

ANTI-HYPERTENSION MEDITATION

July 2, 1986



In Easy Pose, place fingertips together forming a tepee, at the heart level. Apply reasonable pressure to fingers and thumbs.

Inhale through the mouth to the maximum, and exhale through the nose. Breathe affectionately and beautifully as though you were drinking honey. Listen to the tape of "Rakhe Rakankaar", and feel the rhythm in your heart, and in every cell in the body. Keep the eyes 1/10 open, and focus at the tip of the nose or at the 3rd eye for 11-31 minutes. (If for 31 minutes, sleep afterwards.)

To end, sit quietly and listen to the sound chant back to you. Feel protection and victory.

PIKHANA BHAKTI MEDITATION

August 6, 1975

Through the closed eyes, look at the tip of the nose. Then, on a mental screen, project the picture of anyone you know well and love - holy man, Diety, friend, teacher. Relax and meditate on the figure you've created.

Gives one the power to see the creative consciousness of another. An enjoyable, devotional meditation.

