

Espanola Lecture

Date: *May 30, 1994* Location: *Espanola, NM*

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Right hand is facing forward and the left hand is facing backward, and the left hand is against your body and the right hand is just "aggressive" (a bit forward). It will make a big difference if you take the right posture.

Please, close your eyes and roll them down to your chin point (moon center). It will be pure fun. It's amazing. A little posture can totally balance your energy. You have to enter it, a neutral zone through it. So please breathe long and deep.

Mantra: 'Hume Hum Braham Hum' We are us, therefore we are God.

33 minutes. Listen to the mantra in this posture.

5 minutes. Consolidate and start breath of fire, don't move, consolidate your position.

Total: 38 min.

AT THE END:

Exhale. Inhale deeply, hold the breath and squeeze the body please. Exhale, inhale deeply, squeeze the body tightly, from toe to top, release. Last chance, take a deep breath, hold the breath, squeeze the body, let yourself fall, relax. Now move your limbs and body and circle. It is important that you move your limbs as an exercise, nothing should not stay, move your belly.