

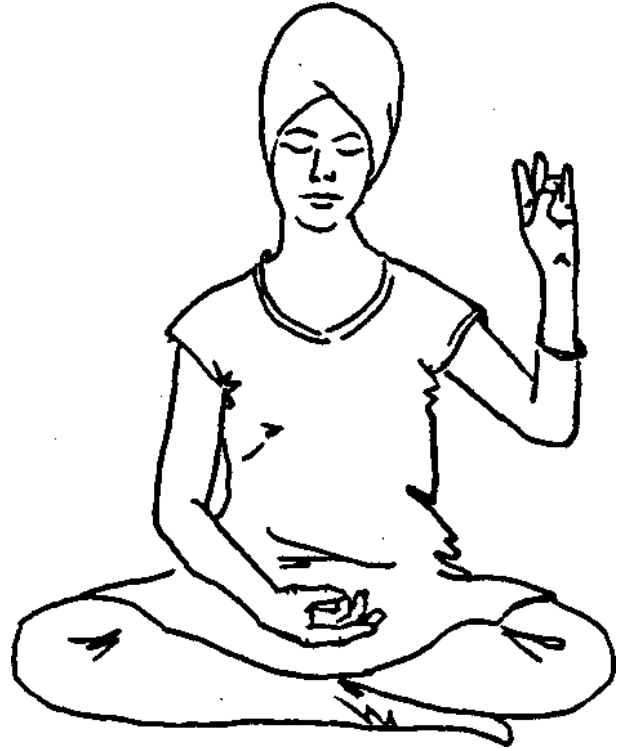
## MEDITATION FOR STRONG NERVES 9/29/75

### What It Will Do for You

Practice this meditation to gain a calm mind and strong nerves. It will help protect you From ifrationality.

### How to Do It

Sitting with a straight spine, hold the right hand at ear level with the thumb tip and tip of ring finger touching (fingernails don't touch). Place the left hand in the lap with the thumb tip and tip of the little finger touching. Females should reverse the position so that the left hand has thumb and ring finger touching with hand at ear level, and the right hand is in the lap with the thumb and little finger touching.



The eyes are 1/10 open. Make the breath long and deep but not powerful.

You can practice this meditation anywhere, starting with 11 minutes and working up to 31 minutes. To end the meditation, inhale deeply, open the fingers, raise the hands and shake them rapidly for several minutes. Then relax.

Mote: This is one of five meditations given specifically "to prepare for the gray period of the planet and to bring mental balance."