

## MEDITATION FOR ATOMIC RADIATION

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### What It Will Do for You

Radiation is already affecting people in the United States. If in the event of an atomic war you are not destroyed, radiation alone will not kill you if your gene aura is 1 inch thick.

If your inside is in a turmoil, this meditation will prevent you from dying. It can be done any-time, and its effect will be to calm you, to energize you, and to relax you.

### How to Do It

Sit straight. Let your upper arms hug your sides. Hold your lower arms up so the hands are as high as your neck, palms facing away from your body. Hands are in gyan mudra (tip of thumb and forefinger touching).



Chant the following mantra three times on one deep breath:  
PRAANAA APANAA SHUSHMNA HAREE, HAREE HAR HAREE HAR HAREE HAR HAREE:



PRAA NAA A PA NAA SHU SH MNA HAREE HA REE HAR HA REE HAR HA REE HAR HA REE

PRAANAA is life force corresponding to the electron, APANAA is eliminating force corresponding to the proton, and SHUSHMNA is the central force corresponding to the neutron. The beauty of this mantra is in the touch of palate and tongue.

You can do this for as long as you want, singly or in a group. If you'd like a little fun, do it for 62 minutes and measure yourself with an electrocardiograph (biofeedback). It is very powerful.