

Balancing the Projection with the Intention

April 22, 1976



Sit in a comfortable meditative posture with your spine straight and your chin in and chest out. Bend your elbows and bring your hands up to the level of your heart center in a very natural way, with the palms flat and facing upward. Keep your elbows relaxed by your sides. Spread your fingers apart (but do not spread them wide) and spread your thumb back from your hand as well. Keep the fingers spread apart but relaxed,

Keep the palms up and touch the tips of the Sun (ring) fingers together. The Mercury (pinkie) finger of the right hand goes under the Mercury finger of the left hand. They do not touch, but form a ninety-degree angle to each other.

Close your eyes and chant Saa-Taa-Naa-Maa in the traditional manner of Kirtan Kriya. (*Focus at your brow point, using the "L" form of meditation: imagine that there is a constant flow of energy from the Crown Chakra at the top center of your head down into your head and out your Third Eye Point to Infinity. For example, as you chant "Saa," the "S" sound begins at the top of your head and the "aa" ends at the brow point as it is projected to Infinity. The "L" shape follows the energy pathway called the Golden Cord, the connection between the pineal and pituitary glands.*)



As you chant "Saa," tense the tips of your thumbs and the tips of your two Jupiter (index) fingers. As you chant "Taa," tense the tips of your thumbs and the tips of your two Saturn (middle) fingers. As you chant "Naa," tense the tips of your thumbs and the tips of your two Sun (ring) fingers. As you chant "Maa," tense the tips of your thumbs and the tips of your two Mercury (pinkie) fingers. Keep your hands still, they do not move as the fingertips are tensed. One complete cycle of Saa-Taa-Naa-Maa takes almost five seconds. Let your breath adjust itself.

Begin by practicing this kriya for 11 Minutes and gradually increase the time up to 31 Minutes.

You may find that it is difficult to exactly stimulate the correct fingers. Be patient with yourself, because this is a process of consciously developing control of the neural pathways between the brain and the fingers in coordination with the mantra. The intention is to tense the fingertips and the expression is how precisely and well the fingertips respond. Stay with it and you will find deep peace of mind.



Yogic scriptures tell us of the four stages of the mind: normal awareness, the dream state, total mental rest, and total awareness. Mastery of this meditation enables the practitioner to master these four levels of the mind. It can create a mental equilibrium so that our expression will be consistent with our intention.

"If you cannot find balance in your existence, nothing in your life will ever have any meaning to you."

YB