



1. Sit in Easy Pose. Interlace the fingers so that the tips of the fingers don't quite meet the webbing of the opposite hand, like a dovetail joint in carpentry. Thumbs are open and pointing up. Press this mudra into the diaphragm on each exhale. Suck in the breath powerfully through round lips and turn to the left. Exhale center. Inhale center and turn the head to the right. Exhale center and continue. 6 minutes.



2. Release the mudra and begin Breath of Fire through the mouth. Use the cheeks and the diaphragm. Let the cheeks puff out with the breath. Heavy breath. 4-1/2 minutes. Dying is nothing; it's just like a balloon leaving the earth and moving toward the heavens.

3. Transition into Baby Pose. Gong is played. 15 minutes. Enjoy it. It's very beautiful. You don't have to hustle. Release the breath. The body relaxes totally and completely. It's just letting the balloon leave the earth. Get into weightlessness. Totally disconnect with the body. Some of you will feel tremendous pressure on the forehead; others will be able to let it go. Different bodies will have different experiences. But if you totally relax and let it go; you will let it go. Find your state of innocence. No karmic weight. State of weightlessness. No reality and non-reality; in this neutral state, resurrect toward the heavens. Let it go. Resurrect! Rise! Like angels of light toward the heavens. Transparent. Confront death with the sharpest, most powerful, radiant light. Penetrate through the valley of darkness. Penetrate through the valley of darkness. Penetrate through the valley of darkness.





Confront death and win. Confront sorrows and loss.
Resurrect to your height. Let it go. Let it go. [Gong
becomes very loud; two beat rhythm.] Feel alive.
Newborn. [Gong becomes quieter.] Arise praising the
Lord, your God in experience. Be born. [41:00 Music
begins. Dhan Dhan Ram Das Guru by Sangeet Kaur;
gong continues] Cross the hour of the past into the valley
of the newness. Feel the newness of your body. [Gong
grows louder and quieter again; 42:20 gong is silenced.]

4. Come sitting up. Concentrate at the Heart Center.
11 minutes.
Arise smiling and chanting and singing. Open up.
Concentrate on the heart center and open up. Enjoy the
newness. Spread high the frequency of joy—high
frequency of joy. Uplift the feelings. Sophisticate them.
Enter the realm of celestial self. Vibrate.

To End: Inhale deep. Suspend for 30-40 seconds.
Exhale. 3 times.
Feel light. Let it go. All the disease. All the karma. All the
unwantedness. Let it go. Let it go. Relax. Relax. Relax.

5. Meditate in silence listening to music. Death is the
Sacred Alter by Livtar Singh; followed by Walking up the
Mountain by Gurudass Singh and Krishna Kaur; followed
by I Have My God with Me by Krishna Kaur.