

## Recharging the Body with Cosmic Energy

SRF/YSS Convocation 2018-Monday afternoon

Brother Balananda

(DISCLAIMER: These notes are our best attempt to capture the essence of what was said at this class. There is always a degree of human error involved when taking notes and we have transcribed them to the best of our ability.)

We have a lot of information on recharging the body with cosmic energy that is important for new devotees, but we'll also be taking you veteran devotees to the next level. We can draw in unlimited energy from the cosmic sea. Bode Miller, the gold medal winning, Olympic skier, was racing when he started to fall. He went beyond the point of no return, but was able to right himself. He went on to win the silver medal. When he asked how he was able to recover, he responded, "I visualized myself back in racing position, and instantly, I was there. "

We've all heard stories of exceptional strength in a crisis, like the mother who lifted a car off of a child who was under it. When her husband became pinned under the tractor he had been driving, Mildred Shell lifted the 3100 pound vehicle off of his chest. Ms. Shell held the tractor up for over an hour until help arrived. She said a few months later that she tried to move the tractor and couldn't budge it.

Guruji told us, "There are three things I never miss every day: meditation, service, and the energization exercises. If he missed them in the morning, he would do them two times in the evening, and he didn't have to do them.

Developing powers of will and concentration help us to rise above body consciousness. In Lesson 38, Master tells us that when the energization exercises are done perfectly, they will automatically eliminate physical and mental disease. Once Brother Abhedananda, an expert on the exercises was asked a question.

"If I only have so much time for the energization exercises, which one should I do? "

He told him that every Wednesday the monks from Encinitas go to Mother Center to perform service. They don't get back until 11:30 p.m.

" I take a shower and go out onto the bluffs in the cold air, and I practice the first exercise; then the second, the third, and so on. By the time I get to the third, I am so full of energy that I do them all. Our meditation begins with those exercises, not just Hong Sau," he explained.

The saints have attained union with Him without practicing the energization exercises, but for a devotee, they are a very important part of the path. Re-read the lesson on energization and understand the important part of them as a spiritual technique. When one moves the energy through the spine and brain, one is able to unite with God.

Brother Bhaktananda asked, “Do you know the purpose of the energization exercises? To gain such perfect control of the life energy that when we practice kriya we have control over all of the energy to bring it up the spine, through the brain, and go into Samadhi. It is important to remember that they are not ordinary exercises. “

(Brother then gave three points to remember, but since they describe the techniques, I won't include them in these notes. The rules of this site and SRF state that we are not to divulge the techniques without the specific permission of mother center on a case by case basis. You will find these in lesson #38 of the SRF Lessons)

Mrinalini Mata advised that we practice as simply as possible and she added, “ Don't be too practical about it. Don't think about times, just visualize the energy going to the body part. Remember that the consciousness is faster than the speed of light. If one puts his mind on the body part, the energy will flow there. The greater the will, the greater the performance. It is so important to keep the mind concentrated and to will the energy to each body part. “

Brother described a challenge he had when a senior monk asked him to accompany him on a tour to Montreal. In the morning the senior monk let him know that he had laryngitis. He had lost his voice, and Brother Balananda would have to do all of the classes. I said, “Brother. It's not possible. I don't speak French. All I know is, ‘ Ou est la plage?’ Where is the beach? “

He told me, “Not to worry. They speak English.”

I studied all night and had about an hour of sleep. It was a gray morning when I looked up at the sky in Montreal and said, “Master, Help!” And then he gave me something. He let me see my golden astral body inside of my physical body while I was doing the energization exercises. Every time I tensed it was like a super nova. When I finished, my whole body was tingling. The sensation was like a child with a battery in his mouth.

I led the service and then counseled people until 11 p.m. Then I read, “The Divine Romance.” I lay down and was thinking. I thought, “These techniques really work!” And a little voice in my head said, “Of course they work. What didn't work was you!”

Some people visualize pinpoints of light on the parts. Then, once you get it, you can remove the tool. Mrinalini Mata told, “Visualize a golden light moving through each body part. You might say to yourself, ‘I've been dilly dallying for thirty years. I'm going to do this right.’ See how Master keeps pushing us to the next level?”

Periodically do them in front of a mirror. Memorize the feeling of when the arm is locked, for example in spinal stretching. Make sure you do the exercise exactly as Master asked us to. If we're not getting the proper results ask at retreat, or ask someone if what you are doing is being done in the proper way. Practice outside in the fresh air or at least by an open window.

Guruji told us to practice them in order. Brother said he has been told by a devotee, “I'm so tense after the exercises.”

He said to remember to tense to the count of three and then relax and feel. If you do this you will get ten times more benefit from the exercises. For new students, try to learn a few new ones every day. Master suggested for new students to do one recharging of the twenty body parts every day and add a few new ones each time. Initially it may take 25 minutes, and then you will get it down to 15 minutes.

New students should go to the long meditations. You don't have to stay for all of it, but you can watch in the beginning to see how the exercises are performed correctly. All of the exercises are done with the eyes closed with the exception of those that require balance.

Br. Pierre then demonstrated each exercise as Br Balananda explained them.

For devotees concerned about memory loss, Brother Abhedananda suggested doing the memory stimulation exercise five times a day. Really check yourself. Am I tensing the other body parts or just the one I am supposed to? Learn to tense just the body part noted. The stomach exercise is the only exercise that massages the heart (when the diaphragm moves). It is also good for indigestion and constipation.

It is a lot to learn...38 exercises. In time, you will find you may get a little sloppy, so practice in front of a mirror. Mrinalini Mata used to check Brother Abhedananda to see if he was doing the exercises correctly. One time he said, "She gave me 19 corrections today."

Dear ones, do not be discouraged by the seeming lack of will power. I pray to God to bless you.

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