

THE MAGNET AS AN AID TO CONCENTRATION IN YOGA

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To bring about equal breath in both the nostrils or as a help for concentration of mind, or the inward concentration of consciousness at the Ajna centre in the mid forehead or in the depth of the inner heart (Anahata), one may use the magnet as an aid. Two magnets of equal power or strength are required. Two solid cylindrical magnets or round disc-magnets with flat ends of magnetic poles, each having a diameter of about 5 or 6 cms. and a thickness of about 1 or 1.5 cms. would suffice. Even the arc segment type of magnet, which in appearance resembles a part or segment of a thick ring, and has a thickness of about 1.5 cm., a width of 3 cms. and a curvature length of about 5 or 6 cms. would equally serve the purpose.

In the case of arc segment magnets, the one to be chosen should have a convex face as the north pole and a concave face as the south pole, and the other with a convex face as the south pole and concave face as the north pole. These are available in the market for industrial purposes. However, it is important to see that the two magnets are of equal size and charged with equal power or strength of magnetism, which is done by the magnetising machine in one single operation. The magnet should have a lifting power to lift about half kilogram or one pound weight by either pole. "Auroville Electronics" of Laljibhai, Pondicherry I, started with the blessings of the Mother, can supply such magnets with poles marked S and N.

Each magnet has two poles automatically of equal power or strength, a south-seeking pole (usually called South pole), and a north-seeking pole (usually called North pole). The like poles of two magnets repel each other while the unlike poles attract. Each pole when applied to the body, has a characteristic effect on it, in health as well as in disease. The South pole gives energy, heat and strength and removes pain, stiffness and swelling in any part when generally or locally applied. The North pole draws away heat and gives a