



Meditation For Self-regeneration

March 7, 1977

In Easy Pose, cross arms over chest as follows: Place right hand completely under armpit (thumb too), cross left arm over right, placing the fingers only under the armpit (thumb out).

Close the eyes and drop the head back, making the back of the neck as short as possible. The breath regulates itself as you mentally chant

Ra Ma Da Sa

Sa Say So Hung

for 3 minutes. Self-regenerating.

