

MEDITATION TO PREPARE FOR AN EARTHQUAKE

2/16/76

What It Will Do for You:

This meditation is for sensitizing yourself to predict and prepare for changes of the earth, such as earthquakes, climatic changes, tidal waves, or any kind of natural phenomenon.

Additional benefits are:

- a) to maintain youthfulness of mind and body;
- b) to bring health and healing ability;
- c) to fertilize the brain so you can't sink into depression;
- d) to eliminate fatigue and give a constant flow of energy; and
- e) to make you intuitive and universally sensitive.



How to Do It:

Sit straight. Hold your hands at the solar plexus level in fists, except for the index fingers, which are straight. Hold the right hand palm down, left hand palm up. Put the right index finger on top of the left index finger, with fingers crossing exactly in the middle of the second segment so that a special meridian contact will take place. Inhale deeply and very slowly through the nose. Each inhale should take 15 seconds. Exhale through the puckered mouth (not whistling) forcefully and completely, directing the breath at the tips of the index fingers. Never do this with a quick breath. Feel the fingertips getting cold or vibrating.

You may yawn or stretch but keep breathing. Meditate on your own prana carried by your breath. Continue for a maximum of 11 minutes. When you finish meditating, lock the fingers and stretch.