

Meditation to balance the Jupiter and Saturn energies: A technique useful for treating depression, focusing the mind, and eliminating self-destructive behavior

Description of the meditation

Sit with a straight spine. The hands are facing forward with the ends of the Jupiter (index) and Saturn (middle) fingers pointing straight up near the sides of the body at the level of the eye. Close the ring and little fingers down to the palm using the thumbs. The Jupiter finger and the Saturn finger are spread open in a "V" shape (or closed). The eyes are closed.

For 8 minutes open and close the Jupiter and Saturn fingers approximately once per second or two. Simultaneously image the planets of Jupiter and Saturn coming together and then again going apart in synchrony with the finger movement. Continue this movement (imagery) for 8 minutes.

Then, while continuing exactly the same exercise, now begin to inhale and exhale through the nose with the movement (inhale as fingers are spread, exhale as fingers close). Continue this part for 2 minutes.

Then for the last minute spread the two fingers wide and hold them wide apart (which requires some effort) while making the mouth in to an "O" shape and breath in and out of the mouth only using the diaphragm (not the upper chest wall).

After 1 minute inhale, hold the breath in, and tense every muscle tightly (including the hands, fingers—everything) in the body for 10 seconds, exhale and repeat one time for 10 seconds. Relax.

Effects of the meditation

The mind becomes focused and clear, the brain becomes energized. This technique will help eliminate depression. This meditation is said to help increase a person's intelligence (help enhance math skills) when practiced daily over several months. Also, when the Jupiter and Saturn energies are coordinated/balanced, a person is less likely to engage in self-destructive behavior. And in addition, when the Jupiter and Saturn energies (functional brain region areas related to the index and middle finger, respectively) are balanced, this helps an individual to overcome challenges.