



Thyroid / Parathyroid Meditation

April 12, 1978

Posture: In Easy Pose with a straight spine, or in any meditative pose, grasp opposite arms above the elbows, thumbs with fingers (and not hooked around arms). Extend the arms straight out in front from the shoulders, parallel to the ground.

Eyes: With the eyes almost closed.

Mantra: Inhale deeply and completely exhale as the mantra is chanted:

Ek Ong Kar

Sat Hari

in seven beats. "Kar" gets three beats, and all the other words get one. Each repetition takes 6-8 seconds. Be sure that all the breath has been completely exhaled by the end of the mantra. Emphasize "Har".

Time: Do it for as long as you please. There are no time restrictions.

Comment: This mantra works strongly on the thyroid and parathyroid glands and relaxes all the brain centers. It is a tonic for individual growth and energy and very powerful for the spine. Keep the spine perfectly straight throughout, without bending forward or back. There should be no pressure on the lower back.

