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BIOGRAPHY				
DEFINITIONS, POWERFUL COGNITION	Explanation of Kriya for creativity Tiredness is sin in the cosmic law. Constantly expanding from Iccha Shakti to Kriya Shakti is life.			

(00:22)

Now we will work on conflicting, contradicting, complicating desires. I gave the example in the morning itself – “my headache should disappear” – Means what... you are strengthening the headache. The Iccha Shakti desire energy should simply become creativity, Kriya Shakti. It should not have any perversion. It should not have any self-contradiction. Only then, you will be attracting wealth in your life. Otherwise... see when your Iccha Shakti, if it is not simply becoming Kriya Shakti, you will only have more and more tiredness in the life. **Tiredness is sin in the cosmic law.** Tiredness means what – not having inspiration to live... not having inspiration to be. Life is a action. Life is an expansion. **Constantly expanding from Iccha Shakti to Kriya Shakti is life.**

(02:09)

We will work on this self-contradicting, conflicting, complicating engrams. Let us first dig out them, then we will get into the Kriya. Please write. Write down all the desires you have related to money in all three forms; earning, spending, and saving. For each of these desires, identify if you have any conflict. Clearly describe the conflict - Means, you feeling like one time like working, other time going and lying down in the beach for vacation. Make a list of conflict free desires you have in all the aspect of wealth - earning, saving, spending. It's a very powerful workout, please do it.

(03:12)

I wanted to tell you some of the basic truths. **Anything you plan with your mind is conflict.** No, that is the truth. But you need to understand by you working inside. If I tell, that is not going to work. **Anything you plan in a complete silent inner space is planning.** Now all I am going to do is give you a literally a break from your mind. By giving you the break from your mind... infusing more consciousness and awareness inside your mind... please understand, all these words will become now really meaningful to you. Means, your mind as on now is almost like a fish market, I am going to bring it down to a jewellery shop. Fish market means extraordinary chaos and conflict. Jewellery shop means little organized, spy cameras are there and the people who come there also has to be dealt decently. People who are standing to deal, they are also little decent. Because much of money... too much money is involved. The receiver also has to take care of you respectfully, and person who spend, he will also be responsible. I am bringing the loudness and chaos of your mind to a lower frequency, and raising the silence and awareness of your mind to higher frequency. So naturally - less conflict, less contradiction, less complication, more creativity.

(05:26)

We will start the Kriya. Please understand, basically this Kriya infuses tremendous creativity in you... by bringing peace and silence and awareness... breaking one of your powerful blockage - we call it Hrudaya Granti, powerful knot - which constantly creates fear and complications - breaking that, bringing awareness.

Please sit in Vajrasana. Vajrasana means sitting on your knees. If you feel you won't be able to sit in Vajrasana, you can sit in ordinary Siddhasana. First warming up, Bhastrika. Bhastrika means, use your lower abdomen muscle to pull and in. Like... [Swamiji demonstrates] Pull in and up. Please do it for three minutes.

(6:50)

[Kriya in progress]

Stop.

(08:37)

Next, Shitali. Please understand, roll your tongue like a tube; roll both sides of the tongue like a tube, stretch the tongue and roll it like a tube... roll both sides. Inhale through the tube. Let me show you... [Swamiji demonstrates] When you are full, hold; hold as long as you can, then exhale as slowly as possible. Inhale, like a tube, hold; hold as long as possible then exhale as slowly as possible. Do this for seven minutes. This will bring tremendous healing energy into the body, restful awareness. Please do this Kumbhaka. Close your eyes and do it. Protrude your tongue. See, first stretch your tongue out, after that then roll. [Swamiji demonstrates] No, nobody is doing

properly. Please open your eyes. First show the tongue. Now in the tube inhale; don't relax your tongue... let the tongue be outside. Yes, only after inhaling, pull the tongue inside to close the mouth. Hold as long as you can, then exhale. Again, protrude your tongue before inhaling, make it like a tube. [Swamiji demonstrates] Do this continuously... (Do this for three minutes).

(10:50)

Kriya continues

(11:41)

Next step. Please understand, now the Trishula Kumbhaka; through both the nostrils and the mouth, inhale simultaneously. Let me show you. [Swamiji demonstrates] Once you finish inhaling, hold as long as you can. When you can't, exhale as slowly as possible. Do this for seven minutes. Understand, inhaling through both the nostrils and mouth simultaneously, with closed eyes. Close your eyes. (Do this for 7 minutes)

Let's gather for next session. Thank you.

(12:40)