

NM279 980610 to make people a little more light

Tonight you have to work on yourself.

Mudra: Put your left hand flat against your navel point. Put your right hand flat against your forehead. Sit very calm and quietly and saintly.

Eyes: Closed.

Breath: Make the mouth into an 'O' shape, and inhale through the mouth in four strokes; drink the air. Exhale through one powerful stroke through the nose.

Time: 18 minutes.

End: Inhale deep. Press hard against your navel point and forehead, while you stretch your spine very straight. Let the current go up. Hold 19-20 seconds. Cannon fire the breath out forcefully through the mouth. Repeat the process 3 times total. Relax.

Comments/Effects: We are trying to do this senior part of Kundalini Yoga to invoke chakras and bring the biorhythm of the energy together, to make people a little more light, rather than mean, angry and competing with their dirt and nonsense, and comparing themselves to one another.

Once I asked God, "Show me something that doesn't compete," and He said, "Stars."

