

Silence 8 LA817 17 nov 94 CLAP

To clap the hands has been always a manifestation of joy . Long time ago, at the beginning, the man where not even looking at the face of the women, he would take hold of her put her in the cow position and have an intercourse with her Then the woman disappeared for a while, coming back later on with her child, and a man start to clap the hands to signify that he recognize his own child .



Exercise 1: 10 minutes. Seat with your spine straight and your hands at the level of the heart, start to clap opening widely the arms and apply strength of 25 pound/square cm, but without touching the hands, they have to stop at about 5 centimeters. Do it fast, strongly, for 10 minutes.. At the end inhale deep, tight your hands and squeeze your body,exale. Inhale deep again, hold, squeeze, squeeze the entire been and especially the spine.,exale. Inhale deep, squeeze...squeeze....relax.

Exercise 2: 9 minutes

Now bring your palms together at the center of your chest, like you are praying, Close your eyes and bring yourselves in the houghtlessness. ... I was not, I am not, this is the way to conquer this....I was not, I am not, I shall not be and what shall be is the pure self of you. As soon as the purity starts working, poverty will go, prosperity will come in, and you will just be cleaned. ...No thoughts,... relate to nothing.....whatever come say no. Silence, deny the thoughts....experience nothing,... experience SCIUNNIA ... refuse to relate to a thought



Exercise 3: 6 minutes

Same position than before. play the tape GURU RAM DAS Inhale, put the pressure on our palms, the same you would use to raise up your body.....and exale. Repeat two more times. SAT NAM