



Part I: Sit in Easy Pose with the eyes closed, and the hands in Gyan Mudra. Meditate on the Infinite energy coming from the primal womb, in an unending spiral, without beginning or end, going to Infinity.

Part II :With the eyes closed, cup the hands with palms 4-6 inches (10-15 cm) apart, and in front of the face. Beam a mental light through them to the Infinite Light. Watch with mental eyes, through the hands, and see a beam of light going to Infinity. This is very mind-curing, and you will fall in love with it. Meditate with Long Deep Breathing.



Part III: Chant SAA-TAA-NAA-MAA. Go deeper into meditation. Guide your reason to go through the powerful imaginative circle you've created with your hands, like a huge beam of light from a torch. Keep the hands fixed in place.

Part IV: Maintain your position and concentration. Put your mind into that Infinite Light of its own ecstasy and chant the Kundalini Bhakti Mantra:

AADEE SHAKTEE, AADEE SHAKTEE, AADEE
SHAKTEE, NAMO, NAMO
SARAB SHAKTEE, SARAB SHAKTEE, SARAB
SHAKTEE, NAMO, NAMO
PRITHUM BHAGVATEE, PRITHUM BHAGVATEE,
PRITHUM BHAGVATEE, NAMO, NAMO
KUNDALINI MAAT SHAKTEE, MAAT SHAKTEE,
NAMO, NAMO

Time: All four parts of this meditation should be done for equal lengths of time. They can be practiced for 11, 31, or 62 minutes.

Comments: This meditation gives concentration and mental beaming. It tunes into the frequency of the Divine Mother—the primal, protective, generating energy. It eliminates fears and fulfills desires. It gives power of action by removing blocks of insecurity.