

## MEDITATION TO ADJUST YOUR MAGNETIC FIELD AFTER AN EARTHQUAKE

What It Will Do for You:

The magnetic relationship of the 2 hemispheres of the brain is readjusted with this meditation.



How to Do It

Sit straight. Slightly cup your left hand and hold it over your left ear. Hold the left arm up in front of you so that the upper arm is parallel to the ground.

Extend your right arm straight out to your side. Bend it so that your fist is by your ear with the hand in conch mudra (see drawing).

Eyes are focused on the tip of the nose. Strike the side of your head with your left hand in time with the mantra SAA TAA NAA MAA to the following melody:



Do the meditation for 11-31 minutes.