

I thought, “Ma you need to give these people something to take them when you are gone.” From that Darshan:

**“Breath to reach where Ma takes you”**

4 breaths in  
7 held  
4 out top of head

4 breaths in  
9 held  
4 out top of head

repeat 11x going back to 7 breaths (only one 9)

to come back to body clasp hands

July 7 2006

