

MEDITATION TO TRANQUILIZE THE MIND

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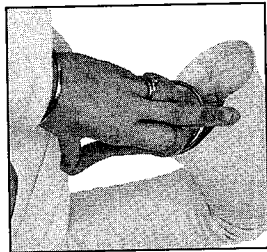
POSTURE: Sit in Easy Pose with a straight spine, with a light Neck Lock.

MUDRA: With the elbows bent, bring the hands up to meet in front of the body at the level of the heart. The elbows are held up almost to the level of the hands. Bend the Jupiter (index) fingers of each hand in toward the palm, and press them together along the second joint. The Saturn (middle) fingers are extended and meet at the fingertips. The other fingers are curled into the hand. The thumb tips are joined and pointing toward the body. Hold the mudra about 4 inches from the body with the extended fingers pointing away from the body.

EYE FOCUS: Focus on the tip of your nose.

BREATH & MANTRA: Inhale completely and hold the breath while repeating the mantra of your choice **11-21 times**. Exhale, hold the breath out, and repeat the mantra an equal number of times.

TIME: 3 minutes.



About This Meditation

This meditation will tranquilize the mind within 3 minutes. The hand position is called "the mudra which pleases the mind." Buddha gave it to his disciples for control of the mind.