

## *KY meditation to prevent aging*

### *What It Will Do for You*

To brighten your auric light, have a radiant face and prevent yourself from aging, practice this meditation.

### *How to Do It*

Sit straight in easy pose. Chant the Mul Mantra, inhaling completely before each phrase:

EK ONG KAR; SAT NAAM; KARTA POORKH (let the whole breath go through the nose); NIR BHAO; NIR VAIR; AKAL MOORT; AJOONEE; SAIBHUNG; GUR PRASAAD; JAP (let the whole breath go through the nose); AAD SASHSHHH (releases breath with a hiss); JUGAAD SACHSHHH (releases breath with a hiss); HAI BHEE SACHSHHH (releases breath with a hiss); NAANAK HOSEE BHEE SACHSHHH (releases breath with a hiss).



Each time you inhale you must do so to your maximum capacity and each phrase must use the entire breath. On words like AKAAL MOORT, where the sound isn't really extended, release the breath through the mouth with a light "uhh..." sound. On KARTA POORKH and JAP, release the breath through the nose. This is the whole secret: the last 4 phrases are ended with the breath released through the mouth like the sound of a hissing snake.

Chant for a minimum of 11 minutes a day for 40 days. Since each person has a different lung capacity, this meditation should be done individually instead of in a group.

*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*