

MEDITATION TO PREVENT FREAKING OUT

JUNE 7, 1976

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

MUDRA: Interlace the fingers with the right thumb on top. Place the hands at the center of the diaphragm line, touching the body.

EYE FOCUS: Eyes are closed.

BREATH: Concentrate on the breath at the tip of your nose. Notice from which nostril you are breathing. Within **3 minutes** you should know. Then change it. If you are breathing primarily through your left nostril, consciously change to your right nostril. Be sure to keep your shoulders completely relaxed. Practice changing this breath back and forth for as long as you like.

TIME: You may work up to **31 minutes**.



About This Meditation

This meditation will alter your energy by changing your nostril breathing. You can't get out of your body, but you can change its energy. If you are thinking something neurotic and find out that you're breathing through your right nostril, start breathing through your left nostril instead. This will change your energy from *agni* (fire) to *sitali* (cool).

If you are depressed, in a disturbed mental state, start breathing from the right nostril. In 3 minutes you will be a different person. This ability to change nostrils in breathing should be taught to your children within their first 3 years. Exercising this ability can prevent nervous breakdowns.