

15 minutes

**SPECIAL MEDITATION  
INTERJECTING SOUND INTO A FRUIT**

**APRIL 23, 1998 (NM-0272)**

Note: One orange is required to do this meditation.



**Mudra:** Sit in easy pose with a straight spine. Place your left palm flat against your heart center. Hold your orange in your right hand, bringing it before your eyesight in a comfortable position.

**Eyes:** Closed 9 parts, 1 part open. Within that small opening, fix your eyes on the orange within the range. Bring it to that point, personal angle they call it. Your eyes have an angle.

**Tape:** "Sat Nam, Wahe Guru," by Lata Mageshkar, Indian Nightingale. Sing along with the tape. Feel that your sound is being interjected into the orange.

**Time:** 14-1/2 minutes.

**End:** Inhale deep and put your orange on your forehead, and concentrate. Hold 16 seconds. Breathe out. Inhale a second time, hold tight, keeping the orange pressed against the forehead. Hold 11 seconds. Breathe in a third time, take the orange to your heart center, both hands against it, and initiate it as savior of your health and your power and property of your soul. Hold 24 seconds. A fifth time, take the orange to the navel point, hold it there, inhale deep, and concentrate on the purity and piety of the original soul. Hold 27 seconds. Relax.

**Comments/Effects:** When you chant this mantra, feel that your sound is interjected in the orange. As an experiment.

At the end of the series, peel your orange, and pass it to your neighbor to eat. You will get somebody's and they will get yours.

**Question:** Sir, can we do this meditation with a different fruit?

**YB:** Oh, orange is an orange color, you know what I mean? If your eyesight will get ultra red, you know, and then the gamma and theta rays become united, then when you look at somebody like that, you will feel in the arcline of person orange color, and person will heal. In seconds. It takes just one second.

A difficulty, nain. It's all not difficult. Only we need practice.