

LA007 January 17th 1978, “Sadhana Yojina” wipe out every weakness in Destiny

Hands: Interlock the fingers of the hands together with the palms facing down. **Firmly press the thumbs together and force them as far under the palms as possible.** Hold the hand position in front of the body at the level of the throat.

Arms: Extend both arms straight out in front of the body parallel to the ground. Bend at the elbows and draw the forearms in toward the body until the hands meet at the throat level.



Legs: Sit with the legs in easy pose or in a chair with the weight of both feet equally distributed on the ground.

Breath: Breathe only when necessary and in quick breaths in order to maintain the continuous rhythm of the mantra.

Eyes: The eyes are 1/10 open at nose.

Mantra: Chant the following mantra in a **monotone continuous** voice:

**GOBINDAY - MUKANDAY - UDARAY - APARAY - HARING - KARING -
NIRNAMAY – AKAMAY**

Be sure to keep the vocal pitch at a constant level throughout the meditation. Chant in a continuous, unbroken rhythm. [Link to metronome pace for this mantra \(54\)](#)

Locks or other conditions: Keep the **thumbs firmly** pressed together and locked under the palms, You may experience some pain anywhere or everywhere but **don't give an inch.**

Practice this meditation for a minimum of 30 minutes per day for 90 days. This meditation can wipe out every weakness in your destiny and your surroundings and your connections.