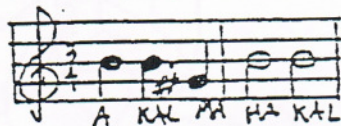


MAHAN KAL KRIYA
(Given April 23, 30, & Oct. 5, 1973)

In Easy Pose, cross wrists over chest, as if dead, and pull the lower 3 locks (MAHA BANDHA). With chin pulled in focus at the top of the head, trying to look at the back of the head. Pain will come to the side of the jaws. It's O.K. Vibrate the mantra in the center of the head:

Akal Maha Kal
(Undying, great death)



COMMENTS: This is a powerful meditation. It will bring innocence and dispel fear from the personality. It is said that with constant practice, all in the family will live to a ripe old age.