

DHRIB DHRISTI LOCHINA KARMA KRIYA Silent Meditation to Center and Balance

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Sit with a straight spine, hips and shoulders in a line. Lock the tips of the front teeth together. Focus the eyes on the tip of the nose with the tongue touching the upper palate (which should occur automatically within about 1 minute). From the 3rd Eye (between the eyebrows) silently project the mantra

Sa Ta Na Ma

Beam it out, creating an internal harmony. Coordinate the mantra with the breath. Usually one or two repetitions of "Sa Ta Na Ma" are used with each inhale and each exhale. Continue for 31 minutes.

COMMENTS: "Dhrib Dhristi Lochina Karma Kriya" means "the action of acquiring insight into the future". This powerful, simple meditation was first taught on the eve of a full moon, when the effects are greatest as the subconscious mind is then fully open to its vibratory action.

Although most meditations require long periods of practice for mastery, it is possible to master this one in a single or several sittings, because of the wide range of individual differences in practitioners and the uniqueness of the meditation.

Though the meditation should be practiced for at least 31 minutes at a sitting, the minimum (compromise) time is 15 minutes, and to master it, you should practice for 1½ hours. Three hours practice will open up the psychic capacities. But, in only 3-11 minutes practice, you can go inside, tune out external distractions and center yourself. You can do it on the bus or standing in line, or at work when you can't be alone.

Honestly practice it for the longer times, and the following things will happen: Your eyes will have the power to heal anyone. Your words will have the power to penetrate deeply. You will learn to talk inspiringly, and your words will always represent the truth of a given situation ("vac siddhi"). You will be able to project your personality or your bodily sensations anywhere. Lastly, you will know the consequences of any sequence that you may start.

