



# Self-Hypnosis into Forgiveness

4 exercises 49 min - 49 min Lecture

"[In the Aquarian Age] you will either be very empty and go crazy or you will be very solid and be successful. There is nothing in between. Preparing you for that [duality] gives you self-control, self-vitality, and self-virtue, so that you can have the Self with you." —Yogi Bhanjan

## 1. Self Hypnosis

**Comments:** *Before beginning this kriya, prepare a recording of your own voice with Yogi Bhanjan's visualization. Alternatively, play the recording of Yogi Bhanjan to guide you. Open a browser window and paste the following: <https://www.libraryofteachings.com/lecture xay?id=3cc3bd41-09ee-1d6a-80f3-44e3695b56eb&title=Espanola-Lecture&startTime=889&endTime=1578>*

### Control the Breath (12 minutes)

1. Sit in Easy Pose with a straight spine.
2. Raise the right hand as if you are taking an oath.
3. Place the left hand on the Heart Center, fingers parallel to the ground, thumb relaxed.
4. Close the eyes.
5. Use the power of the mind to control the breath. Release all thoughts and be calm, go deep inside.

### To End

1. Immediately begin the next part.

### Trance Visualization (12 minutes)

1. Maintain the posture.
2. Go into a self-hypnotic trance following Yogi Bhanjan's visualization (see Comment):
3. Listen to a recording of these words: "Now I am in my control. Now I am in my control. Now I am in my control. Now I am in my control. My control is me. My control is me. In me is my control. I am the control. There is no other control. I, in me, is my control. I am my control. My control is in me. I see it. I feel it. I understand it and I have it. My thoughts are under my control. My body is under my control. My muscles are under my control. All my virtues are under my control. I am beautiful, bountiful and I am in bliss. I am good. I am better. I am best. "I am, I am." Through this self-hypnosis you will contain your vitality which you can use in the open state of mind. Self-hypnosis is self-sleep. It is your self-sleep. Self-caused sleep. I am now going deeper and deeper and deeper and I am finding my nucleus. I am reaching my nucleus. My self-hypnotic power is working. I am reaching my nucleus. I am deep. I am vast. I am like a huge ocean. Unlimited. Forgive your past. Forgive your present and forgive your future. Forgive yourself. Forgive all your relations and forgive all your desires. Forgive your weaknesses. Forgive your enemies and forgive your slanderers. Please remember all those who have ever hurt you by name, by instance and forgive them. Remember all those who have hurt you by name and by incident and forgive them. Concentrate. It is very important to remember in your subconscious those who have hurt you. When did they hurt you. Why did they hurt you and then forgive them. You can't remember all the moments, but a few you can. Forgiveness is the first source of vitality. It brings virtues. It doesn't matter what your age is. It doesn't matter what your design is, what your desire is, but your basic virtue lies in forgiveness. Go deep. Go deep. Go in hypnosis. Go in self-hypnosis. Be an individual right now. Go deep and forgive and forgive and forgive and forgive. By name. By accident. By incident. Concentrate and practice forgiveness. If you sincerely and honestly do forgiveness, God will forgive you many, many, many million more times. Now is the time to redeem yourself by forgiving. So that the One who has to forgive will forgive you too. Start the cycle by self-hypnosis. In the presence of your God, you are forgiving those who have harmed you. And in your presence, God will forgive you many fold for each forgiveness. Let go, so you may get the mega vital opportunity of bountifulness. Your forgiveness for what is past will grant you God's forgiveness and prosperity of tomorrow. Consolidate. Trance yourself. Go by your self-hypnosis. Put yourself in a trance."

### To End

1. Breathe through the mouth. Inhale deep. Exhale deep. Inhale deep. Exhale deep. Inhale deep. Exhale deep. Inhale deep. Exhale deep. Relax.

**Eye Focus** Closed

**Breath** Slow and Deep

## 2. Connect the Heart and Head

### Connect the Heart and Head (4 minutes)

1. Remain in Easy Pose with a straight spine.
2. Let the hands fall down, droop shoulders down, drop the head forward in prayer.
3. Close the eyes.
4. Breath is not specified.
5. Go into the state of Shuniya, nothing exists.

### To End

1. Immediately begin the next activity.

**Eye Focus** Closed

## 3. Shuniya

**Comments:** *"It is your virtue when you let yourself go, God takes over."* —Yogi Bhanjan

### Shuniya (3 minutes)

1. Remain in Easy Pose.
2. Let the hands fall down, droop shoulders down, drop the head forward in prayer.
3. Close the eyes.
4. Go into the state of Shuniya, nothing exists.

### To End

1. Immediately begin the next activity.

**Eye Focus** Closed

## 4. Fist Swings

**Comments:** *This opens the magnetic field and the heart chakra.*

### Single Time (11 minutes)

1. Remain in Easy Pose with a straight spine.
2. Make the hands into tight fists, thumbs on the outside.
3. Bring the fists together in front of the Heart Center, elbows relaxed at the sides.
4. Extend the forearms out to the sides at a 45 degree angle. The upper arms stay relaxed at the sides.
5. Alternate between these positions. One complete movement takes 2 seconds.
6. Drum music is played to keep the rhythm during this exercise.
7. Close the eyes.

### To End

1. Immediately start the next part.

### Double Time (7 minutes)

1. Maintain the posture and movement.
2. The drum music changes to a faster rhythm. The rhythm of the movement changes with the beat of the drum. One complete cycle takes 1 second.

### To End

1. Inhale deep. Hold the breath for 20 seconds and make your fists very strong, bring them in to the Heart Center. Concentrate and squeeze the Heart Center. Exhale. Repeat 2 more times. Cannon Fire out for the last exhale. Relax.

**Eye Focus** Closed

