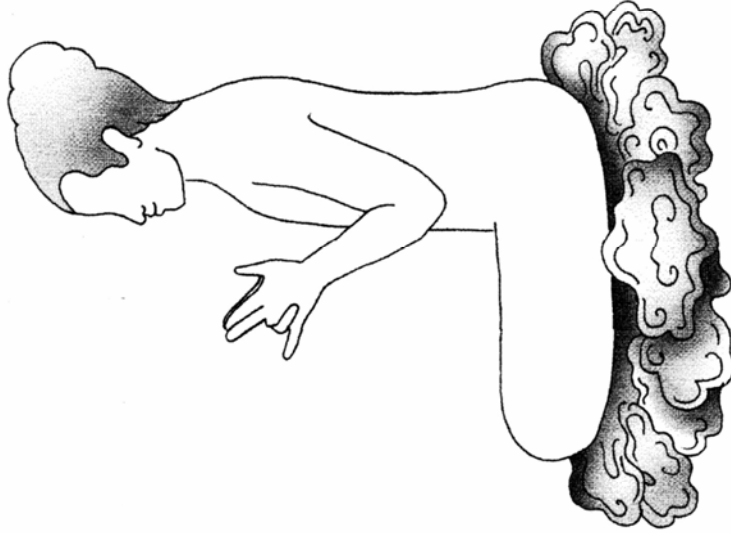


# Four-Stroke Breath for Meditative Balance

May 5, 1976

Sit in Easy Pose with a straight spine. Press your palms together in front of the center of your chest, but not touching it. The hands are held so that the fingertips are pointing away from the body at about a sixty-degree upward angle. Fold your Sun (ring) fingers down so they each press on top of the opposite hand. The other fingers remain extended, as if you are praying, and the thumbs do not cross. Eyes are nine-tenths closed.

Inhale deeply and completely through the *nāse* in one stroke (2-3 seconds). Exhale in four equal strokes through the *nāse*, mentally chanting "Saa-Taa-Naa-Naa-Maa" (1 stroke per second = 4 seconds). Maximum practice time is 31 Minutes.



"This is very sophisticated kind of yoga, a yoga which is for the higher beings. It is very delicate and very pure."