

K.R.I.Y.A.S. 63 P. 125

LA025 780410 MEDITATION TO AWAKEN INTELLIGENCE

General Position:

Sit in easy pose with a straight spine.

Hands:

Hold the left hand over the navel point with the palm in. The center of the palm should be centered over the navel point. The right hand is stretched out as straight as possible, with the fingers together and the thumbs stretched back.

Arms:

Left arm is relaxed. Right arm is raised as if taking an oath. The hand and arm should be in the same plane as the body. (A line running through the shoulders will go through the hand as well.)

Legs:

Sit on heels or cross-legged.

Breath:

Deeply inhale and completely exhale as the mantra is chanted. Be sure that there is no breath left in the lungs when the mantra has been completed.

Eyes:

Close the eyes.

Mantra:

Chant the following mantra in a monotone voice as the breath is completely exhaled:
"EK ONG KAR SAT HARI"

Emphasize the Hari. The other syllables should be about- equal in duration.

Locks or other conditions:

Stretch the hand as straight as possible and lock it for the entire meditation.

Mental Focus:

Focus on the breath and on the mantra,

Practice Conditions:

The keys to this meditation are holding the right hand stretched out perfectly straight and exhaling all the air from the lungs as the mantra is chanted. Hold the spine very straight.

Length of time:

Continue for as long as is possible.

Comments:

This meditation can awaken the intelligence in anyone who practices it.

The mantra is for those who believe in energy.

This meditation measures a person's diversification in his mental capacity. If your hand can stay stretched back to the extent that the palm bulges out it means you are blunt and can say things nobody else can say. If your hand bends forward as if it were cupped, it means you are wish-washy. A straight hand is normal.

