

March 25, 2017 - Pre-Recorded World Satsanga for The Kevin Moore Show

Transcript of Pre-Recorded World Satsanga by Guy Steven Needler:

“A very warm welcome to this World Satsanga held on the 25th of March 2017 held in conjunction with Kevin Moore and The Moore Show. And I thank again Kevin for helping to spread the word and the information by allowing the World Satsanga audios to have some graphics associated with them as well, and put on Kevin’s YouTube channel.

Before I get into the agenda, I want to make a quick amendment to one of the words that I used in the last World Satsanga meditation right at the very end, where it talks about opening the third eye. Incidentally, I’m going to go over this meditation again in the next Satsanga, that I can’t do in this Satsanga, because we have the kundalini exercise. But in essence, I think I mentioned the pituitary gland as the gland being used for the third eye, the physical representation. That was actually an incorrect statement, it was a slip of the tongue. It should have been the pineal gland. Although they’re in very similar places underneath the base of the brain, I for whatever reason said pituitary rather than pineal gland.

Please accept my apologies on that, and it was in error, a slip of the tongue rather than an actual error. So I thank those individuals who pointed it out to me. And I’m going to go over that meditation again in the April Satsanga. I’ll do it in a different way next time, so that people can really get it from a different angle, because what I broadcast in February works for most people, but there are the odd individuals, who learn in a different way, so we have to compensate for that.

So what we have now is the agenda for this month’s Satsanga. So I’m going to do a quick talk on “Why strange things happen that make us question our reality?” And there are a number of different reasons for this, but I’ll go into these in a moment. Then we’ve got some questions from different people based upon the books and general greater reality questions.

And then I’m going to do an end of meet meditation to help you raise the kundalini energy, which will be based upon two traditionally Hindu meditation-based techniques. One will be kriya yoga, and one is based upon kriya yoga, which is used in the hong-sau breathing technique. And both of them generate the movement of energy up and down the spine. And the movement of energy up and down the spine is what creates the kundalini energy. So let’s start at the very beginning then.

Part 1. Lecture on “Why strange things happen that make us question if our reality is real?”

What do we experience strange things that make us question if our reality is real? This is all about, in real terms, our guide and helpers and even Source helping us to get past this firewall, that we experience, when we project a smaller part of ourselves — what we call the aspect or soul — a smaller part of the True Energetic Self into a vehicle to allow us to experience the lowest frequencies of the universe, which is obviously, the universe being the lowest frequency associated with the multiverse.

And so we are here experiencing something that we believe is absolutely the reality. We believe that the human body is what we are, because we are the ego, which is this temporary personality created through incarnation. It’s created through this almost total separation from the True Energetic Source, the True Energetic Self, as it were, as a result of low frequency existence, and the bandwidth associated with it.

And so we start to think that we are just the human body. And so everything around us that relates to the human body, which is our environment, our role, our status, our job, our friends, our family, our loved ones, pastimes, our creations all revolve around the physical universe, and this particular part of the physical universe, which is on the Earth. And so from that perspective, we start to think that this particular reality is who and what we are.

And so what I see around me, and other people see around it is these little breaking down of these walls. We see all sorts of different things happening around us. For instance, some people catch things in the corner of their eye, look again, and they're gone. Other people find themselves in different realities sometimes.

(5 min) There is a wonderful book called *Twidders*, which is able to describe some of these different things, where people find themselves in different time zones, where, shall I say, the energies surrounding this particular aspect of event space — this reality, if you want to call it that — are being eroded, and so the event space is blending into each other naturally, because they do anyway. It's just that we are lower frequency, so we tend to stay in this particular event space. *Twidders* by the way is a book by a lady called Anita Holmes, and it's available through Amazon.com quite easily. So *Twidders* is by Anita Holmes, and it's a wonderful book about individuals, who really find themselves in different event spaces, that are not normally apparent to us from here.

So it's one of these strange things that happen. We find ourselves in a different zone, a different time zone or a different space, as it were, not specifically limited to time zones or event spaces that belong to the Earth, it could be another particular time zone or event space associated with another part of the physical universe. And so in essence, what we have is a condition, where we're starting to see things around us that are not of our normal reality. All the reality around us starts to break down.

And things like seeing ghosts, we call them ghosts, but they could be astral entities, they could be other incarnate beings who are higher frequency, but nevertheless are experiencing this particular environment, and maybe they are protecting themselves as well, are also here as well. So the things that happen that are strange, and things that shouldn't happen. And there's plenty of things that shouldn't happen that are happening sort of right now around us.

For instance, in certain shall we say electoral conditions, things like certain politicians are getting into sort of power, so to speak. And we have the same thing all over the world, where we think, Well, how did that happen? How could something so strange as XYZ happen around us? We shouldn't do. It's almost as if we've taken our eye off the ball, and because we've taken our eye off the ball, something strange happens.

And all these things are really to tell us, that when things happen around us that we question, we go, How did that happen? What? That can't possibly be? That's not right. You know, when we start to question our reality, it's because we have, for want of a better word, started to become higher frequency in our own right. And when we start to become higher frequency in our own right, we start to see, experience, and in some instances be able to communicate with other aspects of the greater reality in this particular locale. And this particular locale would be the physical universe and the frequencies associated with it. And if we're lucky, other entities that are outside the physical universe.

And so in essence, we are having our anchor point rocked. We believe we're in the physical universe, which is quantifiable. But actually we don't know anything about it, and there's big gaps between galaxies, and why is there big gaps between galaxies? In actual fact, why are there big gaps between universes? It's because there's other content there. So we're getting all these strange things happening all around us, that makes us start to question our reality.

And this is the thing, this is the whole reason for it: it's starting to make us question our reality. It's starting to make us wake up in the middle of the dream. And this is the whole point of us experiencing different things that are out of context in our particular incarnate condition, this particular reality that we're experiencing right now.

And so what we have is lots and lots and lots of nudges, digs in the ribs, taps on the head, taps on the shoulder to make us understand and work with the fact, that we are not just physical entities that are in a human body, or any other body, and when that particular body demises, everything is lost.

(10 min) And so the whole point of this is to help us along our awakening path, our path to self-awareness, so that we can start to become what we were in the past. You know, countless millennia ago, we were able to understand who and what we are whilst incarnate. Now clearly the human form was a much lighter vehicle then, it was much higher frequency then.

And so as a result of being much higher frequency, we were able to experience different things. We were able to still maintain levels of communication with our True Higher Self. We were able to manipulate our environment to a certain level, and we were able to communicate with other individuals on the basis of the other functionalities, that we gain by maintaining our higher frequency existence whilst still being incarnate.

So all this is to help us become aware and awake whilst incarnate now, to enable us to realize who and what we are, to enable us to recognize we're here to experience various different things. But in experiencing these various different things, we don't need to experience it in an eternal reason point of view, we just need to be able to understand that this is a temporary condition to allow us to experience the lowest frequencies of not just the physical universe, but the multiverse in the way it's supposed to be experienced, but also in the most efficient way possible.

So when we start to become aware and awake, and recognize that through being exposed to these strange things that shouldn't really happen, these events that shouldn't really happen, the interactions with each other that shouldn't really happen, these changes to the environment that shouldn't really happen, that's making us become more aware and awake. And actually they're happening anyway, because we are becoming more aware and awake, and our base frequency throughout the whole of the Earth area, the location where the Earth is, is becoming higher.

So as we all collectively become higher frequency, we start to see that there is a chink in the armor of this particular reality. We start to wake up inside the dream, and question the imagery, and question the experience, and question the interaction, and question the environment that we are in. So all of these different things we experience, all of these things that are sort of strange, all these things that we think that should never have happened, are happening as part of a programmed series of events, that are happening as a result of us all collectively becoming higher frequency.

And so the cohesion that we have through this, shall I say, mass illusion of this particular event space, what we call this current reality, is starting to break down, and we're starting to see beyond this reality. So it's all part of this thing. So one thing it's being shown us as a reality check, so to speak. On the other side, it's a function of our becoming higher frequency as well. So one's a given or a nudge, or a tap on the shoulder by our guides and helpers, and the guides and helpers of all of us together. And the second is associated with us rising through the frequencies, and the overall product is that we're starting to erode the natural barriers that we've created, we've all created this in between the different realities.

So I hope that helps a little bit. Everything is designed to make us change, to make us question who and what we are, what we're doing, and how we're doing it. Okay, let's have a look at the questions in there.

Part 2. Questions and Answers

So in the first set of questions, that are questions based upon "Beyond the Source — Book 2":

1. On page 192 of BTS 2, Source Entity 10 references "the law of thought." What is this law? Does it only apply to energetic beings or can it be understood and manipulated by humans? If yes, how can we learn to manipulate the so-called "free energy?"

So the law of thought is effectively our understanding of anything we think about can be created. And so we have to be very careful about how we think. So the thought is quite a downstream function of our intention and our desire. Because the equation, if you want to call it that, or the process goes desire, intention, thought, action [as described in "The Anne Dialogues" p. 181:

"For the record then, and to simplify this even further, I see the following process surrounding the manifestation of creative desire:

Initial Desire — Modified Desire — Final Desire — Intention (to create the desire) — Thought (on how to create the intended desire) — Action (the creation or manifestation of the intended desire).]

So when we think of something, we've already gone three-quarters the way down the road to creating what we were intending to create in the first place, and have the desire to create. So we have to be very careful about how we think, because anything we think about can and does end up being created.

(15 min) And so in terms of the law of thought, every entity that is created by Source, even of course, the Source as well, complies to the law of thought, law of intention, desire, thought and action. And so it can be understood and can be manipulated by humans.

All we need to do is understand that we are master creators, and we can do anything we want to, provided we are, for want of a better word, in total and utter understanding that we can create and change our environment, change ourselves, change the structure of anything around us, and manipulate our local space and move where we are. So things like teleportation and manifestation, for instance.

Because we are smaller aspects of our True Energetic Selves, our bigger selves, we are energy beings. So even though we are incarnate as a smaller aspect in a physical form, a physical vehicle, we are still energy beings. We are still a smaller part of a larger energy being. And so we can still use this law of thought and create whatever we need to, whenever we need to. It's just that again in the human body, because we've got this almost total communicative blackout, as it were, or lack of bandwidth between us and our True Energetic Selves, we start to create this ego, which is a temporary personality associated with incarnation. And so that's the limitation. The limitation is the association of a soul, or a smaller aspect of the True Energetic Self with the human form, and the human form is limited, and so we naturally limit ourselves.

And so as energetic beings within a gross physical body, we can use the law of thought, backed up by our intention and our desire to create the actions that we want. So we can learn to manipulate any so-called free energy as well. And actually, scientists are starting to realize that the influence of the observer on certain scientific tests is quite a big thing.

For instance, with the firing of the electrons through slits or photons through slits, they see that when they're observed that they distribute themselves as individualized particles, so to speak. But when we move away, they start to distribute themselves as a wave. So it all depends on the intention or the desired outcome of the human mind.

Obviously, the human mind is a function of our own sentience as an incarnate vehicle, but as an incarnate entity within a physical vehicle. And so our desire starts to, or our intention, which creates desire, shows when we expect a certain response, and that certain response is met, because we created it. When we walk away, the real response comes into it. So we're already manipulating everything. And so the use of free energy can be manipulated and used by incarnate mankind. So the next question is:

2. Our collective frequency fluctuates up and down like a saw tooth pattern. Where we were in 2007 (Harmonic Convergence)? In 2012 (end of Mayan calendar)? When did we peak at 3.70? Are we still at 3.13?

Well, in the last Satsanga this question was asked, and it's sort of where are in terms of the frequencies associated with the multiverse, in terms of the incarnate state frequency of the human form. And we peaked at 3.7 about seven or eight years ago actually, and now we've come back down.

And the question is why have we come back down really? And this is my question to myself, and the answer is we've become complacent. We think we've made it. We start to become disfocused in terms of how we interact with ourselves, and judge ourselves, and work with ourselves, and work with others. And so we start to slip back into the human profile.

(20 min) So although we peaked about eight years ago at level 3.7, we have moved down because of our lack of observation of our self. We've gotten complacent basically. But we are moving back up again, we are around about now we're about 3.15 in terms of frequencies. But note that as I said last time, although we are going up, our averages that we move up the frequencies, we do go through this saw tooth profile going locally up and locally down.

And I've noticed that the saw tooth profile isn't a small tooth profile, we can go through the big teeth with the little teeth on the top of them, and then we go down to the trough again — similar to the huge wood saws that we used to use in the wood pits, where there would be one man at the top, and one man at the bottom pulling a saw with big teeth with little teeth on top of the big teeth. And we're basically, we've been dropping down one of these big downward profiles on one of the big teeth, rather than going up the little teeth, so to speak. Although having said that, we're still nominally going upwards.

So we've moved up a little bit, but we haven't hit the bottom yet by the way. That's going to happen between three to five years' time, I'm being told. But even so, we're still going down, we do have these little upward bits on the way down. So it's this saw tooth profile of going from the one point of the curve, on the upper point of the larger point of the saw, going down isn't a straight going down, it's a little bumpy ride going up and down, as we go down as well.

3. In this world of turmoil and change, are we meant to take some form of COLLECTIVE action with like-minded people? If so, what? Group meditation? Activism? Any guidance on how we can deal with authoritarianism or fascism in this day and age?

The answer is yes. Really it's all about teaching by example. We can broadcast our desires. We can demonstrate to others what the right way is. We can talk to others. We can hold workshops. We can do consultations. We can do all sorts of different things.

But at the end of the day, the human condition is such that the human being learns by example generally, rather than by us being taught specifically. So we learn more by following friends, by following trends, so to speak, by following trusted people, by following like-minded people, and being together, rather than being told what to do.

And so if we can work together with like-minded people, and do meetings to discuss metaphysical things, spiritual, whichever you want to call them, then we can show by example, because we start to work together. We start to work together in harmony. We start to be calmer, as a result, that is calm as in more chilled out, so to speak, and we start to work together in a level of understanding and reduced level of urgency, as a result of this. So we interact with each other on a much better level, and there's no competition involved. So as a result of that, we start to broadcast this lack of competition, this lack of being involved, this detachment, whilst still remaining responsible for our everyday workload, and our everyday commitments.

This is something that's very important. Just because we're self-aware, and we understand that we're smaller aspects of our True Energetic Self, and we're smaller aspects of God, the Source, doesn't mean we're allowed to, or that we should relinquish our responsibilities that we've taken on as part of this particular incarnation. It's absolutely paramount that we continue to do our commitments as part of this incarnation. And so again, doing our responsibilities, knowing that we're doing it for ourselves and for God, and what we're doing for ourselves and God is doing something which is going to allow us to evolve is very important.

So getting together with groups of like-minded people, working together, meditating together, sharing ideas, thoughts, changing the behaviors and actions of who and what we are, so that we become better, calmer, nicer, more knowledgeable, more understanding, more appreciating, more giving, more of service individuals.

(25 min) It's all done by example. If we could create a fashion of being all those things that I've just said, then we would rocket up the frequencies very, very quickly. Okay, the next question is and it's quite a long one, this is:

4a. There is a fine line between so-called "spiritual bypassing" (e.g. avoiding pain, temptations and conflict with others by detaching or disengaging from life) and "indifference," as stated by Holocaust survivor, Elie Wiesel:

"The opposite of love is not hate, but indifference. Indifference creates evil. Hatred is evil itself. Indifference is what allows evil to be strong, what gives it power. I have no doubt that evil can be fought and that indifference is no option.

When I went to Cambodia [Pol Pot's "killing fields"], journalists asked me, "What are you doing here? This is not a Jewish tragedy." I answered, "When I needed people to come, they didn't. That's why I am here."

Let's go to the first bit first, spiritual bypassing — ignoring pain, temptations and conflict by detaching yourself. A lot of people think that we're sort of avoiding responsibility, by using this term "spiritual bypassing" that we're avoiding the interaction we're supposed to have with our environment, that we are avoiding the experiences we're supposed to be having, and that we are removing responsibility for what we're doing and just bumming around basically.

And the answer is we're not. We are detaching ourselves from the human aspect of what we are whilst we're here. We are detaching ourselves from the immersion in their reality, and giving ourselves time to reflect, think, behave and act in a way, which is in accordance with the higher state of beingness. And that allows us to respond in a better way, more efficient way, more evolved way. And when we do that, we've passed it onto others, because it's an energy exchange.

And so it's not spiritual bypassing, it's actually being detached from the panic stations, the immediacy, the instant gratification of being here, and allowing ourselves to be a more complete individual, and one that fully understands the environment that they're in, and the interactions that they have to do in that environment, and how to respond to individuals within those interactions. So it's not bypassing anything.

In "The Anne Dialogues," getting back to this previous question:

4b. In "The Anne Dialogues" (p. 58-59), you wrote that we'll be evaluated on various things in our detailed life review. Please elaborate.

We are evaluated on how well we've been able to get to the center of the maze whilst being blindfold. How fast did we do it? How efficiently did we do it? Did we learn about this maze's structure in getting to the center? Are we able to get to the center and back again without struggling if we get there straight back and straight back? How long did it take us to do that?

It's all about how efficient we are in dealing with the aspects of the life plan that we wanted to experience to help us experience, learn and evolve, and therefore move on. And so it's all about, we're not chastising ourselves or judging ourselves. It's an evaluation based upon how well we've interacted with the environment, based upon how we thought we'd interact. But has that different interaction caused an increase in effectivity in terms of the interface with our own environment, or has it created an inefficiency with our environment?

And so it's all about learning, and allowing ourselves to move into similar situations in the next incarnation, or not, as the case may be, if we've already established it.

(30 min) So there's several subsections to this question:

- **Aren't we here as incarnate guides to serve others in more actionable ways than just working on ourselves (where n=1, not much triangulation)?**

And the answer is in real terms we can only help others once we've helped ourselves. Once we've helped ourselves, and we've evolved and become enlightened beyond the point of being distracted by the incarnate condition, then we can start to help others get to the same place that we are. So it's not about just working on ourselves, it's not being of service to others. To be of service to others, we need to work on ourselves.

When I started the energy healing that was based upon the Barbara Brennan work, that my energy healer gave me, as a second generation student of Barbara Brennan through her, basically we all had to go through our own therapy. We couldn't just learn to do the energy healing, we had to be healed first.

It's only when we were healed, i.e. we'd sorted out our own stuff and weren't hung up by stuff, and therefore, weren't dumping our own stuff on our patients, that we were allowed, and this could be demonstrated by the way, it wasn't something that we could say, Ah, I'm cured now, and we could go straight into healing. None of that. We had to demonstrate it over a period of a year or so, that we had actually gotten to the right train of thought, train of beingness, and were therefore able to work with others without passing on our own stuff. So we had to be healed, and heal ourselves, and help others heal us as healers before we could actually become the healer.

And this is the same with helping others move up through the frequencies. We have to make sure that we're sorted first before we can sort others out. And we actually don't sort others out, we just present the key to them, and give them the promise. And then they can move on in their own speed. So the next bit is:

- **Isn't action part of being a role model by actively or passively educating other incarnates in how to act or behave or think while incarnate?**

So basically what we're doing is part of being a role model. So the role model is allowing the illustration of allowing people to learn through others being an example. And so, yes, we can through certain actions, not deliberate actions in terms of inviting others, but deliberate, visible actions in terms of how we help ourselves, we are therefore the role model for this, so that they can observe us, see how we've progressed, and want to get there themselves. So again, it's leading by example. This is the same thing. But we can't actively lead by example, we have to become the example, if that makes any sense.

- **Isn't action part of unselfish service to others in working for the benefit of others, not just for themselves?**

Again it all comes back down to this, we've got to sort ourselves out first before we can help others sort themselves out, or actually be the sorter of issues. We should be of service, when we're asked to be of service, not be of service for being service's sake. Because being of service for being service's sake is normally rejected, and actually it can get quite nasty and brutal, if we try and force ourselves on others.

So we have to be careful how we do this. So we have to make sure that we are more tolerant towards individuals, that we broadcast this tolerance, we start to work for the benefit of others, when we're asked to, not just for themselves, but also for us first. So we need to work on ourselves first every time, then we can help others. We don't actively help others, we let others ask us for help, and then we can help.

- **Isn't taking action part of our incarnate efficiency, to accelerate evolution, to allow more people to progress faster toward more tolerance, forgiveness, unity, synergy, etc.?**

When we understand where we're going, we can take action. But that action should be based upon us moving in the direction that we feel we should go into, and not actively — and by that I mean pushing people — not giving them an example to fail, but letting people follow us, if they feel what we're doing is right.

(35 min) And so the action from this perspective is that we are allowing others to follow us, because we are showing others by example what we're doing. And that's the action. We're showing by example. If you want to call it action, that's fine. But really it's passive, isn't it?

We're showing people by example, rather than teaching them how to be, how we are. We're saying that this is how I'm doing it. You know, this is a model you can use, copy it if you want to, or you can look at it and make it work for you by using bits and pieces of your own thought process. So we can in essence take action by taking no action by being passive, and by being the example. The next part is:

5. When we start the fourth (next) multiversal cycle without a physical universe (without incarnation), how does that change the structure of the multiverse? Is it just 11 full dimensions then or what happens?

That's a very good question, because it's not something I've not dealt with, other than the understanding through a series of communications through my channeling — I think it's about four years ago now — to suggest that we go through various different evolutionary cycles as a function of our Source moving around through the area of experience, so to speak, that the Origin reserved for our Source Entities to go through.

And basically the Source Entities through experiencing, and us through experiencing the environment that we're in actually re-educate the Origin by default as to what's in that environment, how it works, how it can benefit us, and how we can move forwards, and experience, learn and evolve in the most efficient way.

And so to do this, the Source Entities move through the area of the Origin that is still unmapped areas of polyomniscient sentient self-awareness, it moves through those areas that aren't mapped, and that are unmapped and experiences them. And it experiences them through us.

So when our Source is finished with this particular location of the Origin it is, it will regroup. It will bring all those aspects, those True Energetic Selves back into itself, re-commune with those beings, remove its sentience from the body of energy that it's been using for countless billions of millennia, relocate the sentience somewhere in a fresh piece of energy that hasn't been experienced by it, and then creates a body of energy, creates structure. It may or may not be a multiversal structure, we don't know.

This is what's going to happen. It's up to our Source as to what happens next. And if you read the *Beyond the Source* Books, you'll realize that each of the different Source Entities is doing this in a different way. So from our perspective, what we're experiencing in this particular evolutionary cycle isn't particularly what we might experience in another evolutionary cycle. And it depends upon the structure within the Source, which is part of the structure of the Origin that the Source uses, as to whether we have the lowest frequencies of the multiverse or not.

What type of multiverse we have is up to the Source, and whether or not there is a relationship with the very lowest frequencies within the structure of the Source Entity that we're aligned to, and ultimately the Origin is again a function of what we experience. And so it's quite likely that we will not have a structure, a multiversal structure or whatever the Source Entity tries to choose, when it goes into its next phase of evolution. But I'm being told that we won't be using the physical [universe] or the lowest frequencies.

And therefore, as a result of that how do we get there? Well, basically the Source moves its sentience from one body of energy to another within the Origin, [and] can choose that that body of energy doesn't particularly contain the lowest frequencies associated with the Origin. And so in not choosing the lowest frequencies associated with the Origin, it doesn't choose and allow, or give the opportunity for experiencing incarnate existence in any of the frequencies associated with the physical universe, the lowest 12 [frequencies].

(40 min) So there's more to this question: **Is it just 11 full dimensions then or what happens?**

Well, basically, the Source could use the next level of structure and go for zones, then full dimensions, and then sub-dimensions, but not bother with the frequencies. So we might not necessarily have 12 full dimensions, because there are 12 full dimensions per zone. So it might be that we don't classify things in terms of full dimensions, we classify things in terms of zones from that point, because the zones are the next highest structure within not only the Source, but also the Origin as well.

So that's a long way away then — nothing that we need to worry about, whether we're incarnate or disincarnate. It's going to be a long, long time in the future. Having said that though, I am advised that we are moving through this third cycle extremely quickly, much, much faster than we were at this stage in the first evolutionary cycle and the second evolutionary cycle.

Okay, I think that's the questions. I hope I've answered them with reasonable detail. There will be a pdf provided by the wonderful lady who's doing the transcriptions for us, and provided most of the questions this time, although JM has also asked some questions, which is quite good, quite nice again. So what have now is the opportunity to look at the transcripts as well, so those people who aren't able to play the audios can also read the transcripts, and reflect upon the transcripts as well.

Part 3. Meditation

Please download the high quality [MP4 File](#) (or lower quality amr audio file) to do the guided meditation with Guy Steven Needler via his website or blog.

(42 min) Right, so the last part of this particular Satsanga is the **Kundalini Meditation** or the meditation that helps us move the kundalini. Okay, so what I'm going to do here is like having two functions within one. You can choose whichever function you want to use to help raise your kundalini energy.

Kundalini energy is basically energy that rises through the spine. It's an elevated state of awareness that comes with it, and it's very, very enlightening and very, very invigorating energy as well. And your spine is basically set alight when you do this. But it takes some time, it takes dedication, it takes devotion, and unless you're very, very lucky, it doesn't happen straight away.

1. Hong-Sau Meditation: But the first one is very basic. We use a Hindu technique of breathing and speaking with our mind's voice two words: hong (as in Hong Kong) and sau (as in sawing wood), hong-sau. When we breathe in, we mentally chant hong in one verse as "hooooooooong," and when we breathe out, we say "saaaaaaaaaw." So this is all mentally spoken. We don't activate our mouth. We don't half-speak it when we're mentally thinking it. When we breathe in, we just go hong. When we breathe out, we go sau [saw].

When we're breathing in, we're mentally chanting hong and sau. When we're breathing in, we're chanting hong, we visualize energy moving from the coccyx, the tailbone in the spine, up through the spine to the base of the skull, and then moving diagonally across the skull to the origin of the third eye. When you're doing hong sau, and you'll visualize its energy going from the coccyx up the spine to the base of the skull, then you diagonally cross to the third eye, you'll feel the energy rising through your spine.

And to finish it, we breathe out and say sau, while we're breathing out, and we visualize the energy going back through the third eye down to underneath the skull, back down the spine, and back down to the tailbone, the coccyx. So we're breathing in hooooooooong, breathe out saaaaaaw. This is mental chanting, not physical chanting, not spoken chanting.

So as you're breathing in, you say hong, as you're breathing out, you're saying sau. As you're breathing in you are visualizing the energy going from your coccyx of your spine to the base of the skull across to the third eye. When you're breathing out, the energy retreats from the third eye back to the base of the skull, down the spine, back to the coccyx.

(45 min) And you continue to do that for about, well, you can do it all day basically. If you want to do it for about 15-20 min, or half an hour, that's fine. Half an hour is a nice time. If you can manage it an hour a day, it's really invigorating. It will really lift you up.

So as you're breathing in, thinking and mentally stating hong, and then visualizing energy coming up from your coccyx, up towards the third eye. And when you naturally say sau, you're thinking sau, or mentally stating sau, and you're seeing your energy going from the third eye down towards the underneath of your skull and down the spine.

So you're breathing in and you're breathing out naturally. Don't force the breathing. Don't hold your breath. Just remember that you're breathing in naturally. When you breathe in naturally, you're mentally saying hong, whilst also visualizing the energy going from your coccyx up towards your third eye by the base of the skull. And as you're breathing out, you're saying sau, whilst also mentally visualizing the energy leaving your head and going back down the spine to the tailbone.

So as you're saying these words over and over and over again, hong-sau, or more realistically hooooooooong, saaaaaaaaw. That's how it sounds to you. You can just say hong-sau if you wish, but the hong and the sau need to last as long as the aspiration condition is working. So while you're saying sau, it should be for the whole releasing of the air from the lungs. It's about releasing all the energy down. When you're saying hong, it's about breathing in, and letting all the energy come up again. Okay.

2. Kriya Yoga Meditation: The other one is basically using kriya yoga. Again, with the hong-sau by the way, you can sit kneeling if you wish, or you can sit in a lotus type position, or you can sit in a straight back chair with your feet flat on the ground, and your palms up on the upper thighs, back straight, closed eyes, and closed eye vision focused on the third eye.

Although this is supposed to be meditation, it's basically teaching you how to meditate using hong-sau and raising your kundalini energy, and also by using the kriya method. Now kriya is

the same way. Now I have no need to visualize the energy with kriya, but I do, it helps and it really augments the energy.

So as you're breathing in, you're again, as with the hong-sau technique, as you breathe in, you visualize the energy coming up from your coccyx, your spine and across the base of the skull to the third eye. When you're breathing out, the energy is going down from the third eye back down to the base of the skull, down the spine, back down to the coccyx.

This time you're breathing, you're not thinking hong-sau, you're just breathing. And you're breathing by allowing the air to come through the top of the mouth. So it's awwwwwww, so it's right at the top of the mouth, so it's like "aww." When you breathe out, it's like "eeee," lots of e's (higher pitch). So you're breathing out again through the top of the palate.

So you're breathing in to the top of the palate, awww, breathing out through the top of the palate, eeee. Again whilst you're doing this, you think again, you visualize the air going in and out of the lungs, and you also visualize the energy coming up from the coccyx, going up the spine to the skull, across to the spiritual third eye, and then come back down again.

(50 min) Now the way I do this, I don't actually incur any noise as such. I breathe very slowly, so I'm breathing in with aww through the top of the palate of the mouth, it's silent. So when you're hearing the recording, you'll hear nothing. But basically it's I'm breathing in, using the air, bypassing the going in to the top of the mouth, or top of the back of the mouth, then back down again into the lung. At the same time, I'm visualizing the energy coming from the coccyx up the spine to underneath of the skull over to the third eye. I stop and wait a moment, swallowing. And then I'll breathe out eee, at the top of the palate again, the back of the throat, but slowly, so you can't hear anything. And that's one kriya.

So breathing in, awww, and swallow, then change direction eee, is one kriya. Don't force it. If you force it, you'll start to get out of breath. Let's just have a go shall we?

For the first few, I'll go aww-eee, aww breathing in, eee breathing out. And then we can just settle into the kriya movement, visualizing energy moving up and down our spine, and just relaxing, getting the energy coming in.

So I'll do this very quietly, but it'll be slightly audible, so you'll get the idea, okay. (Hear sounds: awwwwwww, pause, eeeeeeeee, repeat, etc.)

Now please note that the number of seconds that you breathe in must be equal to the number of seconds that you breathe out. So seven seconds is about right, seven seconds is optimal. So let's continue to do this, breathing in with the aww sound, and breathing out with the eee sound, okay. Let's just do this for five minutes just to get used to it. (Hear sounds: awwwwwww, pause, eeeeeeeee, repeat, etc.) Make that little squeaky sound on the eee, don't worry.

Keep doing it, keep breathing in and out, breathing in towards the top of the palate of your mouth at the back of the throat, then breathe out, eee, you should almost get that squeaky sound, almost get it.

Keep doing it, and again keep remembering to visualize the energy as you breathe in on the aww sound. The energy comes up from your coccyx, to the spine towards the base of the skull, and diving across to the spiritual or third eye. As you breathe out on the eee sound, again the eee comes to the top of the throat, the top of the palate of the throat, again we visualize the energy going from the third eye, diving back down towards the base of the skull, back down the spine into the area of the coccyx. Okay, so keep that, keep practicing, aww, eee, repeat. Okay one more, aww, eee.

Okay, until you find yourself, the energy moving up and down the spine, keep doing it, keep practicing it, either the hong-sau technique or the kriya yoga technique.

Visualizing when you're breathing in, saying hong-sau, visualizing the energy coming up from the spine, from the coccyx, right up across the base of the skull, diving across to the third eye. As you're saying sau, you're breathing out, the energy going back from the third eye across to the base of the skull down the spine to the coccyx.

When you're doing kriya, the aww sound of the air comes through the mouth at the top of the palate, towards the back of the throat. Again you're visualizing the energy going up your spine from the coccyx to the base of the skull and diagonally across to the spiritual third eye. When you're breathing out, the eee noise when air is going out past the top of the palate, past the back of the throat and out again. Again energy goes away from the third eye, goes diagonally across toward the base of the skull, and then back down the spine to the coccyx.

Well I hope it's something that you can do. It's extremely beneficial. As I've been doing, my eyes have been watering. That's a sign of the start of the joy that you get through being logged into energies associated with kriya yoga. And so with hong-sau.

Now the Hindus say that doing hong-sau accelerates your evolution, and they also say kriya also accelerates your evolution. But kriya yoga accelerates your evolution significantly faster than hong-sau. But in my experience, both are very, very good at balancing the energies, creating calmness, and actually invigorating the body.

(1h) Closing comments: Okay, that's the end of the Satsanga for the 25th of March, 2017 in conjunction with Kevin Moore of The Moore Show. Thank you again to Kevin for broadcasting this later. And thank you all for listening to this Satsanga on the 25th. Again, apologies for saying pituitary, which should have been pineal gland for the third eye, and again, just a slip of the tongue. And I will go through this opening the third eye again in a different way next week.

So God's love to you all. Have a great month between now and then. Do meditate, meditate, meditate. Make it as important as going to the bathroom in the morning. You know the level of focus you have for going to the bathroom. Keep the same level of focused on meditation, and you'll go a long way very quickly. So blessings to you all. God's love to you all, and namaste." END.