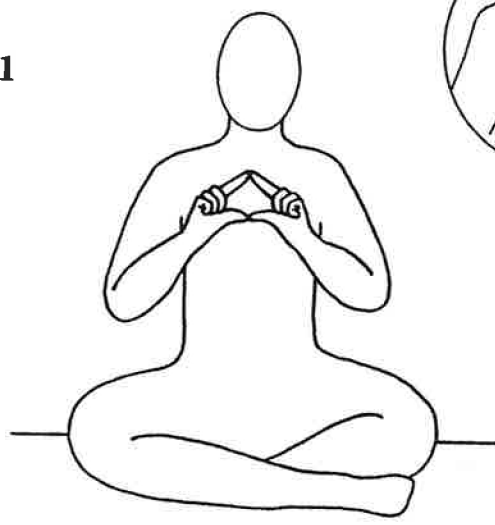


1



Mudra

*This pranic meditation with the triangle mudra of the Jupiter fingers works very intensely on the heart center. It can keep your brain in good shape, provided that your breath is long and deep and conscious.*

1. Touch the Jupiter (index) finger and thumb of your right hand to the Jupiter finger and thumb of your left hand, creating a triangle-shaped space between the two Jupiter fingers. *(The better the triangle you can make, the better will be the effect of the meditation.)* Curl the other fingers of each hand into the palm, like you are using just those three fingers to make a fist.

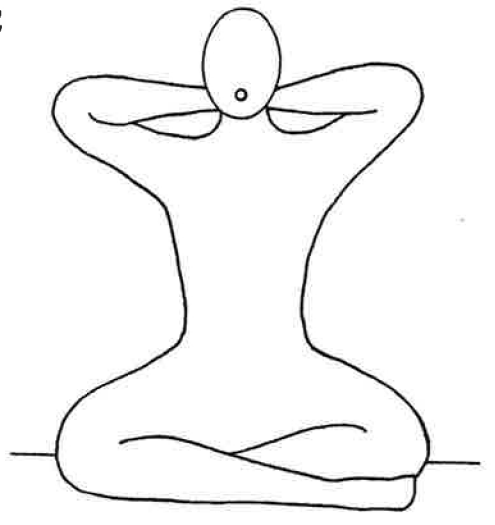
Place this mudra at the center of your chest, in front of your heart center. Close your eyes. Begin consciously breathing long, slow, and deep. Concentrate very deeply on your breathing; do not use automatic breathing.

As you inhale imagine that the breath is enriching you by bringing a lot of energy to you. As you exhale imagine the breath carrying away all of your weaknesses. Breathe with the awareness of the real living prana in each breath. Continue for 14 1/2 Minutes. *(At about 5 1/2 minutes into the meditation, you will enter a twilight zone and you must steady your concentration on the pranic breath. At about 8 1/2 minutes, your body may start to feel itchy and your nervous system may try to interfere with your concentration. Stay steady and go through it.)*

*"Every word spoken must go to the heart, that is the art."*

YB

2



2. Then quickly interlock your hands around the back of your neck, make an "O" shape of your mouth, and begin breathing rapidly and deeply through the "O" mouth for 1 Minute. The faster and deeper you make this breath, the more healing you will create for yourself. Get out whatever dis-ease is within.

Inhale deeply and immediately exhale with a whistle, whistling all your breath out. Once again inhale deeply and immediately exhale with a whistle, whistling all your breath out. Last time: inhale deeply, hold your breath for 20 seconds and squeeze every muscle in your body, spreading energy to every molecule by your own will and power. Exhale.

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3



3. Relax for about a minute.

4. Then, to return yourself to normal, make claws of your hands, contracting and releasing your hands like a cat scratching. 1 1/2 Minutes. This small action balances the polarities and shows how much we can change ourselves by doing simple little things. Take some time to talk and socialize for another 1-2 Minutes so you can be sure you are ready to resume normal activity. (If you are practicing by yourself, then relax on your back for 1-2 minutes.)

The first morning after you do this meditation, have a glass of fresh lemon juice and water ready by your bedside. When you arise for the day, sip this drink very slowly. This will seal the meditation. (Rinse out your mouth afterward to protect the enamel of your teeth from the acid in the lemon juice.)

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