



Our intelligence, our sophistication, is the key to our living! We must understand that our life is for expansion and that it will expand up to death whether we use it or not. If we use our life it will expand beautifully, benefit us beautifully and make us comfortable. You cannot stop expansion! Old age without wisdom, youth without success and childhood without smiles are worthless. Children must smile, youth must succeed and old age must be wise. These are the criteria to which one has to grow, religiously.

Without meditation the mind cannot be used. It becomes crooked, with no boundaries. Instead of being your first friend it becomes your first enemy. The mind works when you are sleeping and while you are awake. It works all the time but, when you do not meditate, it has no direction. It is like a car without a steering wheel.

When you say words like, "Don't disturb me. I'm not in a good mood," you are already disturbed! Realize how rude it is that you are not in a good mood. *You are a human being.* If somebody comes to talk to you, you are supposed to see and meet and receive that person, head-on! Learn to receive the psyche of another human being—do not see the body. See the projection of energy. If you cannot see God in all, you cannot see God at all. And you can only see God in all if you know you have a God. God meets the God. Devil does not meet the God.

MEDITATION - The Breath of Life

- 1.** Sit straight in a cross-legged position. Hold your hands in Sarab Gyan Mudra in front of the heart—fingers interlocked with the index fingers pressed very tightly together, extending upwards. Eyes are closed. Meditate on your breath as you do Long Deep Breathing, inhaling and exhaling so deeply and completely that you can hear your own breath. Each breath should be a voluntary, mechanical breath. Continue for 11 minutes.
- 2.** Same posture. Do Long Deep Breathing in rhythm with the mantra, "Sat Naraayan Wah-hay Guroo, Haree Naraayan Sat Naam," by Matamandir Singh, inhaling during one complete sound cycle (2 repetitions of the mantra, about 20 seconds) and exhaling during one complete sound cycle (2 repetitions of the mantra). Continue for 11 minutes.
- 3.** Same posture. Do a powerful Breath of Fire. Continue for 3 minutes, doing your best during the last minute. To end, inhale deeply, hold and exhale. Repeat one more time. Relax.

In this meditation you must concentrate on your breath. The moment it starts affecting your metabolism, you start feeling light, then knowledgeable and then your sense of security starts increasing. You should breathe, not your body! Meditate deeply on your breath and increase your self-control.

If the Self starts working it will take care of things. There is nothing more important than your Self. You have to change the frequency of your psyche and change the degree of your expansion of consciousness. When you understand the behavior of compassion, what you want can come 100 times! But you have to act responsibly and consciously. Work. Be. Have more success in business and make more money to help more people. Give them peace, tranquility and grace. Trust your Self so people can trust you.

The power in you is a thought. Feel fulfilled. God gives you everything! The question is, God does not have your ways. God is Infinity and Vastness, and if you are limited and small it will not work! What difference does it make whether you are poor or rich if you have not tried to help somebody? Go, lift somebody up! Put somebody on the trail, let things move. Feel happy about it. That is happiness!

You have to live alert. The freedom we used to enjoy is gone. Still, you have to live. You need sobriety, self-control and consciousness and you need to live in that purity and tranquility. Somewhere, if there is a long, long line where you have to stand, you will need that patience within you.

