



(Take vitamin C to prepare for this meditation.)

1. Sit in Easy Pose. Left hand on Heart Center (fingers pointing to the right); right hand begins behind the ear with the palm facing the space behind the ear. Eyes are closed. Meditate on the tip of the nose through closed eyes. Inhale deep, exhale deep 3 times. Right hand comes powerfully toward the face, as if you were going to slap yourself, and just as you approach the cheek, divert the direction of the hand so that it just misses the cheek and ends up palm facing forward. 6 minutes.



2. Eyes are focused at the nose. Gather the hands together in front of the chest, as if cupping water, and then bring the hands up to the throat and extend the arms, as though pouring the water from the tips of your fingers. 15 minutes.



Fill up all your anger, attachments, and resentment in your hands, your garbage, anything that is bothering you, fill it up and then let it go. Pull out all the pain of the subconscious, and fill the hands with it and then offer it to the space. From day 1 to the 11th year, all the pains of your childhood, day-by-day, month-by-month, year-by-year, bring it up and give it to the space.





3. Bring your hands in front of your face and look at the lines of your hand. Study your own hand. 5 minutes.
4. Cover the face and eyes with the hands. Try to see into infinity through your closed eyes. 15 minutes.
5. Hands cross at the Heart Center, right hand over the left. Inhale deep and hold. Exhale. 3 times. Chant: HAR HARE HARI WAHE GURU. Create a Systematic Sound. Pause between each syllable of the mantra. Done in a monotone without music. Addresses the tattvas and the aura. 5 minutes. Then, whisper strongly for 30 seconds.
6. Bend forward and place your hands on the ground. You may come into Baby Pose if you prefer. Ardas Bhaee is played (Nirinjan Kaur's version). Yogiji plays the gong lightly & intermittently over the recording. 11 minutes.
To End: Stretch your hands forward as hard as you can and come up. Keep your eyes closed.
7. Stretch the arms above the head in Prayer Pose. Absolute prayer. Create your own profile in prayer now. State your intention; who you want to be. Make a profile. Not a prayer. A profile in prayer. This is what you want to be. 3 minutes.
8. Shake your hands vigorously. Shake your whole body. 30 seconds to 1 minute. Sit and relax.
9. Wave your hands in front of your face and eyes to clear your eyesight. Just a few seconds.
10. **To Close:** Close your eyes and inhale deep. Take this prana into every part of your body. Let the breath of life circulate. Exhale. Inhale deep. Hold it tight. Circulate it throughout your entire being. Exhale. Inhale deep. Suspend. Feel the pranic energy from the tip of your hair to your toes. (Gong is played lightly.) Exhale.

