

750929 Meditation for Strong Nerves and a Calm Mind

as (aught fry Yogi Bhajan on September 29, 1975



Posture; Sit in easy pose with a straight spine. Hold the left hand at Har level with the thumb tip and the tip of the ring finger touching (not the nails). Place the right hand in the lap with the thumb tip and the tip of the little finger touching. Men reverse the position.

Mantra; None given.

Breath; Make the breath long and deep, but not powerful.

Eyes; 1/10th open.

Time; Start with 11 minutes and work up to 31.

Mental Focus; None specified.

Conclusion; Inhale deeply, open the fingers, raise the hands and shake them rapidly for several minutes. Then relax.

Comments; This is one of five meditations given specifically "to prepare for the gray period of the planet and to bring mental balance." It will give you a calm mind and strong nerves.