



*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 .*



*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.*



*15 minutes (9+6). Now bring your palms together at the center of your chest, like you are praying, Close your eyes and bring yourselves in the thoughtlessness. ... 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 ....after 9 minutes: play the tape GURU RAM DAS . ... Inhale, put the pressure on your palms, the same you would use to raise up your body.....and exale. Repeat two other times.*

SAT NAM





A banana should be eaten at the end of this class.

We teach these classes with the intention to reach people in our humble way, not in a big way and to make them understand that things are changing: the unknown is more known now than it used to be, and life has become very obvious. People have become very tolerance because they have children and domestic life is not secure like it used to be. From childhood we have experienced a lot of pain, disappointments and we have survived through dramas, anger ect. The child today is more alert and in more frequency that he used to be. In a seven years old child you do not find the amount of innocence and tolerance that children used to have, and in a three years old child you do not find affection and fearless which normally used to be qualities in a child of this age. Children raise themselves up nobody will do it for them: this is a common thing in very ancient tribes in Africa. The world have been industrialized and it is totally under a state of captured change. Nobody knows what to do, survival have become very difficult. For two thousand years they told that there is a God, that there is but one God, and this is the biggest lie.

Your attachments are very greedy and this is why you have so many prejudices. Every moment of your life you must intelligently see that YOU ARE and YOU ARE NOT at the same time.

You want everything, but the only thing you do not want is yourself.

Tonight we will go into an anti-hypnotic Self and we try to experience for few minutes that state, by our own will. It does not matter how criminal or ugly we are, the facts is that every human being has something very pure within himself and this is the individual will, the will to live. When this will is used in this kind of things, it gives you a moment, a second of that balance. Once you understand that IT IS and IT

IS NOT is the same thing you do not have to learn anything anymore because you got it all.

I exercise 10 minutes: Before this exercise please stretch all your body, your fingers, your jaws so that you will feel comfortable. The spine is straight, clap your hands without let them touch each other while applying 25 pounds force per square cm. on both palms...no touch! Your hands stop in front of you, as in the picture. They call it the madman's clap. Clap with full force. Apply a total strength. You will be exhausted in one minute and an half. Harder you do it, better it is for your spine, you must sweat. That breath can purify your blood and your nervous system. If a person will practice this exercise once a week for two and an half hours, can have a control over his death by his own will. Get rid of all your diseases. To conclude: Inhale deep...tighten your hands in front of you and squeeze your body...exhale...Inhale deep...squeeze especially your spine...exhale. Do it one more time.

II exercise 15 minutes: Close your eyes, bring your hands together at the level of your throat and give yourself to NOTHINGNESS. I WAS NOT I SHALL NOT BE. This is the way to conquer death and calamities. As soon as purity starts to work poverty will go and prosperity will come, and you will be cleaned. Entertain no thoughts...relate to NOTHING...whatever it comes to you say NO. Experience SCIUNNIA, ZERO. The refuse to relate to any thought will make you very alert.

After 9 minutes: Play the tape GURU GURU WAHE GURU GURU RAM DAS GURU.

To conclude: Inhale...apply so much pressure on your body with both hands that you could lift up yourself off the ground, balance your spine and let it go (3 times.)

Now eat your banana because you need potassium.  
SAT NAM

