

## Accurate Amanuensis of a Missing Page

In the Editor's Notes for the Summary Lessons of Step I (One) Don laments the loss of the final page of the summary of Praeceptum 21 [Praeceptum No. 26/3, Page 6].

His Indian copy goes as far as "If the breath stays in, wait; otherwise, as soon..."

By extrapolating from previous Summary patterns and consulting the current SRF, Inc. summary, Don reconstituted the text as follows in the left column. Don recently found the missing half page. Compare how closely Don's reconstituted amanuensis efforts echo the original in the right column:

as the breath goes out quickly or slowly, all the way, mentally, say, without sound or whisper or use of the lips or tongue, "Sau." Repeat each sound as instructed with each corresponding incoming and outgoing breath.

as the breath goes on quickly or slowly, all the way, mentally, say, without sound or whisper or use of the lips or tongue, "Hong", 6) if the breath stays in, wait; otherwise as soon as the breath comes out quickly or slowly, all the way mentally say without sound or whisper or use of the lips or tongue, "Sau". If the breath stays out, wait otherwise when it goes in slowly quickly, all the way mentally chant "Hong", and when the breath comes out quickly or slowly, (or its own accord without force of act of will) mentally chant "Sau" all the way. Keep repeating the above as long as you want to do so. In this way you keep your attention repeated to one thing at a time, the breath and in so doing you separate yourself from the breath, thus realizing that you are not the body, not the breath, but you are the consciousness and intelligence in the body. You are a soul.

**THE MEANING OF HONG SAU** "Hong" is the vibration of the incoming breath; "Sau" is the vibration of outgoing breath. Conscious chanting of the words together quiets the breath, as that is the breath's astral vibration. Continued practice of the technique enables the yogi to experience himself as separate from the body and breathing. He then is able to behold himself as the soul.

Q. What is the meaning of "Hong" and "Sau"?

**Ans.** "Hong" is the vibration of the incoming breath. "Sau" is the vibration of the outgoing breath. Just as the word "Peace" produces calmness in the mind and body, and as the word "Anger" vibrates breath, so also the chanting of "Hong" and "Sau" claims the breath quickly as that is its Astral vibration.

### WHAT IS SLEEP

In sleep, we experience voluntary, unconscious sensory relaxation. In death, complete relaxation involuntarily takes place, due to the stopping of the heart's action. If one can learn to control the heartbeat, he can experience the conscious death, leaving and re-entering the body at will; many Yogis of India, who have practiced "Hong-Sau" have, through it, achieved mastery over the action of the heart. Such Yogis have learned to leave the body voluntarily, honorably, and gladly, and are not thrown out roughly, or taken by surprise by death, when their lease on their body-temple expires.

Q. What is sleep?

**Ans.** Unconscious sensory motor relaxation, in which the life force and consciousness are unconsciously switched off from the lamp of the muscles and the senses.

Q. What does it mean "to die daily"?

**Ans.** By self-realization technique, as mentioned by St. Paul in Corinthians, this clause means to consciously switch off the life energy from the bodily lamp into the dynamo of spirit, or switch on the life force again into the body bulb.

**BEST TIMES TO MEDITATE** The four times of change in the body during the day correspond to the four seasons. The purpose of this Lesson is to realize the changeless in the four changing periods of the body, by vitalizing and magnetizing it with Life Currents and Cosmic Consciousness. These Currents arrest change and suspend the decay in the cells. Therefore, it is best to practice the changeless-producing Lessons four times a day for sure scientific results. Meditate between 5 and 6 A. M.; 11 and 12 A. M.; 5 and 6 P. M.; 10 and 12 P. M.; or 11 and 12 P. M.

The Fourth Installment of Praeceptum No. 26 will follow after a fortnight.

### BEST TIME TO MEDITATE

Meditate half an hour or one hour any time between 6 to 8 AM or 10 to 2 PM or 5 to 8 PM or one hour or longer anytime between 9 PM to 1 AM.

If you cannot meditate four times a day, meditate twice in the morning and once before going to bed at night, and during leisure hour when lying down.

The story of "The Women Who Loved God as her Son" teaches that you can worship God as beloved, or as Father or as Mother or as a friend or as a Master or even as your beloved Child. God has manifested himself through all human forms and you can use any human relation to contact God if you do so with persistency and devotion.