



Sit in an Easy Pose, with a light jalandhar bandh.

**Mudra:** Relax the arms down with the elbows bent. Draw the forearms in toward each other until the hands meet in front of the body about 1 inch (2.5 cm) above the navel. Place the palms up, and rest the right hand in the palm of the left hand. Place the thumbtips together, and pull the thumbs toward the body.

**Eyes:** Look at the tip of the nose, the Lotus Point.

**Breath:** Deeply inhale and completely exhale as you chant the mantra.

**Mantra:** Chant the mantra 3 times. The entire mantra must be chanted on only one breath. Use the tip of the tongue to pronounce each word exactly, and chant in a monotone. The rhythm must also be exact. SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM WHA-HAY GUROO

**Time:** Begin with 11 minutes and slowly build up to 31 minutes.

**To End:** Inhale and completely exhale 5 times. Then deeply inhale, hold the breath and stretch the arms up over the head as high as possible. Stretch with every ounce that you can muster. Exhale and relax down. Repeat twice.

### **Comments:**

This meditation balances the left hemisphere of the brain with the base of the right hemisphere. This enables the brain to maintain its equilibrium under stress or the weight of a sudden shock. It also keeps the nerves from being shattered under those circumstances.

