



## ***Recharge Yourself***

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*#LA0957*

**A**n unclear understanding between two people is the cause of pain and unhappiness. The simple truth is, you are you and the other person is another person. Our communication should be very, very clear. If you are under handed in your dealings, sooner or later the other person will find out. Whenever there is not straight talk between two individuals, there is straight trouble. We qualify ourselves, "I am great, rich, powerful." It is all a bunch of lies. We are putting our image before others and asking them to believe it.

The teachings of religion, peace, happiness and meditation are all obsolete. What is meditation? Is it telling somebody to be good when he is already good? If we stop telling anybody anything and just observe how good we are, we will be happy and we will be loved. It will fill many gaps in our life.

Everybody lives in dreams—day dreams, night dreams, real dreams. Everyone is a dreamer. Realistically, if there were no dreams you would go insane. Sometimes in meditation you see God and angels. Can you believe that you are just human? You seek angels, and angels seek a human life. You can never go back to the Garden of Eden; be happy here. Give your Creator a chance to look after you. When you were a child in the womb you were meditating. When you were born and grew up you started seeking knowledge. Throughout your life you have been seeking knowledge without experience.

People who do breathing exercises will have the capacity for very long breaths. They will have extra prana. They are achievers. A person who is rich and happy will never have shallow breathing, as the volume of energy in people who have short breath is not balanced.

### **MEDITATION - Pranayama to Get Disease Out**

Sit straight in a cross-legged position. Raise the right hand at the side as if you are taking an oath. Raise the left arm parallel to the ground and bend the elbow so that the hand is in front of your chest, palm facing down. Eyes are closed. Form an "o" with your mouth—that "Oh!" is how you deal with death—and breathe powerfully through it. Inhale with 4 deep breaths in and exhale with 1 big breath out. Continue for 22 minutes. To end, inhale as deeply as you can, relaxing your diaphragm and opening up the cavity of the breath of life. Hold the breath and stretch both hands straight up as high as you can, fingers spread and tight as steel. Cannon Fire Exhale. Repeat 2 more times. Relax.

You have to systematically recharge yourself every few hours by doing 3 yoga sets during the day—5 minutes, 10 minutes, then 3 minutes. If prana is less in you, then you are less in you. You get injections of vitamin B and vitamin C, but what about long deep breathing? What about drinking very, very cold water by sipping it?

### **Energizing Yogic Tips**

For cleaning the bowels. Take one big spoonful of psyllium seeds before going to bed at night.

Good Mix. 3 oz cabbage juice, 3 oz cucumber juice, 2 oz carrot juice, 1 oz cranberry juice.

For clearing the brain. 4 oz pomegranate juice with 4 oz goat milk. For centuries in the northern Himalayas this drink has enabled people to calculate faster than you, read faster than you and find their way in the forest and mountains with their eyes closed.

For office depression or fatigue. Take a slice of fresh or dried mango and chew it well. See how fast your rhythm of breathing changes. It is a very powerful, stimulating food.

For an energy boost. Take Foti Tang—a Chinese herbal drink. It is ten times better than Ginseng, yet not so costly.