

771212 Meditation to Promote the Parasympathetic Nervous System
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General Position: Sit in easy pose with the lower spine pushed forward, the chest thrust out, and the chin pulled in.

Arms: Extend the arms straight up and out from the sides of the body at an angle of, 60 degrees from the horizontal. Keep the arms perfectly straight and the elbows gently locked.

Hands. Extend and join all fingers and the thumb of each hand and point the palms away from the body. Bend the hands back until a 60-degree angle between the back of the hand and the forearm is reached.

Legs: Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground,



Breath: Deeply Inhale in a long, slow breath. Completely exhale in a long, slow breath. Use up as much time as possible on each breath. Take a minute or longer per breath. Upon completion of the meditation, deeply inhale, completely exhale, and hold the breath out for 60 seconds.

Eyes. The eyes are 1/10 open.

Mantra: Mentally vibrate "SAT NAM" as the breath is deeply inhaled. Mentally vibrate "SAT NAM" as the breath is completely exhaled.

Locks or Other Conditions: Gently lock the elbows and keep the arms perfectly straight. Lock the lower spine in as far as possible with the chest out and the chin locked in,

Mental Focus: Focus on the breath and on the mental mantra. Be sure to make the breath as long as possible.

Length of Time: Begin with only 3 minutes and slowly build to as long as you wish. The longer the better,

Comments: This meditation is highly relaxing. It promotes the parasympathetic nervous system, but first, it will put every fiber of the body under great tension. This meditation increases understanding of the sympathetic nerve, which gives the virtue of patience and the power of self-control. By just practicing for 3 minutes a day, all misbehaviors of the personality can be corrected, but the wrists must be kept at the designated 60-degree angle.

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