

# How to Attain Balance and Advance Fast

HP Hooded Cobra 666

[July 06, 2017](#)

This is important and I want to be very simplistic in this post to get the point across. The point in Yoga (or meditation at large) is not to give yourself bursts of energy until you remain senseless. Power comes as a result of power, and to successfully advance spiritually, you need to always remain in a sense of balance, or at least know how to maintain it.

Every meditation session must end with a balancing meditation. This can be hatha yoga to ground your energies, or some hatha with some of the things written below. This is why the most important things are balance and persistence.

We can do some meditations that will knock us senseless, when we are spiritually open. This is not really the whole aim. This is not the hard thing either. The challenging thing is to actually tap into this power, incorporate it, and become a balanced conduit for it.

If you feel out of balance, you can control this by doing Hatha Yoga. This must be maintained daily. If there are imbalances that can't be fixed with Alternate Nostril breathing and Yoga, you can also add the chanting of AUM for 5 minutes a day. The sounds must be distinct. You open your mouth, do A, and then slowly close the mouth, automatically producing AUM.

If you have serious imbalances, you need to do SATANAMA for a solid 10 minutes a day. Really relax and melt into it. There is no way that these, if continued for a solid period of time, will leave you without balance. If your case is extremely severe, then use the rune ISA to attain this. ISA will slow down the processes in a necessary fashion for you to maintain control.

Part of being balanced is finding the balance between the material body, the mind, the emotions, and the soul/spirit. Meditation works on the soul and all the bodies. Having a sane mind that is deprogrammed from things that cause you ill, is the healthy mind. The emotions can be healed by meditation in itself, and lastly the material body has its own balance such as the hormonal.

All these come in unity when you meditate, and all of these are rectified, but a

particular part may need particular attention. Your meditation advancement will highlight where the problem is.

When your energies are well aligned, then naturally you will gain control of mind. This will help you advance very quickly. It's balance that will do this, and this is the only thing that will breed a real and lasting sense of power.

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