



PROGRAM E-22

**OM SRI SURYA VA NAMAH
OM SRI CHANDRA VA NAMAH
OM SRI BUDDHA VA NAMAH
OM SRI SHUKRA VA NAMAH
OM SRI MANGALA VA NAMAH**

THE AWAKENING

**Basic Breathing
Basic Pranayama**

It is time for extending your Pranayama. It is the beginning of Spirituality. Pranayama is at the very center of all Spirituality. It is all about breathing, learning to breathe, and then to keep breathing until you learn to stop-breathing, forever – in a state of breathless Samadhi.

At the very center of your physical and mental being is a rhythmic movement, a cyclic expansion and contraction. This rhythmic movement also exists in your consciousness. It is known as the Prana-Breath, and is the essence of your being, all being, and everything in the Entirety.

You can observe this same rhythmic pattern of expansion and contraction everywhere: in the alternating cycles of day and night, waking and sleeping, high and low tides, and the seasons.

This fluctuation between the two phases exists at every level of reality, even in the observable universe itself, which expands and contracts -- completing its cosmic breath.

By putting your meditative attention on your breathing, you can transform your everyday state of consciousness. Your mind will begin to relax and detach itself from everyday, ordinary experiences, allowing it to flow into a state of Enlightenment.

The yogis and the mystics have many examples of souls who have reached Enlightenment by just focusing on the rising and falling of the breathing pattern. Their secret is seeking to experience the dimensionless bindu-point between the in-breath and the out-breath – glimpsing the outer fringes of Samadhi. In that space, you come to know Reality as an eternal oscillation between 'being' and 'non-being'.

This is the great mystery of being, which is manifesting with each movement of your breathing. Yes, all this is possible from experiencing breath; all this is possible from deepening your awareness and experiencing your breath. This mystery of your being is right in front of your nose, connecting you to the cosmic, universal rhythm of the Divine Life.

Become aware of your breathing for 48 seconds more today than you were yesterday, and you will have

taken a gigantic leap towards your Enlightenment – because you will have expanded your consciousness, and increased communication between your mind and the Cosmic Mind. This makes you and the Cosmic Mind a little more unified.

Although diet, play, rest and exercise are important, they are not as important as Prana intake and the rhythmic movement of Ida and Pingala.

Learn how to breathe by practicing 'moving your breath'. You begin by closing your eyes and keeping your back straight. Now take a deep, audible sigh. Then quietly inhale, seeing how slow, deep, quiet and regular you can make your breathing pattern (yet still having it feel comfortable). 'Feeling comfortable' means you are getting enough air, or not having the sense that you are 'not' getting enough air. This exercise should be done for at least seven rounds.

Now, open your eyes and breathe normally for a while. This is an effective but simple exercise. You should perform it at least five times a day for one to three months.

After you are comfortable with this phase of your practice, you should move on to the next phase by paying more attention to your exhalation. When most people breathe, they use effort to inhale but little or no effort in exhaling. Exhalation is typically passive, taking less time than the inhalation.

When you breathe without effort on the exhalation, you do not move nearly as much air in and out of your lungs as you should. The more air you move, the healthier you will be, because the functioning of all

systems of your body depends on the delivery of oxygen and the removal of carbon dioxide.

In order to get more oxygen into your lungs, concentrate on getting more air out of them by paying more attention to your exhalation. Thus, at the end of a normal breath, try squeezing more air out. Use your intercostal muscles to do this. You will feel the effort as they compress the rib cage. Make your exhalation slightly longer than the inhalation.

Whenever you think of it, practice this technique of extending exhalation and developing your intercostal muscles.

In seeking Enlightenment, having a good functioning mind is a true blessing; it is with this good mind that you are able to take your first authentic step towards wisdom and thus attain Enlightenment.

Your good mind has not been attained by chance. It is the result of positive thinking and constructive actions in the past. Your good mind is the fruit of the Law of Karma. Having been born with a good mind, you have encountered the Kriya Dharma, and have entered the Path -- and are receiving the Teachings.

If, for any reason you are not able to practice the Teachings, just listen to them. This will allow you to re-enter the Path in your next incarnation -- and at a higher level. However, it is by practicing the Teachings, here and now, that you will be liberated from limitation, attaining Enlightenment – even in this very lifetime.

Only by living a Spiritual Dharma will you be able to soften the 'karma of constriction' when you meet it.

Remember, listening to the Kriya Dharma **is** living the dharma. However, seek to move to the next level by daily practicing your Kriya.

When you have mastered this level, then seek to practice your Kriya when your body is sleeping...

Life is delicate, and human life is even more perilous, for it is impermanent and in a state of flux (within the limits of karma). The great value of this is that you can easily change the limits of your karma. Even the good mind with which you were born can be improved and enhanced by the practice of living your Kriya.

You are in possession of a priceless Gift: Self-conscious awareness; and with it you have discovered the Kriya Dharma. Thus, do not miss this golden opportunity. Practice afresh the Kriya Dharma, or go to the next platform of the Teaching.

Do not, do not, make the mistake many disciples have made in thinking: "I will practice my Kriyas after I gain wealth, after I solve this problem, etc". They have forgotten (have you?) -- that Kriya Pranayama-mantra **is** the way to solve all problems and soften difficulties.

Each seeker, each disciple needs to understand that the experiences of happiness or suffering manifest as a result of positive or negative thoughts -- and their resulting actions.

The yoga-siddhi gained via Kriya Pranayama-mantra has its foundation and is established on the life style of virtuous living. Therefore, cultivate virtue and a virtuous life style.

You gather the source of happiness by positive thinking and constructive actions; you gather the source of sadness by negative thinking and detrimental actions.

Thus, constantly be self-aware, checking on (observing) what you are thinking -- even on what you are about to think.

Acknowledge all the negative actions from the past for which you, and you alone, are responsible – and make compensation. Accrue sat-karma and merit, dedicating these to the benefit of your brethren.

Shanti, Prem & Diksha
Guru

PRACTICE OF THE MONTH:

In any mystical Teaching one needs to reflect on a few things:

1. The importance and consequences of being born with a good mind.
2. The awareness that the universe is in a state of flux.
3. The knowledge that all beings, and all things, are ruled by the Law of Karma, and
4. How best to work with these laws and not against them.

This is the vital information to be gained.

Om Tat Sat Om

Shanti &Prem,

Goswami