

## LA822 950201 Healing the Physical, Mental and Spiritual Bodies

*"Reality is explainable." YB*



1 . Sit in Easy Pose with a straight spine. Keep your chin in and your chest out. Raise your right arm straight up with the palm facing forward. Stretch your left arm straight out to the side parallel to the floor with the palm facing down. Split the fingers of each hand so that the Sun and Mercury fingers are together and the Jupiter and Saturn fingers are together. Close your eyes and meditate. 11 Minutes maximum.

If you wish to use a mantra with this meditation, you may use "Har, Haray, Haree, Wahe Guru". You may chant it out loud, chant it mentally, or listen to a musical tape of the mantra. It is your choice.

To finish: Inhale deeply, hold your breath for 10 seconds, as you stretch your arms and tighten your entire body. Exhale and repeat this sequence 2 more times.

To practice this meditation for 40 days, alternate the arm position each day.

The first day you practice with the right arm up and the left arm out to the side. The next day stretch the left arm up and the right arm out to the side and so on. (You must always keep your elbows straight.)

Your body will start healing itself after the first 2 minutes. The entire cellular system will interact to heal you. Your body shall start healing and every muscle shall start hurting. This posture will hurt as long as you have any toxins in your body. This is central nervous system control therapy. In exactly 11 minutes, your entire cellular system shall change.

After 40 days the meditation will start working on your subtle bodies. Whatever starts happening to you after 40 days, keep it to yourself Don't speak of it to anyone.

This is the most powerful self-purification you can do. It can give you complete control of your being. It improves intuition and makes you powerful and healthy. You'll be free of all garbage: physical, mental, and spiritual.

