



To See the Unseen April 7, 1994

"Develop your intuition so that the changes in the years to come may be convenient for you." YB

1. Sit in Easy Pose with your spine straight. Bend your left elbow so that your upper arm is near your ribs and the forearm and hand point upward. Your left palm faces forward in Surya Mudra, with the thumb and Sun finger touching. The other fingers point straight up. Stretch your right arm out in front of you with the palm cupped, facing upward, as if you are catching rainwater. There is no bend in the elbow. Close your eyes and focus at the center of your chin. Breathe slowly, consciously and deeply. 11 Minutes.

To finish: Inhale, hold your breath 15-20 seconds, as you stretch your right arm forward and squeeze every muscle in your body. Exhale like cannon fire. Repeat this sequence two more times. Relax.

2. Relax and take 5 Minutes to bring yourself back to normal consciousness. Talk, don't meditate.

Through this meditation the brain will create its own form of morphine to give the body endurance. The metabolism will change, the glands will secrete, the nervous system will be strengthened, and the brain will renew itself.

Do this meditation for 120 days straight, without a break, at the same time every day. Choose a particular time to do it each day so that you can establish a relationship between your automatic production of energy and the enhanced production of energy that this meditation enables your body to perform. You must establish a regular rhythm of practice. In time your automatic system will harmonize and take on the enhanced performance established by the meditation. It will change your metabolism. You will tune up your glandular system. "You will see the Unseen, a little bit. You will hear the Unheard, a little bit. You will know the Unknown, a little bit. You'll get a taste of it and you'll keep going."

To get a triple effect of this meditation, add two things to the above instructions. Roll your tongue backward against your upper palate and mentally chant "Wahe Guru". If you practice in this manner you must have someone around to check on you and make sure you don't get lost in the meditation.

