

Meditation to Increase Your Intelligence

December 12, 1995—LA854—Los Angeles, California

Time: 11 Minutes is the maximum time.



Posture / Mudra: Sit with a straight spine. Relax your elbows down by your sides. Place the hands in front of the shoulders, palms facing forward. Extend the Jupiter (index) and Saturn (middle) fingers straight up. Bend the Mercury (pinky) and Sun (ring) fingers into the palms, and hold them down with the thumbs.

Movement: Open the Jupiter and Saturn Fingers wide, then close them, in a steady rhythm.

Eyes / Mental Focus: Eyes closed. Concentrate on the movement of the fingers. Leave your body and imagine you are in space, beyond the Earth, visiting the planets Jupiter and Saturn. Feel you are bringing the two planets together, then apart. Reach a hypnotic level, grow and magnify yourself.

Breath: (Do the breath in this fashion with no breaks in between):

00:00 - 8:00: Relaxed breathing as you open and close the Jupiter and Saturn fingers.

8:00 - 10:00: Begin breathing in deeply through the nose as you spread the fingers wide. Exhale nose as the fingers meet.

10:00 - 11:00: Hold the fingers wide open. Make a ring of the mouth and begin breathing in and out as fast and powerfully as you can from the diaphragm.

Time: 11 minutes is the maximum time for this meditation.

Comments: Let the body go through any changes that may occur: If you feel like yawning or sneezing, just let it happen.

Warning: **In case you feel dizzy, stop.** Otherwise keep going. If you begin to feel very negative, don't worry, just keep going. It is only neutralizing the hidden anger. If you feel so relaxed that you just want to stop, keep going.

This meditation invokes in one an inner hidden sense, the turyia, the I-essence. In India, it is often given to a person who has trouble learning math.

A "Peace Sign", made with the Jupiter and Saturn fingers, is not just a sign of peace -- it is real. One who can master these two fingers shall not only be in peace, but can create peace on earth.

END: 11:00 [Three Breaths to End]

- 1) **11:00 [Inhale and Hold for 17 Seconds]** "Inhale deep. Hold the breath. And squeeze your entire body. Keep your fingers open, though."
11:17 [Exhale] "Exhale."
- 2) **11:20 [Inhale and Hold for 14 Seconds]** "Inhale deep. Widen your fingers and squeeze the entire body. Regulate a particular energy into the fiber of your being."
11:34 [Exhale] "Exhale. Last chance."
- 3) **11:39 [Inhale and Hold for 15 Seconds]** "Inhale deep. Hold tight. Widen your fingers and squeeze every muscle, fiber, being."
11:54 [Exhale] "Exhale. Please relax. I have nothing more to add to you, just to tell you these are how the eleven minutes have to be done. Any person who can create the heavenly juggling and the finger, and in the proportion the breath of life, can totally heal itself. And if you cannot spare 11 minutes, it's your fault. It exactly took 11 minutes."

"Now, try to come out of the space and the best thing is, stretch your arm, widen your shoulders, roll your neck. Do whatever, open your jaw."