



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

Eyes: Fix the eyes 1/10th open.

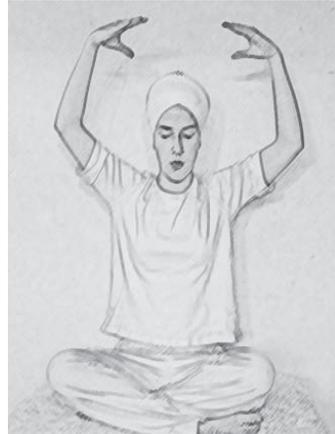
Mudra: Extend the arms up in a circular arc so the palms and fingers of each hand face down about 6 or 8 inches over the crown of the head. The hands are separated by about 12 inches. The thumbs separate from the fingers and hang loosely.

Breath: Breathe in a three-part pattern: Inhale in 8 equal strokes. Exhale completely in 8 equal strokes. Suspend the breath out for 16 beats in the same rhythm.

Mantra: Mentally repeat the mantra, SAA-TAA-NAA-MAA 8 times with each full cycle of the breath.

Time: Continue in this pattern for 11 minutes. Begin with 11 minutes, increase to 22 and then slowly increase it to 31 minutes.

To End: Inhale deeply, and raise the arms high up over the head. Stretch the arms backwards and upwards. Drop the head back and look up. Stretch with all your strength to extend the lower back and the neck. Then exhale and let the arms down. Repeat this final breath 2 more times. Relax.





Comments:

This meditation requires some endurance and practice to perfect it. The arms will seem comfortable at first, but they often become painful after a period of time. When that occurs, become very calm and draw your focus onto the breath and the mental mantra. Let the images and sensations of the arms fade. The arms trace out the upper arc in the aura that shines around the body. This increases the flow of prana through the Crown Chakra, the upper solar center. This in turn releases a powerful stimulant to the pineal and pituitary glands. The result is an increase in intuition. Intuition is a perceptual function of the entire brain and the whole mind. Intuition corrects the often mistaken judgements from the psychic realms. Most psychics read fragments of the subconscious. They use these pieces of the psyche for their own purposes. This meditation gives you the blessing to be still and to discriminate the real from the unreal, the dharmic from the karmic, fantasy from creative imagination. It gives you guidance and relentless dedication to your vision.