

PRANIC MEDITATION

February 16, 1976

In an easy pose with a straight spine, make fists with Jupiter's fingers straight out, thumb on tucked fingers. Jupiter's fingers cross at the middle sections. Right on top (palm facing down, left underneath with palm facing up) at diaphragm level. Fingers are straight and flat and touch one another. Inhale slowly and deeply for fifteen seconds through the nose, and exhale slowly, completely, and forcefully through the puckered mouth, not whistling for another 15 seconds. Fingers will be cold. Never do this with a quick breath.



Meditate on your own prana carried by the breath for 11 minutes maximum.

Then lock your fingers and stretch.

Comments: to maintain youthfulness of mind and body despite age. Brings health and healing ability. Fertilizes the brain so there is no depression. You may yawn or stretch, but keep on with the breathing. It eliminates fatigue and gives a constant flow of energy. You will become intuitively sensitive (sensitive to phenomena like earthquakes, etc.) You will not get tired.

Prayer: Have you ever understood what a prayer is? You create a vibratory effect, and it goes into the infinite creativity around your psyche, and the answer comes as expressed in the energy of a job done. You say, "prayer works!" It is only your mind that has the power to concentrate and work with that beauty.

If you can relate to that universal radiation, so the beam and frequency of projection are clear, then you have communicated with the universe, and it will support you just as happy parents will support their offspring, their creation. This relationship of consciousness to the infinite consciousness is the one fundamental requirement of life and the aim of yoga.

Quoted from [Sadhana guidelines](#)