

MEDITATION FOR THE SIXTH CHAKRA

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The Sixth Chakra is located where the root of the nose reaches the skull. This chakra, the pituitary gland, controls the entire glandular system.

Posture: Sit in easy pose, with a straight spine.

Meditation: Look at the tip of your nose (the “lotus tip”) for 11 minutes a day between the hours of 4 am and 8 am local time and you shall control the entire glandular system for the next 24 hours and the chemistry of the blood will change for the better.

*Patience gives
you the power
to practice;
practice gives
you power that
leads you to
perfection.*

YB

MEDITATION FOR THE SEVENTH AND EIGHTH CHAKRAS

Posture: Sit in easy pose with the spine straight. Hands are in gyan mudra.

Focus: Eyes are focused on the tip of the nose.

Meditation: Chant “Ang Sang Wahe Guru” for 31 minutes.

To Finish: Inhale deeply and hold the breath as long as possible. Exhale. Repeat two more times.

*This meditation
exalts the intu-
ition*

GSK