

Inner Well-being With Inner Engineering

Yoga, for many people probably means twisting yourself into some impossible posture. The meaning of yoga is to be in perfect tune - it is when your body, mind and inner nature are in absolute tune. When you fine tune yourself to such a point where everything functions so beautifully within you, the best of your abilities will flow out of you naturally!

Better Balance Focus And Brain Functioning

For example, we initiate people into the Shambhavi Mahamudra kriya as part of the Inner Engineering program. Studies show that within three months of daily practice of Shambhavi, the concentration of the protein responsible for neuronal regeneration in the brain increases by 241 per cent. This means you will

be more intelligent, balanced and focused! If you invest 30 minutes a day for six months, you will have gained at least two hours every day simply because you do things more efficiently.

Control Of Chronic Ailments

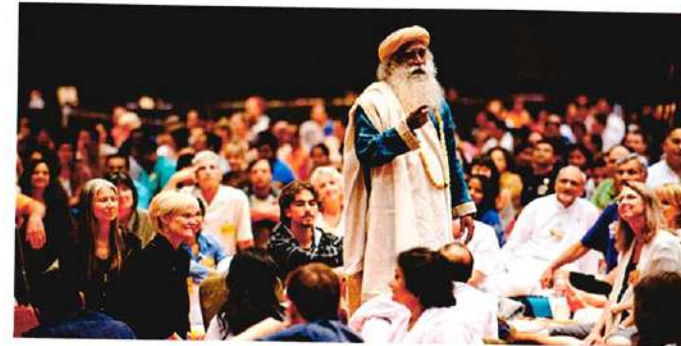
Inner Engineering is also a way to create a healthy life. Human ailments are of two kinds. There are infectious diseases and chronic ailments. Infectious diseases are caused by external organisms invading the system. They have to be dealt with by medication. However, chronic ailments mean that your own body creates the problem; something very fundamental goes off-balance in your system.

Therefore, it is very important than an inner solution for such ailments is found because the problem is generated from within. There is a dimension of intelligence which is capable of creating this body - you eat a piece of bread and it turns into a human being in a few hours' time. Inner engineering is a process where you find access to this dimension of intelligence and competence so that health will not be an issue.

A Chemistry Of Peace And Bliss Is Created

Inner Engineering is a technology that can create the kind of chemistry you want. Every human experience has a chemical basis to it. What you call as peace, happiness, joy, misery, agony or ecstasy are all different kinds of chemistry. You are a very complex

SHAMBHAVI, THE CONCENTRATION OF THE PROTEIN RESPONSIBLE FOR NEURONAL REGENERATION IN THE BRAIN



chemical soup. The question is, are you a great soup or a lousy soup? If you make yourself into a great soup by creating a blissful chemistry within yourself, being joyful is a natural consequence.

Your Nicotine Or Caffeine Addiction Is Dropped

People keep asking me how they should deal with their smoking or caffeine habit. There is a physiological aspect to this where your chemistry becomes dependent on nicotine or caffeine. But Shambhavi Mahamudra fires up your system in such a way, that the need to smoke or drink coffee disappears.

I do not believe in telling anyone to 'give this up' - The individual would just keep the cigarette down for two minutes and start again, because so far, smoking is the biggest experience you have had. But if I create a bigger experience for you than smoking or drinking, do I have to tell you to give it up? It will just fall apart by itself. If you knew how to become absolutely ecstatic just by your own chemistry, you would not smoke or drink. For thousands of people, the first day they sit for Shambhavi Mahamudra, they burst into ecstatic states.

I have never touched a substance but if you look into my eyes, I am always stoned. No hangover, it does not cost anything and it is good for health!

Yogis look at alcohol and drugs as juvenile things because we can get intoxicated a thousand times over just with our aliveness!

The Real Thing Is Slowly Building Up!

Inner Engineering has many benefits - physical health, mental capabilities, being able to handle life with ease and so on but these are just side effects. The real thing is slowly building up and that; you will know only when it flowers! Till then, you think nothing is happening.

It is like you planted a flowering tree in your house. As it grows, only leaves keep coming out. Your neighbour comes and tells you, 'this is no good. You said it would give flowers but only leaves are growing. Let us chop it up and make firewood out of it.' You say, 'let me see, may be tomorrow morning it will work.' But tomorrow morning also there is nothing. Again you say, 'let me see, one more day,' one more day, one more day... and time passes.

If you do not know how long it takes for this tree to flower, you would have probably chopped it a hundred times over. But if you keep nurturing it, one day when it flowers, when it is in full bloom, then you realise this plant was not about leaves, this was not about shade, this was not about a little bit of oxygen - when it flowers, it is incredibly beautiful! □