

Meditation for Ego Problems and Mental Disease

Sit in a comfortable cross-legged sitting position, or sit in a chair with the weight of both feet distributed equally on the ground. Make a weak fist of the left hand with the thumb pointing up. Wrap the fingers of the right hand around the outside of the fingers of the left hand with the right thumb also pointing up. (The fingers of the right hand will not reach past the knuckles of the left hand.) Drop the left thumb down over the other fingers, and drop the right thumb down over the left. Then apply a pressure to the double fists. With the elbows bent, maintain this hand position at the level of the heart, about 8 inches from the chest.

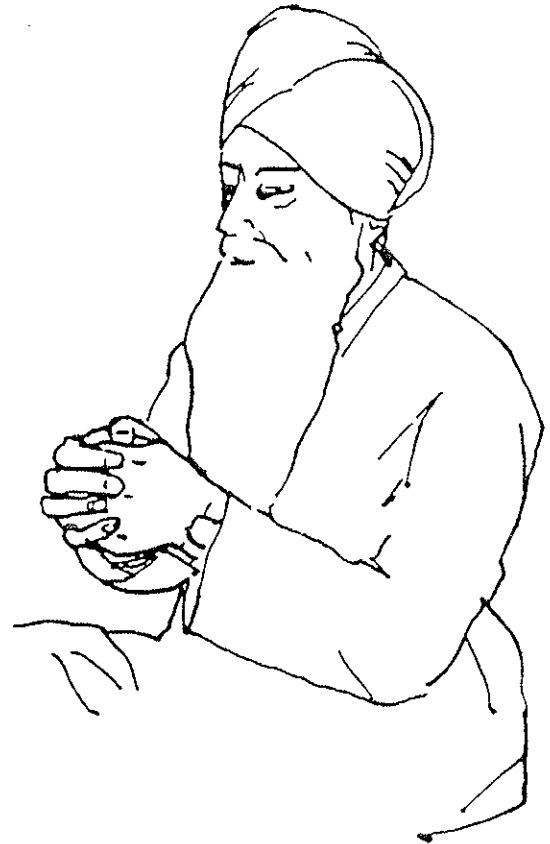
The eyes may be one-tenth open, with the focus on the tip of the nose or the third eye point. Or, they may be completely closed with the focus on the top center of the head.

Inhale deeply. As you exhale, chant the following *mantra* five times in one exhalation.

*Wahe Guru, Wahe Guru, Wahe Guru,
Wahe Jeo.*

Then inhale and continue for as long as 31 minutes. The *mantra* is chanted in a monotone. The rhythmic notation for this *mantra* is given below. As is indicated, each repetition of the *mantra* forms an eight-beat cycle.

Wa is pronounced as in "watch". *He* is pronounced like "hey". *Gu* is pronounced as in "good", and *ru* as in "true". *Jeo* is pronounced like the letters, "G", "O".



Comments:

The hand position used in this meditation is called *Shiva Mudra*. It is very heavy. The more pressure applied on the hands, the stronger will be the reaction in the brain. There *must* be 5 repetitions of the *mantra* per breath.

If it is pronounced properly and completely chanted in one breath, on the fifth repetition, all the organs of the solar plexus area — the pancreas, gall bladder, spleen, etc. — will be stimulated and activated to bring about heavy changes. If a person dedicates himself to this meditation for 31 minutes each day for 90 days, all ego problems and mental diseases will be cured.

Meditation for Spiritual Stamina

Sit in a comfortable cross-legged sitting position, or sit in a chair with the weight of both feet distributed equally on the ground. Raise the arms up over the head and interlace the fingers with both palms facing down. Bending the elbows, lower the hands until they are about six inches from the head, immediately above the top center of the head. The eyes should be one-tenth open.

Deeply inhale and hold the breath in. Completely exhale and hold the breath out. Be sure to use long, deep, complete breaths.

Continue for 11 minutes. As you develop your practice of this meditation, you may gradually increase its duration to 31 minutes.



Comments:

This meditation is offered in reverence to our mental capacity and creativity. The spine must be straight and the hands held over the head at all times in order to cover the body's magnetic field. The hands themselves act as a neutral polarity to the electromagnetism that the meditation builds up.

For the first few minutes, you may experience nothing but misery and discomfort. But, if you can go through the pain, you will enter into a relaxation such as you have never before experienced. If you are honest with yourself in practicing this meditation, you can gain as much spiritual stamina as you like.



Meditation for Gurprasad

Sit in a comfortable cross-legged sitting position, or sit in a chair with the weight of both feet distributed equally on the ground. Cup the hands together with the palms facing up. With the upper arms pressed against the rib cage, bend the elbows so that hands are at the level of the heart. Feel that you are just asking for a blessing from God. The eyes should be one-tenth open and should be allowed to close during the meditation.

There is no *mantra* given with this meditation and the breath is self-regulating. Simply meditate on the boundless flow of the Universal Soul. Feel a deep inflow of spirit.

There are no restrictions on the length of time for the practice of this meditation.

Comments:

Gurprasad means the "gift of the Guru", the universal teacher. As you practice this meditation, feel yourself to be showered by all of the blessings of heaven — health, wealth, happiness, your ultimate caliber and capacity. Just let it happen! Fill your heart and soul with all the bounties of nature.

This is a very restful posture. The subtle pressure against the meridian points on the rib cage give immediate relaxation.