



1. Chin is slightly up so that the moon center does not cross vertical. Bring the arms up with the palms facing each other. Stretch the arms up and move the arms together in a figure eight; move lightly, keeping the arms stretched up. Open the armpit. The torso rocks forward and back in concert with the arms. Close your eyes and see the darkness. Approximately 30 Minutes. Become ghosts. You can get rid of all of your inner ghosts if you do it right. The best way to get rid of the ghost is to become one. Get into it! Become it! Feel you are a ghost, flying in the air across the dazzling light. [After about 11 minutes] Now start flying through the scorching heat of the desert; flying through the Sahara; start going through it. Go through the heat and the vastness of it. Move with great strength. There is a huge desert that you must go through. You are now creating a field of your own psyche, absolutely delightful, transparent body is that of a ghost and you are going through the depth of all the deserts in the world: Gobi, Sahara, etc. Wherever your memory or subconscious takes you; get into your own vast desert! Move in the rhythmic eight of the subtle self.

After about 15 minutes, stretch the arms up even higher, toward vertical, and continue moving. Keep your armpit completely stretched and open. Fly above the clouds, directly beneath the sun. You have a lot of cloudiness in life and you must get rid of it. Fly above the clouds! Work it out! Keep on ghosting yourself. Unload the cloudiness. Unload the tears. Now please enter a lush, green rainforest. Be kind to your beauty, your bountifulness, blissfulness. This movement forces your subconscious to unload. Be happy; do it happily. Cool yourself through the lush, green rainforest. You are clearing out your previous 25 incarnations. flying. Keep the armpit open; that's the only thing that is working. Let us end the haunting! Move!

TO END: Inhale deep and stretch the arms up and become wide, become big. Exhale. Repeat.





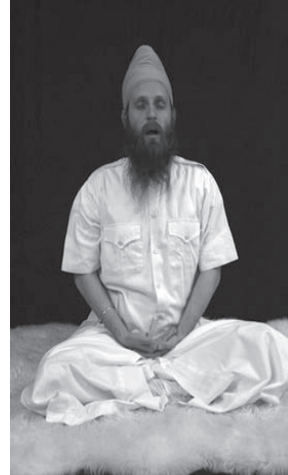
Now move into a long range of mountains, totally filled with snow, white and bright and shining where calmness and quietness where sound resounds a million times. Move in that most beautiful eight of the subtle body. It will help you; it will cure you. Fly over the beautiful white snow-covered mountains. Keep going! From one peak to another peak, travel from top to top. Keep ghosting. Keep flying. Keep the armpit open; that's the only thing that is working. Let us end the haunting! Move!

To End: Inhale deep and stretch the arms up and become wide, become big. Exhale. Repeat.

2. Exhale the hands into the lap and do not open the eyes. Keep your hands in your lap, with your right hand resting in your left, palms up. Sit straight and meditate. Gong is played. 14 minutes. Go to your school days. From First Grade on. What did you think you could be? What did you want to be—then? What was the most imaginative profile of yourself in the 1st, 2nd, 3rd, 4th, 5th, 6th 7th, 8th, 9th, 10th, 11th, and 12th grades? Review it in detail. As ghost knows all, you know all. As you remember, try to be that and your ghost will eat it up and you shall be free. Give your memories to the ghost.

3. Open the mouth and begin breathing through the mouth. Teeth should not touch. Gong continues. 2 minutes.

4. Breath through the nostrils as slowly as you can. Keep the mouth open; the teeth should not touch. Gong Continues. 3 minutes. Good and bad? You are all good. You are made in the image of God. You are the prana of God. The light of God.





5. Sing with the mantra Rakhe Rakhanhaar. (Singh Kaur's version) Copy the sounds. Chant with the tongue. Consciously use the tongue. Press the palate with the tongue. 6 minutes. When you stiffen the tongue and utter the word, and many of you may not know the words, but all that needs to happen, if the tongue is pressed against the palate with these sounds, you will be unloading your difficulty, pain, disease. Nothing has worked better than the word of god. These sounds are a combined permutation and combination of the tongue and palate. I want the tongue to be tough and stiff. Each word has to be conscious. I don't want these memories you have unloaded to come back; I want them to be gone forever.

6. Wake up in the morning to the sound of the mantra Rakhe Rakhanhaar. Repeat with a tough tongue for a few minutes. Watch that day. Observe what happens.