you need. And especially those who live in this Land of Enchantment must be more grateful

and in gratitude, because we who live in the City of Angels, the smog capital of the world, do understand, there are no stars, there's no wind, there's no air, and there is no prana! It's carbon dioxide here, carbon dioxide there. There is water, water everywhere, not a drop to drink. In Los Angeles we say, there is air, air everywhere, not a drop to breathe. But you want to achieve prosperity. It comes by a stroke of luck, like a lotto, you will never enjoy it. But you earn it, then you can enjoy it. But, on the other hand you have a problem, a very vital problem. And that is, that whatever you do not earn consciously, you cannot enjoy consciously. And whatever you do not enjoy consciously becomes misery, becomes pain, becomes tragedy. Conscious living is based on conscious breathing. First edge of God is the breath of life. And what that breath of life does to you? You think you are alive. That's not true. It moves in you thirty trillion dancing gods. Moment the breath of life doesn't touch you, those gods stop dancing, and you are declared dead. And that's the difference.

Somebody was telling me today something, and I said, "You have reached a psychotic mental state." When a person reaches a mental psychotic state, you can't change. Nothing outside can change. You talk to that person, they'll fully understand. They'll promise also. Next minute they will break it. There are two powers with you which are your destruction and which are source of all your unhappiness, fear... and fear and fear and fear. And fear has many shapes. Fear rides on many horses. Fear wears many masks. A religious man has fear that he will lose God. A holy man fears his holes may blow out. A rich man may fear his wealth may be stolen. Poor man will be afraid nobody likes him. An idiot is afraid he can't impress anybody. A wise man is afraid he is wasting his time. You'll be surprised, in this human life fear and fear and fear is the guiding thing of a whole life. The tragedy is, we justify our fears. Mostly we initiate our fears, we process all fears in our mind, and we've magnified it so much that fear becomes a monster, and thus becomes the master of our life. And in the long run, we become so numb. Fear does one thing to you, it numbs you from reality. It takes away your sixth sense. It takes away from you the reality of sensitivity. And whenever you act under fear, you dig your own grave, give your own destruction. You do to your children. You don't want your children to go wrong, you are afraid they will go wrong. You over react and over protect them. Now let us see one thing. You over react and over protect for your children. You give them all the comfort in the world. You give them all what they need. You fulfill their all demands. You cover them everywhere. You do all that what you can do. They become habitual to taking, taking, taking, taking. And they become just the biggest takers. But one day you can't give them anything, or you cannot give anymore. You reach your optimum point. That day those very children who are habitually takers will leave you. They'll become your enemies. They'll shred your values. They'll break ever your whole self respect and self esteem. They will hurt you so deep, you can't do a word. You can't say anything. Because where you have a habit to give them, give them, give them, they have the habit to take and take. There's no mutual understanding and relationship at all. Nothing! You can't tell them what to do, because you never have them the values. You've given them anything, they are takers! If you would have given them the values, they would have taken that, too! If you had taught them Japji, they would have learned. If you told them the basic tenants of this Dharma, they would have learned. If you mentally trained them to let it be, they would have learned. You could have taught them better than you, because you have become what you are through your experience, you can authoritatively tell them what to do. You didn't. All you care is, what do they need. Now! Children have tomorrow. Their tomorrow has to be served now. You didn't serve that tomorrow when it was time to serve. They will have no tomorrow, and they will be mad at you like in hell! Not only they'll be mad at you like in hell, they will live in that hell rest of the life. And then they cannot live with anybody. Not at all! Because they have a habit to take, as you couldn't give anything, others cannot give anything. And they want to want. They take, take. If you would have told them one line, they would have been the healthiest, happiest and holiest people. *Sat Guru teree tayk*. Take, take also means leaning on, base. Take in Gurmukhi means foundation. Oh, true Guru, you are my foundation. *Sat Guru teree ot..* You are my protection. *Sat Guru teree tayk*. Oh, Guru, you are my foundation. If you had made their true Guru Satguru or Siri Guru, Shabad Guru as their take, and if they would have taken that bite, that take, they would have been the most successful people on your world and on this planet. But you didn't taught them spirituality, you didn't taught them reality, you didn't taught them infinity. You let them take Maya, goodies, chocolates, this, that, all the junk in the world, and now God saved us from it, we have a television. We are frozen with that box. Why we like television? We have to, because in twenty-four inches square, we can see the whole

world. That's what we are happy about. Finally we are seeing the whole world of ours in twenty-four inches box. And in the future it's going to be on like a wrist watch. Because we want to see, we want to hear, we want to feel, we want to know. Well, first of all we give them all the Maya. We make them habitual Maya takers, then comes the television. It give them the entire Maya in the world. There's a Saturday when you can relax and feel good and exercise, but there's a Saturday night a program most weird, very provocative, and very enjoyable. It sarcastically tells what is going on, but you know what it indirectly does to you? You become sarcastic. I have seen lot of people who apologize to me, "Oh, it was a bad joke." I say, "Don't worry, you must be seeing *Saturday Night*." We have created a music, Rock and Roll. It means become rock and keep rolling. And when a rock rolls, what it means? What do they say? "Moving stones don't gather any..." (Moss.) And that's what our life has become. Now, we have eclectic string bands. We magnify the sound to the point that it not only damages our ears, it damages our process of the ears to communicate, and it damages our process of the brain to receive. We bombard our brain with such a heavy, electrified tones and music and impulse that there's nothing left of us. Have you seen these rock and roll concerts? Do you ever understand what the damn thing they're saying? No! People are yelling and screaming and dancing, tearing up their clothes, getting naked! Yes, music is very powerful. At the court of Emperor Akbar of India there was a man called Tonsain. He was a musician. Tonsain was so perfect in the music that in the evening he used to recite Rag Deepak, they're music notes of light, fire and lamps. It is acknowledged fact that all the palace lamps used get lit without the touch or effort of a man. It is also acknowledged that Maygraa, when there was a drought, they will sit down and sing and it shall bring the rain.

There are two things man has to know, lens and lever. There are two joys of the man, to see what he cannot see and move what he cannot move. And in yoga it is called Tantric energy, diagonal energy. Lever, parallel lever cannot do anything. And perpendicular lever cannot do anything. It has to be diagonal. It moves. Don't you see? Your forehead has absolutely no cover except a very tiny skin and very porous brain. The purpose of it... You know this Indian turban which you wear, designed to create a triangle. It is just to specify the light, the front lobe. It keeps you graciously happy. You see lot of people with bangs. You know where the bangs started? Kubla Khan told Genghis Khan, "Go and conquer China." He went and conquered China. But you know Chinese are not some thing you can control, because they always do one thing or the other. So Kubla Khan got very mad a Genghis Khan. He said, "What you have conquered is more a headache that an empire." He said, "No, I'll just control it." "How?" He said, "Go ahead, see control it." He said, "Alright." He ordered every Chinese man who shall live will shave his head up to the arc line, from ear lobe to ear lobe, the front will be shaved. And every woman will cover the forehead. That is called a Chinese bangs. You understand? You'll always find Chinese doll in that fashion. Correct? And all great men Chinese will tie their hair up but front will be shaven. China remained controlled for thousands of years without any revolt. It broke the total spirit of the people. And he ordered, "If anybody does not obey this law, anybody who chops his head shall be rewarded." So he doesn't have to police anything. All men will go out, find somebody like that, chop off the head, go and deliver and get the money. So that with one degree. How he conquered the world? Very simple. He was so simple statician. He took his army and went to the most strong city government. In those days government was just city, lain around and people live in the fort, and that's it. He told them to surrender. They said, "No." He encircled them, told them to surrender. They said, "No." He never fought. He never, never throw one arrow. And he kept distance that they can't do anything. It was a siege. Finally, you know, the supplies got lost, they started coming out and fighting. He was all set to fight back. And this way, finally, they couldn't control, they couldn't live, they couldn't be. So he told them to surrender. He said, "If you surrender, I'll not kill one person of you." People said, "Well, we're going to die anyway. We are weak, we have nothing to eat, we have no water, nothing. Let us surrender. He is promising..." He said, "Yes, on my oath. I'll not kill one person." So they surrendered.

Can somebody take care of that little, beautiful animal who is doing something which I can't understand? Thank you.

So when the town surrendered, he told them, "All right, you have surrendered. No death, no attack, nothing, and let there be feast." One week he feasted with them. They thought, "We're lucky, this guy is so great. We fought with him, but nothing." It was all fine. Second week, he said, "We'll eat, enjoy and dance." He did that for four weeks,

and then they had to dance and feast and had not to work and everybody's free and wonderful and healthy and muscular again, and it was shiny, and they were so grateful to him. One day he ordered, " All people will gather outside the city." In a big, big place. "I have to give you a message." So they all came out to hear their message. He said, "All ladies and children who are here can take all the wealth of the city, and pack up your gears. All men shall stay here." So all women went, took away all their preciousness and everything and whatever that was. Then he ordered his soldiers, "Every packed household with children and women must be give proper transport. If they don't have a good horse, give them good horse, if they want a donkey, give them donkey." So he did that. Then he gave them enough food for one month, enough water. When all that was complete, he called all men to walk out and stand in single line, and he told his soldiers to pull their eyeballs out, and it was done instantly. He told those men, "You have nothing to worry. All I did your eyeballs. Feel no problem. You have everything I promised you. You are alive, and your entire wealth is with you." And then he let the ladies and children watch. He cooked all the eyeballs, and told his men, "Have a feast." So he made them eat their own eyeballs. Then he told them, "Go and tell the whole world, I am Genghis Khan. This is what I'm going to do if you won't surrender to me." So these guys just moved on as family units. They had food, they had muscle, they had no problem, they had the horses. They spread work all over. All Genghis Khan has to send one soldier with his flag with a letter, "If you surrender now, your eyeballs shall be spared. If you don't, you will eat your own eyeballs." In one year the entire Persia fell before him like it doesn't exist. That was the power of an act, good or bad. That's called *karma*. What is Genghis Khan today known as? As one of the most chopper, cruel emperor. That's what he earned. So long the earth will have the memory, he'll be known as the most cruel man, most cruel conqueror. That's what action earns.

First of all, **mostly you don't have energy, you have no conscious breath, and you no have conscious activity. And when you have conscious activity, you use that to conquer the earth.** You forget about heavens. You repeat your neurosis and your psychotic nature with everybody again and again, and that's called your reputation. It's a repeat attitude. It becomes your resume. On that you can resume your start, that's why it's called resume. And wherever you go, your reputation goes before you. And you repeatedly act like a pig, and when people talk, they say, "Hey, forget about that guy. That's a pig. That's a bitch. That's a snake. That's a fox. That's a dog." You say you are human? You are not. And that's why we are called Kaur and Singh. That lion has conquered the fear of the beast and kaur has conquered her everything but to be princess. If a woman acts through nobility, and man acts through simple reality, God is found. And then you will never die, because you will leave behind legacy. You have come as a soul to leave here the legacy. And it is in your *Song of the Khalsa*. What is that line? *One great man and one flashing sword turn us all to lions. Now we live his legacy, to die before we fall.* Yeah, that's it, that's it! **That's a very, very western line.** The day you prefer death over fall, you'll never die. So long you prefer to fall, you'll never live. And look at the child. He crawls, he falls, he tries again, tries again, doesn't he try again and again? And one day when he becomes adult, he doesn't fall. He stands on like... And the mother says, "Oh, my son, grown up, beautiful." Similarly, when a man stands on his consciousness and doesn't fall, his commitment doesn't fall, and his strategy doesn't fall, and his reality doesn't fall, the entire mother nature says, "God is born!" And then all bounties come, all beauties serve. Man has already reached the status of legacy. He becomes the reality. He becomes the light of God, and God covers him all the time, in all the space, in all the faces, in all the projection, in all the action. Then you can enjoy the greatest charisma of *Ang Sang Wahe Guru*.

**1k - 5/6 minutes:** Put the tape on. Take these two central fingers please. Saturn and Sun finger. Chin tight in, and shoulders stretched out. That's a law you have to observe. Chin tight in, and shoulders pulled out with the strength of the arms. You can about gain an inch right here. Arm pit, which is the central of your nervous system, shall be activated. Are you putting it on? Look at the tip of your eyes please. (MED#963) (*Ang Sang Wahe Guru tape*) **And sing musically.**

Stretch out the soldiers!

Inhale tight. Tight, tight. And stretch your arms from the shoulders as much you can. Breathe out, and breathe in again. Deep, deep, deep, deep, deep, deep, very deep! Hold it tight. Pull your arm pit open and shoulders out. Cough, cough, release. That's what it does. Let it go! Now again, breathe in deep. Fill up, fill up, fill up. Tight. Stretch your shoulders outward as much as you can. Hold tight. Let it go.



**2k - 10 minutes:** Bring you hands down in your lap please. Relax yourself, but keep you eyes closed. And let the energy flow. Breathe very deep and extremely slowly.

**Very deep, very slowly, breathe!**

**Play *Flowers in the Rain*. And play it as loud as you can.**

**Breathe the fragrance of the prana. Slow and slow, and deep and deep.**

Inhale deep. Hold it, love it, feel it, experience it. **And give it a prayer to make you healthy, happy and holy.** Let it go. Breathe again. Hold it, know it, feel it, experience it. Understand it, and do a prayer so it makes you healthy, happy and holy. Let it go. Breathe again, hold it tight, and with the power of the breath, experience your whole being, experience your whole being, experience your whole being. **Thirty trillion dancing gods in you! Experience the beautiful, bountiful light. Experience your totality, reality and your infinity. Feel it, feel it, experience it, experience it, and out of that joy let it go.**

*(May the Long Time Sun Shine Upon You)*

May you all be blessed, may you be in bliss, may you all be bountiful. May you be consciously conscious of the most beautiful gift of God, the breath of life. May you be kind to it, may you be tender to it, may you be very nice to it, compassionate. May you breathe gracefully, may you hold gracefully, and may you let it go gracefully. May this practice bring in you all the joy, ecstasy, prosperity and all the peace and tranquility. May what is written by the sages through the ages become true in your life, and may your practices become perfect so that you can enjoy the purity of the Divinity, Infinity and of the True Guru, Satguru. Wahe Guru ji ka Khalsa, Wahe Guru ji ki fateh. Sat Nam. Ciao. Hallelujah. Amen. Whatever you want to call it. Class is done.