

MEDITATION TO ADJUST YOUR MAGNETIC FIELD AFTER AN EARTHQUAKE

What It Will Do for You:

The magnetic relationship of the 2 hemispheres of the brain is readjusted with this meditation.



How to Do It

Sit straight. Slightly cup your left hand and hold it over your left ear. Hold the left arm up in front of you so that the upper arm is parallel to the ground.

Extend your right arm straight out to your side. Bend it so that your fist is by your ear with the hand in conch mudra (see drawing).

Eyes are focused on the tip of the nose. Strike the side of your head with your left hand in time with the mantra SAA TAA NAA MAA to the following melody:



Do the meditation for 11-31 minutes.

EMERGENCY TREATMENT FOR EMOTIONAL FREAKOUT

This is a set of exercises to do one after the other.

1) Stretch pose (sets the navel point): Lie flat. Raise the head, legs and arms 6 inches off the ground. Look at the toes and do breath of fire for 3 minutes.



- 2) Relax on the back for 5 minutes.
- 3) Repeat stretch pose.
- 4) Relax on the back for 5 minutes.
- 5) Repeat stretch pose.
- 6) Relax on the back for 5 minutes.
- 7) 40-50 sit-ups with rhythmic breathing.
- 8) Walk around with hands and feet on the floor for 3 minutes.
- 9) Relax on the back.

MEDITATION FOR ROUGH TIMES AHEAD

11/5/80 #198

What It Will Do for You:

This meditation is given to you because you are going to have a rough time ahead. It is very effective in opening up the fourth, fifth, and sixth lotuses. It is like a snake. The nose is the mouth of the serpent and the inner side is the body of the snake. The secret of this is that it balances the distribution of the red and white blood cells. That's the most difficult to control. It is the area that defends your total health.



How to Do It:

Sit in easy pose with a straight spine. With the right elbow bent and relaxed near the body, raise the right hand up to the side as if taking an oath. Hold the first two fingers straight, joined and pointing up. Curl the other two fingers down into the palm and lock the thumb over them.

Hold the left hand in the same mudra with the two outstretched fingers touching the heart wherever you feel the heart center is. Normally, if you draw a line between the nipples and drop a perpendicular line from the nose, the intersection is the heart area or heart lotus. Make the outstretched fingers as straight as possible for a better electromagnetic field around you.

Breathe slowly, meditatively, and with control, taking the breath from the nose up to the third eye point and then down to the heart where the fingers are. The breath must go touching the entire area, and you must feel it. Either keep the eyes closed, or look at the tip of the nose.

Practice this meditation for 11 minutes. At the end, inhale and exhale deeply three times. Then relax. To perfect this meditation, do it once a day for 40 days.

MEDITATION TO DO WHEN NOTHING ELSE WORKS

9/29/75

What It Will Do for You:

When you're at your wits' end, when you don't know what to do, when nothing else works, this meditation does!



How to Do It:

Make an inverted venus lock-fingers interlaced backwards. Hold at the solar plexus, palms facing up, fingers pointing up, thumbs straight. Eyes are 1/10 open.

Chant the Guru Gaitri Mantra: "Gobinday, Mukanday, Udaaray, Apaaray, Hareeng, Kareeng, Nirnaamay, Akaamay." It should totally turn into a sound current: Chant as fast as possible so that the words are indistinguishable.

Start with 11 minutes and build up to 31.

Note: This is one of five meditations given specifically "to prepare for the gray period of the planet and to bring mental balance."

MEDITATION WHEN YOU DON'T KNOW WHAT TO DO

3/2/79

What It Will Do for You:

When you don't know what to do, try this meditation. It is very simple, but *very* powerful if done correctly. It coordinates both areas of the brain, gives you powerful insight, and coordinates the mystery of spiritual phenomena into the mastery of the three bodies (physical, mental and spiritual). Though it looks simple, it solves many complications. It is sometimes called *GYAN MUDRA KRIYA*.



How to Do It:

Sit straight, cross-legged or in a chair. Relax the arms down by the side of the body.. Bend the elbows and raise the hands up and in until they meet at the level of the chest. The fingers of each hand are extended and joined in a relaxed way. Cross the hands with both palms facing toward the chest. One palm rests in the other and the thumbs are crossed. The fingers point up at a comfortable angle. (The position of left and right hands is interchangeable for this exercise.)

Look at the third eye, then bring the eyes to the tip of the nose.

Inhale through the nose, then exhale through the nose. Now, inhale through the mouth, and exhale through the mouth. Next, inhale through the nose, and exhale through the mouth. Finally, inhale through the mouth, and exhale through the nose.

Continue this sequence. All breaths should be deep, complete, and powerful. When breathing through the mouth, purse the lips almost as if to whistle.

Start practicing this kriya for 11 minutes and gradually increase the time to a half-hour.

MEDITATION TO HANDLE A GRAVE SITUATION

10/29/79

What It Will Do for You:

This is a very simple and ancient meditation to resolve conflict in us. If you do it, you'll enjoy it. Just see what changes you go through. Just supervise yourself. It is a psychotherapy.

The moment the body knows the breath is out, it starts adjusting at the highest rate of efficiency. The theory is that when the breath is out and the prana is not there, the pranic body starts penetrating through the other bodies to create the combination. The computer must figure out how to allow you and your cells, which need x amount of oxygen, to survive.

If you have a most grave situation to handle, 5 minutes of this will take care of it.



How to Do It:

Sit with the legs crossed. Press the hands on the breasts, palms in, fingers pointing toward each other. The hands are relaxed with the fingers extended and joined. This is a comfortable position with very little pressure and no tension in the arms and hands.

Close the eyes 9/10 of the way. Deeply inhale for 5 seconds. Completely exhale for 5 seconds, and hold the breath out for 15 seconds.

Begin with 11 minutes and slowly build to 31 minutes.

MEDITATION TO PREPARE FOR AN EARTHQUAKE

2/16/76

What It Will Do for You:

This meditation is for sensitizing yourself to predict and prepare for changes of the earth, such as earthquakes, climatic changes, tidal waves, or any kind of natural phenomenon.

Additional benefits are:

- a) to maintain youthfulness of mind and body;
- b) to bring health and healing ability;
- c) to fertilize the brain so you can't sink into depression;
- d) to eliminate fatigue and give a constant flow of energy; and
- e) to make you intuitive and universally sensitive.



How to Do It:

Sit straight. Hold your hands at the solar plexus level in fists, except for the index fingers, which are straight. Hold the right hand palm down, left hand palm up. Put the right index finger on top of the left index finger, with fingers crossing exactly in the middle of the second segment so that a special meridian contact will take place. Inhale deeply and very slowly through the nose. Each inhale should take 15 seconds. Exhale through the puckered mouth (not whistling) forcefully and completely, directing the breath at the tips of the index fingers. Never do this with a quick breath. Feel the fingertips getting cold or vibrating.

You may yawn or stretch but keep breathing. Meditate on your own prana carried by your breath. Continue for a maximum of 11 minutes. When you finish meditating, lock the fingers and stretch.

The Effects of Breath Frequency

When we consciously lower the frequency of breaths per minute, we encourage great benefits. Normally, men breathe at a rate of 16-18 cycles per minute: women breathe at 18-20 cycles per minute.

8 cycles per minute

Feeling more relaxed. Relief from stress and increased mental awareness. Parasympathetic nervous system begins to be influenced. Healing processes are elevated.

4 cycles per minute

Positive shifts in mental function. Intense feelings of awareness, increased visual clarity, heightened body sensitivity. Pituitary and pineal begin to coordinate at an enhanced level producing a meditative state.

1 cycle per minute ("One-Minute Breath")

20 seconds to inhale
20 seconds hold
20 seconds to exhale

Gives optimized cooperation between the brain hemispheres, dramatic calming of anxiety, fear, and worry together with openness to feeling one's presence and the presence of spirit. Intuition develops. The whole brain works - especially the old brain and the frontal lobes of the hemispheres.