

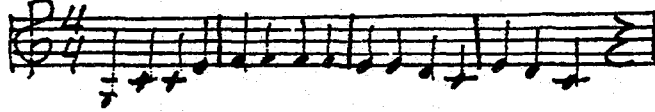
## INNER HARMONY

Antar Naad

July 23, 1977

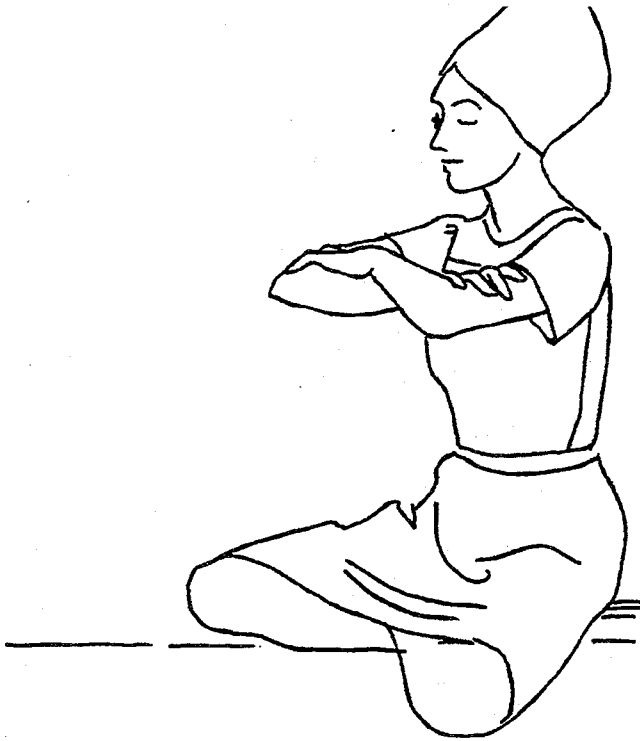
Sit in easy pose with the forearms crossed right over left, in front of the chest parallel to the ground. The hands grip the opposite arm just above the elbows. In this position, inhale, and begin chanting the following while exhaling: Saa, saa, saa, saa, taa, taa, taa, taa, naa, naa, naa, naa, maa, maa, maa. Inhale again and resume. Note: that Maa is only repeated three times.

Rhythm: 10 seconds per cycle. Time: 3 minutes.



When chanting this mantra, it is important that the tongue vibrates on the proper meridian points: Saa is pronounced just as it sounds; Taa is pronounced by pressing the tip of the tongue on the back of the teeth to form the "t" sound; Naa by pressing the tongue on the ridge above the upper teeth for the "n" sound; and Maa with the lips pressed together for "m".

This meditation is technically known as an Antar Naad and is designed to establish basic inner harmony. Here antar refers to one's elementary or inner consciousness.



## EMOTIONAL BALANCE

Sunia(n) Antar

August 12, 1977

Before practicing this meditation, drink a glass of water. Sit in easy pose, place the arms across the chest and lock the hands under the armpits, palms open and against the body. Raise the shoulders up tight against the earlobes, apply neck lock, and close the eyes. The breath will automatically become slow.

Time: 3 minutes, gradually increasing the time to 11 minutes.

This meditation is very good for women and is essential to do at times when one is worried or upset and doesn't know what to do, or when one feels like screaming, yelling and misbehaving. When one is emotional in this way or out of focus, attention should be given to the body's water balance and breath rate. Humans are approximately seventy percent water, and one's behavior depends upon the relation of water and earth, air and ether. Breath, representing air and ether, is the rhythm of life. Normally, one breathes fifteen breaths per minute, but when one is able to rhythmically slow down the breath to only four breaths per minute, it gives indirect control over one's own mind, leads it away from its obnoxious behavior, and calms one, regardless of the state of affairs. When there is an imbalance of water in the system, and the kidneys are under pressure, it can cause worry and upset. Drinking water, pulling the shoulders up to the ears, and tightly locking the entire upper area creates an automatic solid break that can be applied to the four wheels of the brain; i.e., the four sides of the brain. After two or three minutes, thoughts will be there, but one cannot feel them. This is a very effective method to balance the functional brain.

