

GYAN BHAND
For Self-Healing,
Tuning up Nervous System,
Disease Resistance

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Sit with a straight spine and extend the left arm straight out in front and up at a 60° angle from horizontal. The palm faces down and the fingers are straight. Hold the right hand with the palm forward at the height of the ear, 8-10 inches from the head with the fingers pointing up, and the thumb and index finger in Gyan Mudra. Focus at the brow point with normal breathing. Mentally vibrate

Wahe Guru

silently and rhythmically at the 3rd eye for 3-5 minutes. Then switch arms and repeat. Feel the distinct difference in the sides of the body. Feel in complete control of the nervous system.



COMMENTS: This is an excellent self-healing meditation. You may feel a pressure in the eyes, shoulders or spine as the nerves adjust. It is a very advanced state of meditation. It can tune up the entire nervous system and build resistance to disease. It will give the power to ward off negative thoughts. This simple meditation gives the mind the power to penetrate into a deeper meditation. It is good for the digestive system and helps prevent heart attacks. Helps fight any disease from the diaphragm up.