



## Ong Meditation For Power, Beauty & Youth

*September 26, 1974*

In Easy Pose, chant:

ONG, ONG, ONG, ONG, ONG, ONG ...

6 times in 5 seconds, inhaling quickly between calls. Make the sound with the back of the tongue. It will become heavier and heavier, and vibrate the pineal and pituitary. When the pituitary starts vibrating, the pineal comes to help. The moment they start playing this game with each other, you go into an altered state. After about 5 minutes, increase to about 10 repetitions every 5 seconds, for about 5 minutes. Then chant powerfully for 1 minute.

You will feel a choking sensation at first as the thyroid is stimulated. Don't speed up – stay in rhythm.

Follow with Sa Ta Na Ma for 5-7 minutes. Then relax and meditate within.

**Comment:** "Ong" is the sound of Infinity as it is heard through the conch when we put in the breath of life. The sound of the conch is only an expanded "Ong". When a disciplined yogi practices this at the center of the nose, his brain gets a powerful vibration, and the nectar starts running. You may start to cough, practicing this, a signal that the thyroid is having trouble taking the pressure of the chant. The thyroid gland keeps you young and beautiful. This sound gives a person 3 things: power, beauty and youth.

