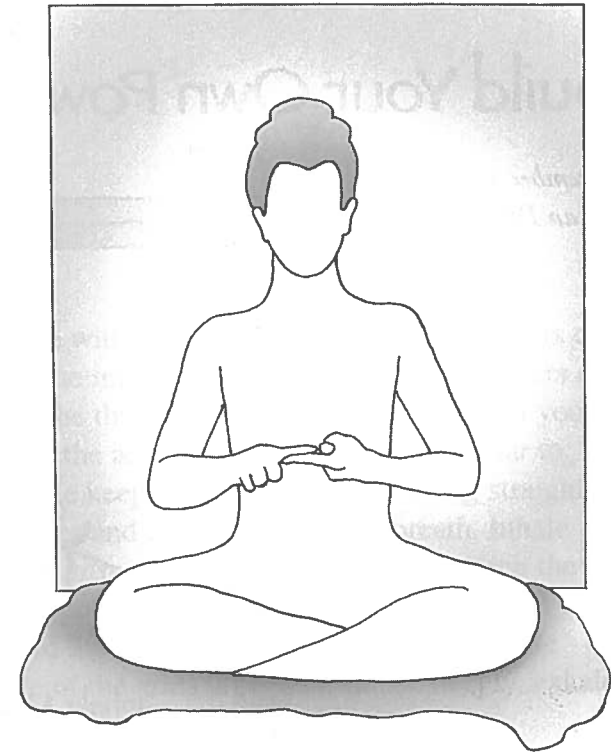
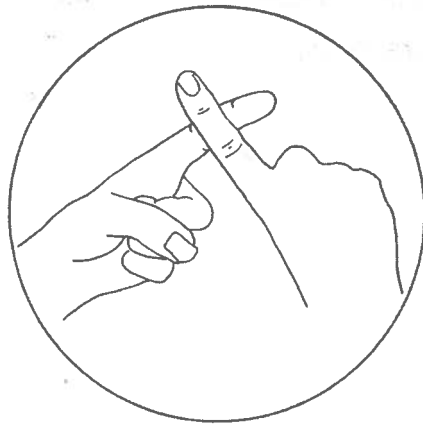


# Meditation on Our Own Praana

February 16, 1976



Follow the instructions for this kriya carefully. "Every little thing in this meditation matters a lot."

To create the mudra: extend your Jupiter (index) fingers straight, curl the other three fingers into a fist and lock them down with your thumb. Your Jupiter finger has three segments. Place the middle segment of the right Jupiter finger upon the middle segment of the left Jupiter finger. Place the mudra at diaphragm level with the right hand on top, palm downward, and the left hand on the bottom, palm upward. The Jupiter fingers are parallel to the floor.

Sit in any meditative posture in which you can peacefully hold yourself. Keep your spine straight and look anywhere you like. Slowly inhale through the *nose* and slowly exhale through the *mouth*. Direct the stream of the exhalation so that the exhaled breath touches the tips of the two Jupiter fingers. Exhale completely and powerfully through the mouth, but do not whistle. The fingers will feel colder and colder and better and better. 11 Minutes.

To Finish: Inhale, hold the breath for 10 seconds while you lock your hands and stretch them up over your head. Stretch to your maximum. Exhale, continue to stretch, and hold the breath out for 10 seconds. Inhale, hold the breath in 10 seconds, and stretch upward. Exhale and relax.

You are permitted to cough , sneeze, or yawn. If your spine gets an ache or an itch during the exercise, stretch your spine, but keep on doing the meditation. "Don't relax your awareness. Remember that nothing is more powerful and beautiful than your breath. You must enhance your breathing capacity so that your brain can be fertilized."

Build your practice slowly.

Certain strict rules apply to the practice of this meditation:

1. Never exceed eleven minutes of practice time.
2. Inhale slowly. When you exhale, do not whistle.
3. You must exhale totally each time. "The key to this exercise is that the breath is felt at the tips of the Jupiter fingers."
4. The rhythm of the breath is long and slow. Never do this meditation with a quick breath.

"This a very secret and sacred *praanic* meditation that belongs to a class of high yogic technique. Its purpose is that a person may live up to any age, but his youthfulness will not be lost. It is a physical method to qualify yourself to a higher consciousness that you believe in. Mental improvements won't work until you are physically strong enough."

The benefits of correctly and regularly practicing this meditation are that mental and physical youthfulness will remain; you will have a constant flow of energy so that you will not get tired; you will make yourself basically intuitive; you will be universally sensitive—you can predict earthquakes and universal phenomena; and you can retain energy, be young, happy, and optimistic.

Three thousand years ago, the sage said that whosoever practices this meditation shall become healthy and make others healthy as well. It fertilizes the body and prevents depression and disease.