

## *KY meditation to do when nothing else works*



### *What It Will Do for You*

**When you're at your wits' end, when you don't know what to do, when nothing else works, this meditation does!**

### *How to Do It*

**Make an inverted venus lock - fingers interlaced backwards. Hold at the solar plexus, palms facing up, fingers pointing up, thumbs straight. Eyes are 1/10 open.**

**Chant the Guru Gaitri Mantra:**

**“Gobinday, Mukanday, Udaaray, Apaaray, Hareeng, Kareeng, Nirnaamay, Akaamay.” It should totally turn into a sound current:**

**Chant as fast as possible so that the words are indistinguishable.**

**Start with 11 minutes and build up to 31.**

**Note: This is one of five meditations given specifically “to prepare for the gray period of the planet and to bring mental balance.”**

*taught September 29' 1975, source survival kit*