

MEDITATION FOR ROUGH TIMES AHEAD

11/5/80 #198

What It Will Do for You

This meditation is given to you because you are going to have a rough time ahead. It is very effective in opening up the fourth, fifth, and sixth lotuses. It is like a snake. The nose is the mouth of the serpent and the inner side is the body of the snake. The secret of this is that it balances the distribution of the red and white blood cells. That's the most difficult to control. It is the area that defends your total health.

How to Do It

Sit in easy pose with a straight spine. With the right elbow bent and relaxed near the body, raise the right hand up to the side as if taking an oath. Hold the first two fingers straight, joined and pointing up. Curl the other two fingers down into the palm and lock the thumb over them.

Hold the left hand in the same mudra with the two outstretched fingers touching the heart wherever you feel the heart center is. Normally, if you draw a line between the nipples and drop a perpendicular line from the nose, the intersection is the heart area or heart lotus. Make the outstretched fingers as straight as possible for a better electromagnetic field around you.

Breathe slowly, meditatively, and with control, taking the breath from the nose up to the third eye point and then down to the heart where the fingers are. The breath must go touching the entire area, and you must feel it. Either keep the eyes closed, or look at the tip of the nose.

Practice this meditation for 11 minutes. At the end, inhale and exhale deeply three times. Then relax. To perfect this meditation, do it once a day for 40 days.

