

MEDITATION FOR ABSOLUTELY POWERFUL ENERGY

5/17/76

What It Will Do for You

When you have a hard day to face,
this meditation will give you
absolutely powerful energy, and
it will balance your most effective
computer -- the brain. The medita-
tion can also be done when you can
sleep afterwards. It is the best
thing to do for "brain drain."

The only thing better is to do
this exact mantra and mudra in
shoulder stand. However, this
should only be done with a wall
for support.

How to Do It

Sit with your spine straight in a
comfortable meditative posture.
Place your sun fingers together
and interlace all other fingers.
Your right thumb goes on top. Hold
your hands several inches out from
your diaphragm with your sun
fingers pointing upward at 60°.

Close your eyes. Inhale deeply
and powerfully; exhale as you chant
the mantra ONG (OOOOONNNNNNNNNNG).
Keep your mouth open, but let all
air flow through your nose. The
sound is far back and up in your
soft palate. When chanting in a
group, each person should use his
own breath rhythm.

The power of this chant, when correctly done, must be expe-
rienced to be believed. Only 5 repetitions are necessary to
totally elevate the consciousness.

