



Posture & Mudra: Sit in Easy Pose with a straight spine. Bring your hands onto your chest so that your thumbs are tucked into your armpits. The thumbs press against the ribs. Rest the palms and fingers of each hand against the chest. Relax the elbows down by the sides.

Breath & Mantra: Pucker the lips and inhale deeply through the mouth with a whistle. Listen to the whistle sound of the inhalation as you mentally vibrate *So*. Completely exhale through the nose as you listen to the breath and mentally vibrate *Hung*. *So Hung* means "Infinity, I am Thou."
11 minutes.

Eyes: 1/10th open.

Comments: This meditation balances the frequency and quality of the Heart Center. The Heart Center opens the potential for compassion and humility. Humanity is now going through a global transition into the Aquarian Age. We are preparing to have kingship over the service of the Universal force. This requires Universal Consciousness. There are two ways of developing Universal Consciousness: through hardship and time or through mantra. Mantra is the easier way, but the difficulty is that mantra opens the Heart Center and the mind has difficulty following the heart's frequency. But it is through the understanding that comes from the heart that the mind can realize the concept that Infinity is within us.

