

MEDITATION FOR TREMENDOUS STRENGTH

11/2/78

What It Will Do for You

This meditation alters the superconsciousness present in everyday consciousness. A simple self-created magnetic field with a polarity opposite to the normal function is created. The meditation will bring you an experience of tremendous strength and can trigger new life in you. If your breath is controlled, meditated upon, and kept long and slow enough it will not enter the diaphragm. The eighth vertebra will start secreting. The pituitary gland will then pulsate differently than normal.

When pressure is put on the sun and mercury fingers, the action of the earth element on the parasympathetic nervous system will balance the id. For the first 3 to 5 minutes you will experience nothing but irritation. If you can go through it, a relaxation never before experienced will come.

How to Do It

Sit in easy pose with a straight spine. Relax the arms down with the elbows bent. Draw the forearms up and in toward each other until the hands meet at the level of the throat. Separate the fingers and thumb of each hand and point the palms at each other with the fingers pointing up toward the ceiling. Press the corresponding fingertip of the opposite hands together forming a teepee-like structure. The thumbs do not touch at all and the middle and index fingers maintain only light contact. Apply maximum pressure on the little and ring fingers.

Close the eyes. Breathe very slowly, very long, and very deep. Focus on the various pressures on the different fingers and on the long, slow, deep breathing. Concentrate very deeply.

Upon completing the meditation, deeply inhale and stretch the arms high over the head. Hold the breath in and stretch as hard as possible. Completely exhale and leave the hands up. Deeply inhale, hold, and stretch. Completely exhale and relax down.

8 minutes is all that is necessary for this meditation.

