

MEDITATION

TO WARD OFF DEATH

(AKAAL KRIYA)

Date : May 1, 1979

Instructions : Sit in Rock Pose or Virasan with a straight spine.

Relax the arms with the elbows at the sides of the body. Bend the elbows, bring the forearms up and towards the chest until the hands meet in front of the Heart Center. Interlace the fingers except the thumbs. The sides of the thumbs touch and are pulled straight up.

Eyes Focus : Close the eyes 9/10ths.

Breath :

Inhale completely and exhale as you chant the mantra 3 times on one breath.

Mantra : RAA MAA DAA SAA SAA SAY SO HUNG

One cycle of 3 repetitions takes about 20 seconds.

Time : Continue for 31 minutes.

To End : Keep the fingers interlaced and raise the arms straight up, palms upward. Inhale and stretch up powerfully. Exhale. Repeat two more breaths and relax.

Comments : After practicing a while you can increase from 3 repetitions per breath to 5 repetitions per breath. Yogis used this kriya to ward off death. It gives a mystical power over death.

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