



## Meditation To Make One Younger & Stop The Cycle Of Decay

*June 11,12, 1970*

1. In Rock Pose (or a comfortable meditative position), arms stretched out to the sides, parallel to the ground, palms down, breathe long and deep with the eyes 1/10 open for 3 minutes. Then stretch and meditate a few moments. This harmonizes you with the Earth's magnetic field, you become 84 times stronger and experience peace and joy.



2. Now, stiffen the hands very tightly until they shake and the ears itch, and raise the arms 60° forward and up, elbows and fingers straight, thumbs beside fingers, with the eyes 1/10 open. When breath begins to become important, one will be connecting with pranic life force. Allow shoulders to relax. Continue for 3 minutes (but no more than 5 at first, gradually building to 31 minutes). Then inhale, hold let go to the universe and relax. This is "Meditation of Prana" and it eliminates all disease when done regularly.

