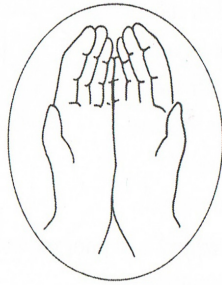


Meditation With the Magic Mantra

April 26, 1976



Mudra



Sit in a comfortable meditative posture. Lift your hands to the level of your heart, palms up, elbows relaxed by your sides. Form a shallow cup of your hands by placing the side of your hands together from the base of the palms to the tips of the Mercury fingers (pinkies). All the fingers are together but not rigid. Open the thumbs out away from the hands. The cup is not deep, the edges of the cup are about thirty degrees up from the parallel plane.

It is important to keep the "line of Mercury" connected; the outsides of the hands touch from the Mercury fingers to the base of the palms. Normally there will be no opening whatever, but some people will have a gap between their little fingers. Keep this gap to a minimum.

Close your eyes and look into your hands through your closed eyelids. Chant "Ek Ong Kaar, Sat Gur Prasaad" in a monotone, letting the breath find its own pace. One repetition of the mantra takes between four to five seconds.

31 Minutes.

Begin with three minutes and work slowly up to the full time. Thirty-one minutes of this meditation can keep you in a very elevated state. Practicing this over time can give you a certain stimulation which is beyond explanation. Remember to practice this mantra with reverence in reverent environments at all times.

*"Be kind,
conscious, and
compassionate.
The whole
world will be
your friend."*

YB