

The "Last Resort" Meditation

Originally taught by Yogi Bhan on June
15, 1982

This meditation brings deep relaxation, inner strength, and mental clarity. It opens the doorway to soul dialogue — awakening your infinite capacity to feel, hear, and experience the power of your soul in the present moment.



Posture: Sit in Easy Pose with the spine straight. Have the hands in the lap, palms up, right hand resting in left, thumb tips touching.

Eye Focus: Eyes are closed.

Mantra: Chant the Wahe Guru Wahe Jio mantra 8 times on one breath.

Chant in a monotone:

Whaa-Hay Guroo Whaa-Hay Guroo Whaa-Hay Guroo Whaa-Hay Jee-o

Breathe very deeply in order to complete the cycle, which will take approximately 45 seconds. Release the breath very slowly as you chant. If at first the breath doesn't hold for the full 8 repetitions, stop, breathe, and begin again. Build up your capacity.

Time: Start with 11 minutes maximum. Gradually increase to 22 minutes, then 33 minutes.

COMMENTS:

“Remember: you breathe, you live, because there is a soul in you. The soul is a tiny tender light in your body. I'm giving you a meditation today. I call it the "Last Meditation." It is not that it is the last meditation I will teach you. But understand its essence. It is for when life doesn't work for you, and you don't want to go to anybody and say, 'I'm going crazy, please help me.' I understand that sometimes personal image is very important. Despite how depressed you may be, just do this meditation and find out for yourself.” - YB

The mantra means: "You are beloved of my Soul, Oh God." It causes a very subtle rub against the center of the palate, and stimulates the 32nd meridian, known in the West as the Christ Meridian, and in the East as Sattvica Buddha Bindh.

The tongue and lips correspond to the Sun and Moon in their movement. The practice of this kriya will enable you to think right, act right, see right, look at yourself, imagine and meditate. Everything else follows. You will wipe out a lot of negativity." -YB