

MEDITATION FOR STRONG NERVES

SEPTEMBER 29, 1975

POSTURE: Sit in Easy Pose with a straight spine, and a light Neck Lock.

MUDRA: Left hand is in Ravi Mudra (thumb tip and Sun (ring) finger touch; fingernails don't touch) at the level of the ear, palm facing forward. The right hand is in Buddhi Mudra (thumb tip and Mercury (little) finger touching, resting in the lap, palm up).

(Males reverse the position so that the right hand has thumb and ring finger touching, hand at ear level, and the left hand is in the lap with the thumb and little finger touching.)

EYE FOCUS: The eyes are 1/10 open.

BREATH: Make the breath long and deep.

TIME: Start with **11 minutes** and work up to 31 minutes.

TO END: Inhale deeply, raise the arms up overhead, open the fingers wide, and shake them rapidly for several minutes. Relax.



About This Meditation

This is one of five meditations taught by Yogi Bhajan specifically to prepare for "the grey period of the planet and to bring mental balance." Practice this meditation to gain a calm mind and strong nerves. It will help protect you from irrational behavior.