

## MEDITATION TO DO WHEN NOTHING ELSE WORKS

9/29/75

### What It Will Do for You

When you're at your wits' end,  
when you don't know what to do,  
when nothing else works, this  
meditation does!

### How to Do It

Make an inverted venus lock--  
fingers interlaced backwards.  
Hold at the solar plexus, palms  
facing up, fingers pointing up,  
thumbs straight. Eyes are 1/10  
open.

Chant the Guru Gaitri Mantra:  
"Gobinday, Mukanday, Udaaray,  
Apaaray, Hareeng, Kareeng,  
Nirnaamay, Akaamay." It should  
totally turn into a sound current:  
Chant as fast as possible so that  
the words are indistinguishable.

Start with 11 minutes and build  
up to 31.

Note: This is one of five medita-  
tions given specifically "to prepare for the gray period of the  
planet and to bring mental balance."

