

## **Meditation to Conquer Fear**

1. Close your ears with finger tips. You can use ear plugs if you wish.
2. Focus your eyes at tip of your nose in a relaxed manner.
3. Chant "*wha-hay-guru*" out loud. Focus at the navel as you say "*Wha.*" Focus on the heart as you say "*Hay.*" Focus at your throat as you say "*Guru.*" Never chant *Wahe Guru* fast! Chant it slowly, deliberately and correctly. Smile a little on the sound '*Hay*' feel the movement of your lips. Continue for 31 minutes. Be sure to have a good seal on your ears so that all you hear is your own voice in your head.

"Sometimes the inner ear is out of balance. This will get much worse for everyone as the information age gets more intense; no one is exempt. The safety net is the Guru and it's always there. When our inner ear is out of balance, we don't know that the safety net is there and we behave as if it isn't there. That's when we start reacting with our phobias, fear and insecurity. Doing this meditation daily conquers all fears. It gives you the confidence that you know the safety net is there. It will bring the inner ear back into balance. It will take care of everything . Anyone who practices this kriya will never have phobias. You have to teach this to everyone"