

### MEDICAL MEDITATION FOR THE NEUTRAL MIND

Tune in and center yourself by chanting "Ong Namō, Guru Dev Namō" 3 times (Tune on page 143).

**Posture:** Sit in Easy Pose or in a chair with your spine straight. Remove all tension from every part of your body. Sit straight, with balance.

**Focus:** Close your eyes. Imagine seeing yourself sitting peacefully and full of radiance. Then gradually let your energy collect, like a flow, at the brow point.

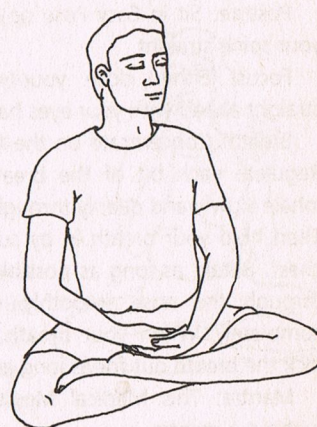
**Breath:** Let your breath regulate itself in a slow, meditative manner. All breathing is done through the nose.

**Mantra:** Concentrate without effort and, at that point, mentally vibrate a simple monotone as if chopping the sound. Project each syllable distinctly: "Wha-hey gu-roo."

**Meaning of mantra:** This is the Mantra of Ecstasy; it means "Out of darkness, into light."

**Mudra:** Put both of your hands in your lap with the palms facing up. Put your right hand into the left. Your thumb tips may touch or not.

**Time:** 11 to 31 minutes.



**COMMENTS:** It is easy to hear a truth, but difficult to live it—imbed it deeply into your heart and mind. The Neutral Mind opens the gate to that deep remembrance of the self and soul. The Neutral Mind lives for the touch of vastness. It lets other thoughts be, without disturbing your inner light. Call on your higher self and keep going steadily through all barriers. Let it go and let it flow. See how the universe provides.