

Replay and Roleplay – from Senses of the Soul by GuruMeher Khalsa

a. Paranoia breath

Sit in a meditative, yogic posture. Stick out your tongue—not all the way; just relax the tongue. Use the diaphragm to strongly inhale through the



mouth over the relaxed tongue. Feel afraid as you breathe heavily from the diaphragm. This heavy, deep breath from the diaphragm is called Paranoia Breath. Continue breathing in this way for 1½–3 minutes.

Feel afraid! Breathe heavily from the diaphragm. If you do this breath about 20 times a day, you shall never have nightmares. If you practice this breath, two

things will never hurt you. One is hysteria; the other is paranoia. You usually only do this yogic breath in a natural emergency, but I am asking you to do it in a conscious emergency. I want it to be done by the pull of the diaphragm. When paranoia hits you, hit it with this breath. This is the time to really let yourself feel Fear!



b. Open your mouth and begin a strong diaphragmatic breath, pulsing at about 2 complete breaths per second through a rounded mouth. Breathe very quickly and forcefully for 30 seconds. Regain your confidence and recover your strength now.



c. Bring your ring finger and thumb together on each hand. Keep the other three fingers straight and open and stiff. Circle the hands around each other in front of the chest. Only the fingers move over each other; the wrist remains straight

as the entire forearms participate. Move as fast as you can for 4 minutes. To end, inhale deeply, close your eyes, and interlock the hands palm to palm, with the fingers holding the back of the other hand at the center of the chest. From this place of stillness, continue into the self-guided visualization.

Save Your Self

- a) Choose an incident from the past that disturbed you. Replay it a few times and just allow the feelings and thoughts that arise.
- b) From your current perspective, which is older and wiser than even yesterday's consciousness, use your information to gather all the fears associated with the incident. Explore how much you did or didn't see the danger coming. Don't judge. Just observe, as a curious scientist would, in full awareness of all the data, including feelings. Just replay the tape as you watch and learn.
- c) Rewrite the scene based on what you have seen and learned. How would you like it to go? How would you experience it differently now? What could you have been aware of and acted on earlier? See the movie now, maintaining an awareness of all you have learned since then in order to handle it better. Try several different outcomes, from the outrageous and fantastic to the practical. Creatively explore all the possibilities and see them play out just as you wish. Assume the role of your strongest, wisest, most skillful Self and let that guide you to several ideal outcomes. This "rehearsal" can open a new pattern of behavior.