



**Part I**

Sit in an Easy Pose, with a light jalandhar bandh.

**Eyes:** Focus the eyes at the tip of the nose, or at the Third Eye Point.

**Mudra & Mantra:** Let the arms hang by the sides. Bend the elbows to make the forearms parallel to the ground with the palms up and the fingers pointing straight forward, away from the torso. Make Buddhi Mudra with each hand (connect the thumb tip to the tip of the little finger). Start a rhythmical alternation of the forearms. Move the forearms up and down 4 to 6 inches above and below the horizontal. The arms stay parallel. Continue this motion in rhythm with the three sounds of the mantra:

AAH OOH UMM

Pronounce each sound from the throat so it vibrates from the diaphragm and the nose. It must have good resonance and timbre.

**Time:** Continue in a steady pace for 31 minutes.

**To End:** Inhale deeply and hold for as long as comfortable. Exhale. Immediately move into Part II.

**Part II - with Partner**

- a) Immediately turn to a partner and converse about the topic: "How well do I do the impossible?" for 3 to 11 minutes.
- b) Next, use the right hand with the palm open to slap the right hand of your partner. You both try to slap hands. As you do this look at each other's eyes and speak obnoxiously to each other for 3 minutes.
- c) Immediately look at your partner, and while smiling, talk about, "The blessings of my life and how I overcome challenges." Keep smiling. Continue for 3 to 11 minutes.





**Comments:**

This mantra is a Trikuti Mantra. It blends all three gunas and neutralizes the ida and pingala into the central channel of the sushmana. In the language of Naad Yoga, the sound AHH is the first primal sound. It is the first finite voice that begins the differentiation of all creation. It means 'come.' The first Infinite voice that moves you back to unity is WHA. The sound OOH means 'Thou.' The sound UMM means 'we.' Taken all together the mantra becomes: 'Come, Thou, into the form of Life.' Chanted in this way it is the Bij Naad of the mantra OM or AUM. Your total strength is not in your muscles. Your real strength is in your chemical communication system of the brain. The brain does not connect only through nerve pathways. There are chemical solutions that go between different areas and give you abilities. This was known to the yogis before 100,000 B.C. They could look into areas of the body and view its strength, flow and projection.

They developed a science to adjust and circulate those chemicals of the brain. They called the science, 'Naad Namodam Rasa.' Naad means communication, both gross and subtle. Namodam means to address someone. Rasa means a juice or healing secretion. This was the science of how to adjust the communication through the inner juices. The tiredness, confusion and ineffectiveness of the brain and life can be corrected with this science. The technology was only taught to select disciples. It has never been openly given before this moment. In the East you had to prove yourself as a student first. The job of the teacher was to give you an impossible task. The job of the student was to do it in order to learn to do the impossible. That is the nature of God who makes everything from nothing! This meditation was not given to a family unless they had given seven generations of service first. But the time is such that all these techniques must become available and practiced if we are to go to the next stage of our maturity on Earth. We must know how to adjust ourselves and how to be potent and conscious in our communication.