



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

Eyes: The eyes are closed, looking up, focusing at the Brow Point. Alternatively, you may have the eyes open, looking down at the tip of the nose.

Mudra: Put the elbows by the sides, with the forearms parallel to the ground. The hands are pointing forward, with the palms facing up, wrists straight. Touch the thumbs to the tips of the index fingers. Chant the mantra in a steady cadence.

Mantra:

HAR HA-RAY HA-REE WHA-HAY GU-ROO

This mantra uses the three qualities of HAR—seed, flow, and completion—unto the ecstatic Infinity of God.

Time: Continue for 11-31 minutes.

Comments:

This meditation provides guidance, and the way through any block. The future is clear, without anxiety. Every cause has an impact and an orbit of effect. This meditation allows you to use the Neutral Mind to intuit all the expected and unexpected impacts of the mental thoughts you feel now, or that were a part of you in the past. If this part of you is unbalanced, people will distance themselves socially out of subconscious fear of your perception, bluntness, and truth. When balanced, you gain wisdom and self-guidance to hold in trust all that comes to you. You are never swayed by abundance and hold closely to the path.

