

LA540 870527

Balance the hemispheres of the brain



We are trying to understand today through a simple sadhana. It is not long, but a hard one.



7 minutes: This is the saturn finger. Make a lock and make this hand sixty degree. Three fingers up and same way do this. Put it in sixty angle. Just sit straight. Don't worry about it, what you are doing. By your own right. If I do wrong, don't worry. But you do right. This hand is open like this backward. This open upwards. This hand is backward open here. And this is like this and here you are. Saturn finger on both. Touched "**shani**" **mudra**. That you know. Three fingers, some fingers will be like this, some not straight. But try to make them straight and stretch it

out like this. Correct. Now close your eyes. And take a **long breath in four strokes. And let it go.** Go ahead. Take the maximum breath in four strokes. **One, two, three, four. Let it go.** One, two, three, four. Then let it go. Like that. By the fourth your chest should be full of the air. (**SSS plays the gong**) Do it honestly. This is a kundalini yoga, you want to arouse your kundalini, give you all the energy and you can't do even exercise for five minutes. What do you think is going on? **Inhale deep.**

3 minutes: **Change your hand and now do breath of fire please.** If you know what is a breath of fire, you know what it can do for you please do it. (He plays the tape Sat Nam Wahe Guru by Singh Kaur) Inhale.



4/5 minutes: Put your hands in your lap, left over right. Put your spine straight. And deeply meditate. Inhale deep. Relax.

Let us sing happy Birthday to Shanti Shanti Kaur. Is today May 27th, right 1987. She didn't write how many years old she is. But it is okay. It is a secret ladies like to keep. But somehow let us all sing. Now treat will be served to you after the class. You deserve it.

May the long time sun shine upon you, all love surround you and the pure light within you guide your way on. Class chants Saaaaaaat. Nam.

Blessed are those who bring peace to the unpeaceful environments. They cause peace to those who need it, serve it, share it, advance it, work for it. Peace and tranquility. Grace and divinity may all come to those in prosperity and happiness, health. Those who believe in the balance of tranquility of God's peace. Sat Nam.