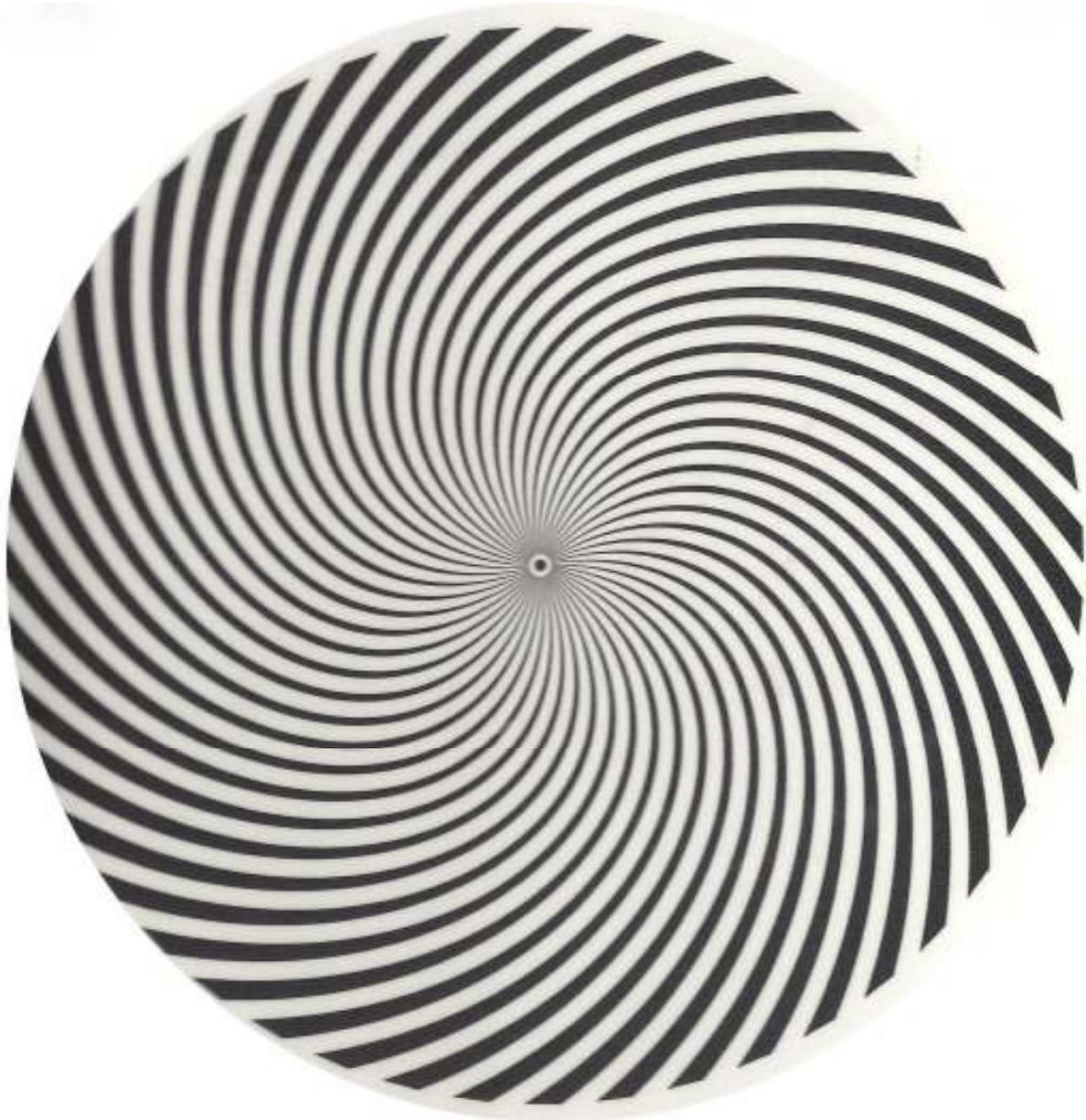


SHAKTI CHAKRA (HYPNOTIC POWER)



Yogi Anandaram

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SHAKTI CHAKRA (Hypnotic Power)

Yogi Anandaram kindly welcomes you to take part one of his best known practice of Shakti (Power) Chakra which produces hypnotic power in the eyes of the *Sadhak (Practitioner)* which helps to build his/her concentration and hypnotic power to influence others.

How to practice Shakti Chakra?

1. Select a secluded, airy, ventilated and well lighted room.
2. Draw a sketch of Shakti Chakra. (Print out a copy of Shakti Chakra that is included here)
3. Fix it on the wall at your eye level.
4. Now be seated on a thick cushion at least two feet away facing to the sketch.
5. Close your eyes and chant "Aum (Om)....." three times and open your eyes.
(During practice ,when we chant Om, we create within ourselves a vibration that attunes sympathy with the cosmic vibration and we start thinking universally. The momentary silence between each chant becomes palpable. Mind moves between the opposites of sound and silence until, at last, it ceases the sound. In the silence, the single thought—Om—is quenched; there is no thought. This is the state of trance, where the mind and the intellect are transcended as the individual self merges with the Infinite Self in the pious moment of realization. It is a moment when the petty worldly affairs are lost in the desire for the universal. Such is the immeasurable power of Om)
6. Fix your eyes on the sketch steadily without batting your eye lids until your eyes become watery or water runs from your eyes.

You must ensure that you resort to this exercise only when you are feeling healthy not exhausted or worried and you must be feeling quite cheerful.

As you are seated on the cushion, stretch your hands and legs free and relaxed. Work up a feeling you are feeling very light riding on the waves of the ocean. Please ensure that no thoughts whatsoever assail in your mind. Fix your eyes and have a steadfast gaze at the Shakti Chakra.

The *Sadhak (Practitioner)* must continue to practice like this without batting an eye lid until when the eyes begin to go watery or running water from your eyes. The more you gaze at the Shakti Chakra the better. Now close your eyes and you must see image of Shakti Chakra in front of your eyes. You must try to retain this image as long as possible. Even if you could not retain the image stay eyes closed feeling you are gaining in power and your mind is emerging thought free. You should practice this for about 15-20 minutes every day.

Practice this for min of 21 days to see some results. When you are practicing day by day, you will be able to hold or retain the image longer and longer. As you continue to go ahead with your practice you will be feeling in power and you will also be experienced various kinds of things like: Flashing chakra in front your eyes and entering into your eyes or big black object moving towards your eyes to enter into your eyes. At this

moment you should not get frightened stay calm and don't open your eyes.

After protracted practice over some days the *Sadhak* will feel a particular type of power emerging in his eyes. With the help of this power he/she can hypnotise or influence anybody in a matter of a few minute.

After a few days of regular practice, the Chakra will seem to be moving away from its location. It will seem to be moving up or down or right or left. As you see the Chakra moving away from its location the *Sadhak* must concentrate to bring back to its location.

After some time *Sadhak* will start see in the chakra some beautiful or horrible pictures or scenes. It indicates that you have achieved the requisite concentration and that you are going about the job in the right earnest.

As you continue to practice you might see two or three Chakras in place of one Chakra. It is also a sign of your success.

You might also see in the Chakras mountains, rivers, tanks and deserts, might be they are familiar to you. Might be they are unfamiliar. The unfamiliar ones already exist on the earth. Possibly you have not come across them or you might, your utter astonishment to see them one day.

The scenes which you see in the Chakra were part of your past or part of your future which you might see some time in the future. Such sights indicate that your power of concentration is increasing.

A regular practice of Chakra will equip your eyes with hypnotic eyes. A mere steadfast look at any other person would bring him down totally submitted to you. He will do whatever you ask him to do provided it does not conflict with his basic philosophy.

To test as to what extent you have succeeded in your practice, better you take the following exercise too:

1. As you are walking, fix your eyes on the neck of the person walking ahead of you. Now work up a wish that the person should look back at you.
2. You will be surprised to see that the man looks back at you as you wished. Suppose you are attending a conference or a party. A person is seated there with his or her neck opposite. Now you fix your gaze at his or her neck and work up a feeling that he or she should look back at you. You will be pleasantly surprised to see that the person does exactly in the manner you wished.
3. Ask a person to wrap his palm with a handkerchief or hide it (the palm) in his pocket or beneath the table. Now fix your gaze at any other portion of his hand and start thinking that his palm is getting hot. Tell your friend that his palm has already got hot. You will be surprised to see that your friend will also feel his pal is very hot.
4. Ask your friend to lay the reverse of his palm on the table. Gaze at the palm and suggest that the hand is rising all by itself. Tell him that his hand is rising although he himself has not wanted it. He will feel surprised to see that his hand is rising and floating although he has not wanted it.

You must continue to all these exercise. You should not feel put off if you do not succeed in the beginning. You will certainly succeed if you continue to practice for some time. You can practice many years in order to gain much of the benefits of the Shakti Chakra.

After a regular practice over a length of time the *Sadhak* (practitioner) will have a refreshing new experience. You will begin to see a thin ray of golden light around the Shakti Chakra. Gradually the golden light will have a wider spread out and the whole of the Shakti Chakra will seem to reflect this light.

You must continue with this practice. At a certain stage *Sadhak* will see the golden light changing into a blue light. After some time the blue light will turn into a green light. Soon the green light will change into sunlight. So much so the Shakti Chakra will start shining with the brilliance of the sun you can hold or retain the Shakti Chakra as long as you want to.

In order to preserve this magnetic power in your eyes you are suggested to observe the following regulations:

1. Avoid non-vegetarian food, spices, hard drinks, and acidity causing foods.
2. Exercise a total control over your mind. Passions such as anger, vanity, and hate must remain subsided.
3. Think twice before you begin to take up any job. It is essential so that you do not repeat any mistakes what you have done in the past.
4. Do not involve yourself in such activities which are forbidden under religious and oral injunctions.
5. Do not indulge in silly jobs yourself in such as dangling your legs, cracking your fingers, cutting finger nails with teeth etc.
6. Do not apologise unless warranted.
7. Maintain spotlessly clean physique and a totally guiltless mentality. It will keep you fresh.
8. Do not feel concerned over trivial things. Nor should you break into intermittent laughter unnecessarily. You must keep your mind under your total control.
9. Do not see tawdry sights.

Practice Shakti Chakra regularly. After some amount of practice, you better imagine that a beautiful god is seated in the Chakra. Now you work up a wish in your own mind that you should look as handsome, beautiful, glorious, and impressive as the god of the Chakra. As you practice like this for some time you will see a remarkable change within you.

Hypnotic Power in Your Eyes

As already argued earlier, a regular practice of Shakti Chakra will get your eyes a special kind of magnetic power. Soon you will be highly popular person. Your circle of friends will widen more and more.

At times you could join a crowd. Fix your gaze on the necks of roughly 15 to 20 persons and work up a wish that they look back at you. Soon as the wish is worked up not only one but all of

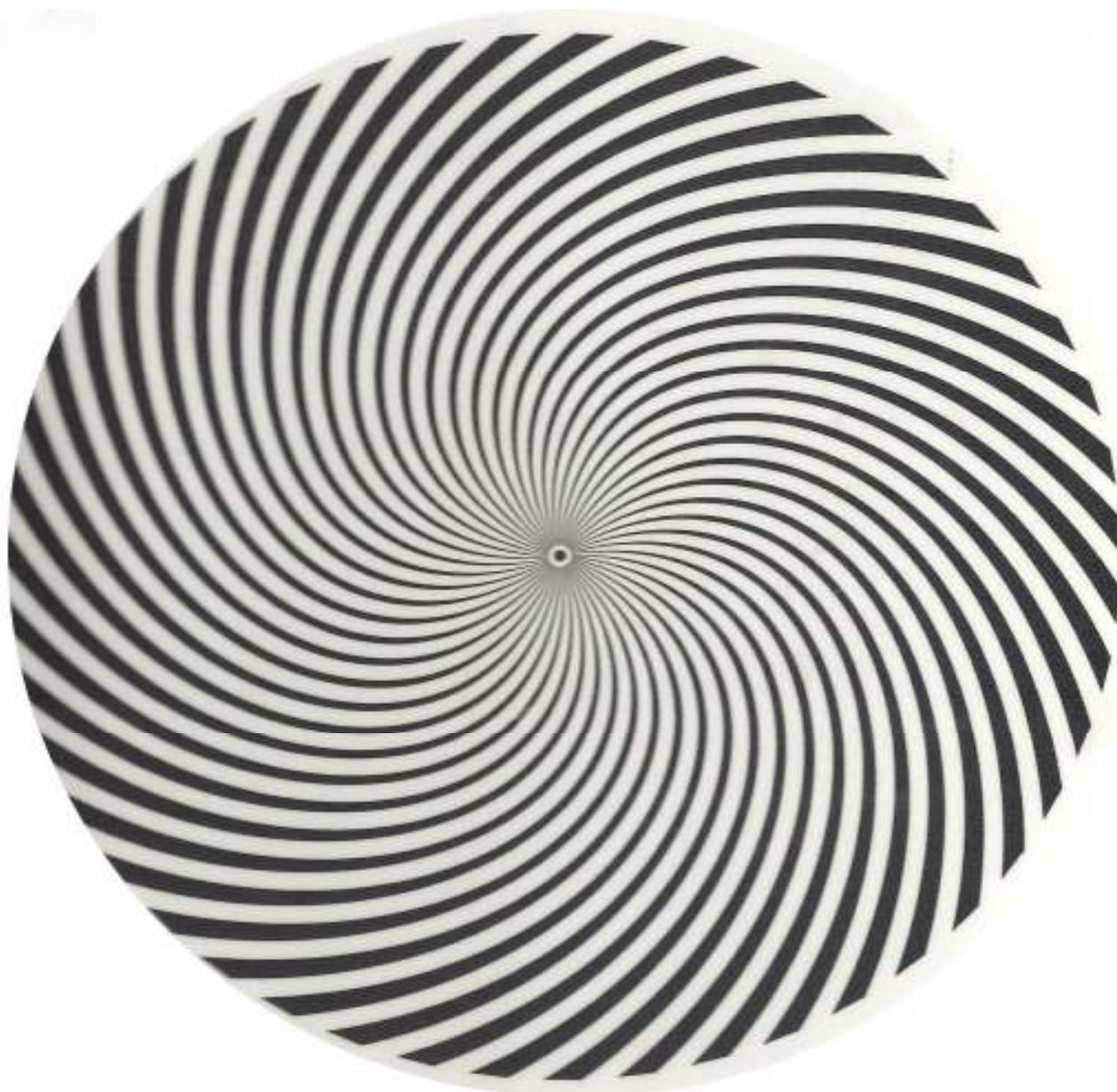
them will look back at you.

Whenever you talk with any person, look deeply into his eyes. When you give a handshake you better have a good feel of his hand and for this purpose, press his hand firmly. Do not allow him to press your hand. Your voice should be sonorous and sweet.

Act upon these simple pieces of advice and keep the hypnotic power of your eyes intact

To your success
Yogi Anandaram

Print this Shakti Chakra for your practice



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