

MEDITATION FOR THE MOST RESTLESS MIND

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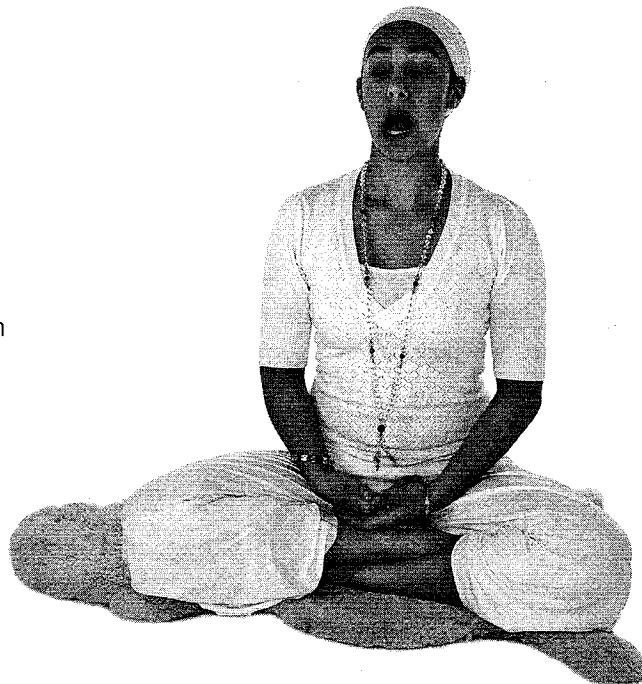
POSTURE: Sit in Easy Pose with a straight spine, with a light Neck Lock.

MUDRA: Relax the arms and hands in any meditative pose.

EYE FOCUS: Focus on the tip of the nose.

BREATH: Open the mouth as wide as possible. Touch the tongue to the upper palate. Breathe through the nose.

TIME: Start with 3 to 5 minutes of practice, with a maximum of 11 minutes. With practice, it can be done for 31 minutes.



About This Meditation

This meditation gives immediate relief to any wavering, spaced-out mind. When there is so much insanity around that even medical and psychiatric help falls short, this will not. Practicing the kriya gives the capacity to still the most restless mind. Before you recommend it to someone, make sure you've practiced it yourself!