

## LESSON # 5

Memory Developing Breath from Brahmavidya yoga lessons. Wishing all the aspirants of brahmavidya yoga happy reading practice and abundant health and prosperity in all their endeavours.

BRAHMA VIDYA – AN ANCIENT SYSTEM OF YOGA & PHILOSOPHY  
INTRODUCTION TO THE GREATEST TEACHING ACCESSIBLE TO HUMANITY

Our Prayer: 'PRANAMYA KARUNAAMOORTIM ATMANJNANA PRADEEPAKAM  
YOGAKSHEME NIYUKTHOHAM DHYATWA JYOTHIRMUKHAM GUROH'

So far you were explained two important factors – the faculty of IMAGINATION and the faculty of REASONING – distinctly operating in the mind. The product or outcome of these faculties is our expression (either in the form of speech or action), in exact proportion to the Power of Imagination and Reasoning.

You are now familiar with the Practice of Pranayama (the basic spiritual Breathing Exercise) and would have by now felt the improvement in your lungs capacity and the rich and smooth breathing. You have also familiarized and are practicing the First of the Key spiritual Breathing Exercise – the MEMORY DEVELOPING BREATH, followed by the inspiring Affirmation for the Breath.

You have now a general idea of the arrangement of Cosmos – the outcome of latent activity with the Ethereal Kingdom. From within, the clam and silent Mind, the embodied part of Creator within us, looks out on the macrocosmic universe through the avenues of sense and receives through them impressions of data into the mind. The intermingling of these sense impressions within the mind results in crystallized or clear thinking, and the intensity of such thoughts comes out as expression, as explained already. Now, let us go to the Second Spiritual Breathing Exercise – the REVITALIZING BREATH for regular practice.

BREATH NO.2 – THE REVITALIZING BREATH (Commence with 2 breaths; gradually increase to 7 breaths).

a) Fleet flat on the floor, heels touching and toes pointing out towards 60 degrees. Toes not bent or curled under, Ankles and calves are gently tensed. Knees are snapped back, thighs are tensed, and buttocks are locked and pulled down under. Spine is straight; shoulders are down, with freedom in the neck. The hands and arms are tensed at the sides, to the same degree, as are the legs and the feet, with fingers touching and thumb well out. There should be a feeling of power throughout the whole body, but no strain anywhere.

b) This Breath, and all the Breaths, should be begun in deep reverential attitude of mind. EXHALE forcefully through the teeth (as in the Memory Developing Breath). Then INHALE through the nostrils, beginning to breath down, filling the lower part of the lungs, then the middle part, then the upper part. Then lock the breath with a big sniff and hold it for about 30 seconds. (Do not strain). If you feel strain, you should not keep on holding the breath.

c) EXHALE vigorously through the teeth, keeping the tension throughout the body.

d) Inhale gently and relax entirely, breathing in and out through nostrils as rhythmically as

possible until ready for the next exercise, repeating, mentally your own spiritual affirmation for this Breath.

RELAXATION EXERCISE following REVITALIZING BREATH (Breath No.2 of the 8 Key breaths). To be memorized full.

“Now we relax entirely.... comings right down...relaxing...relaxing entirely – as we think of the inner, hidden meaning of these sublimely simple words:

I AM WHOLE...whole – Nothing is lacking – nothing can be add... I AM WHOLE. I AM PERFECT. I AM STRONG. I AM POWERFUL. FULL of Power Every Cell in my body is a complete POWER PLANT; working for me ... I AM POWER FULL! I AM LOVING – I am that of which the Universe is made, I AM LOVING. I AM HARMONIOUS ... I am in harmony with the Laws – the Eternal Enduring, Immutable, Everlasting LAWS of this universe. I AM RICH. I AM YOUNG - and now that liquid, liquid feeling in the body, as innumerable streams of living light are coursing down in my body. I AM HAPPY IN LOOK HAPPY – I feel happy – I AM HAPPY. Now giving thanks – feeling happy, I take a little breath and a long, sweeping, sweeping sigh. Now I take another little breath, and a quick sigh.

You must remember that this Revitalizing Breath is a key Breath. Great care must be taken to acquire the correct posture, for all Breathing that you will ever be able to learn in non-action of the body are based on this Breath. In other words, this is the key breath for all breaths in non-action, as the Memory-Developing Breath is the Key Breath for all breathings in action.

Absolute straightness of the body is desirable in this Breath. Feel the Sensations that you experience after the breath carefully, a definitely positive feeling glorying in that “Temple of the Living God”, the body. This breath has to be done seven times as in all breaths. With the Memory-Developing-Breath firmly rooted in the mind, through sincere practice, you will be ready for all subsequent breaths in later lessons.

The spiritual Affirmation for this breath given above should be memorized by all of us.

These are really seeds which would positively sprout and grow within you, developing with you the conditions contemplated and expressed, exactly in proportion to the feelings with which you say the words. Now, rest and think – quietly – restfully, in a reverential attitude of mind. Think of this truth, and try to imagine the indwelling wisdom of you telling you that you are IMMORTAL. Be still, more still than you have been in your whole life so far and try to listen for your answer from within. There are many instances of extreme age not only in our country, but in many foreign countries as well. Normal it is claimed that no man or woman can live much beyond a hundred years. The Great Great Guru in Tibet – our Great Guru Ding Le Mei’s Guru was 152 years of age in 1927 when Guru Ding Le Mei started his school of Yoga in California. He had not lost a tooth; he had a body like steel. Such men make it their duty to remain young and full of vigor and power, from boyhood embracing a system so intricate and arduous that it seems impossible for them to grow ‘ old ‘. What you are learning in your Scientific and spiritual Breathings will teach you more in about three months than what might be learned in other system of Yoga in three years.

**THEREFORE GET THE CONVICTION IN THE MIND THAT IF OTHERS CAN LIVE TO A GREAT AGE, THEN YOU CAN AS WELL DO IT – SAY TO YOURSELF A HUNDRED**

TIMES A DAY – YES I CAN DO IT, UNTIL THE CONVICTION CAPTURES THE MIND, THE IMAGINATION, WE SHALL REMAIN SUCH STUFF AS DREAMS ARE MADE OF, AND OUR LITTLE LIFE ROUNDED BY A SLEEP.

You must develop the power of Visualization. This means that you must create for yourself pictures in the mind conditions, which wish to realize. The imagination is the CREATIVE FACULTY of you and me, that is, the wonderful instrument with which we all work, whether we know it or not. You must also know that THOUGHT is an immeasurable force, and you are using it for good every moment that you live. We cannot SEE thought, but we know that we think. THOUGHT creates images just as real as you might when you take, say, some clay to make a pot or jug for storing water. There are men who have actually seen the forms that THOUGHT creates. We have not gone far enough yet to develop this power, but are on our way. The following is to be our first exercise for developing the POWER OF VISUALIZATION.

NEW EXERCISE FOR VISUALIZATION:

Practice this when you have completely read through your lessons each evening. Follow instructions given below, very carefully. Now, when you are in a state of perfect peace, make a slight effort of the will, without any tension or strain that you are to CREATE THE NEW PHYSICAL YOU. Sit calmly, with the eyes gently closed, the eyes slightly raised, as if you are looking upward to your forehead. Do no strain. Be very still – so still that does not move at all for a long time. Then mentally state that you are about to form a beautiful picture of your perfect wondrous self will that this beautiful picture shall come before your eyes. Now wait and watch, perfectly still. I repeat do not strain. Soon you will see just a little removed from the front of your eyes a picture being painted for you, so to speak. You, say audibly (as in your Meditation) ‘ There is comes ... that beautiful head. I see a strong neck. A full chest strong-arms and hands. I see MY PERFECT SELF standing before me, powerful and strong...and harmonious in every muscle...’ Silently watch and mentally go down through your body and note the beauty, the strength, the youth, and the very glory of life within.

Then, IMAGINE as Great Light around your Perfect Self pictured before your Mind. You are bathed in Light! Perhaps the light will be so strong as to seem to blind your physical vision. Hold it. Then – still very still – bring that picture nearer. Say mentally to yourself that it is coming nearer to you. Watch it. Bring it so near that you can see very part of your beautiful body. Then bring it still nearer – nearer – and finally let the light sweep down through you as the beautiful perfect picture is lost in the absorption of your mind, the picture is full absorbed into yourself. The light will bathe you from head to foot. Affirm that the Perfect self has now been unfolded to you and visualize the truth of this statement in your body. You should feel a deep peace within, and when you come out of your Meditation you should be bathed in light and happiness, for the work that you have done is now going to on in your own body, leading you on the Perfection abstraction and perfect stillness should enable you to witness considerable advance towards improved physical condition.

Now add the following Meditation Affirmations to those already given to you.

I AM WHOLE I AM PERFECT I AM STRONG I AM POSWERFUL I AM LOVING I AM HARMONIOUS I AM RICH I AM YOUNG I AM HAPPY

Master the above Nine positive affirmations during the coming week, and you will be given detailed explanation of these nine statements. Make it a regular habit to study your

lessons every day.

LET THERE BE PEACE EVERYWHERE – LOKA SAMASTHA SUKHINO BAVANTHU.

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