

MEDITATION FOR STRESS OR SUDDEN SHOCK

1/29/79

What It Will Do for You

This meditation balances the western hemisphere of the brain with the base of the eastern hemisphere. This enables the brain to maintain its equilibrium under stress or the weight of a sudden shock. It also keeps the nerves from being shattered under those circumstances.

How to Do It

Sit straight. Relax the arms down with the elbows bent. Draw the fore-arms in toward each other until the hands meet in front of the body about 1 inch above the navel. Point both palms up and rest the right hand in the palm of the left hand. Pull the thumbs toward the body and press the thumbtips together.



Look at the tip of your nose. Deeply inhale and completely exhale as you chant the following mantra in a monotone:

SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM WAHAY GUROO
SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM WAHAY GUROO
SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM WAHAY GUROO

The entire mantra must be chanted on only 1 breath. Use the tip of the tongue to pronounce each word exactly. The rhythm must also be exact:



(three times)

SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM WA-HAY GU-ROO

Begin with 11 minutes and slowly build up to 31 minutes.

Upon completion of the meditation deeply inhale and completely exhale 5 times. Then deeply inhale, hold the breath and stretch the arms up over the head as high as possible. Stretch with every ounce that you can muster. Exhale and relax down. Repeat twice.