



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

**Mudra:** Raise the arms with the elbows bent until the hands meet at the level of the heart in front of the chest. The forearms make a straight line parallel to the ground. Spread the fingers of both hands. Touch the fingertips and thumb tips of opposite hands together. Create enough pressure to join the first segments of each finger. The thumbs are stretched back and point toward the torso. The fingers are bent slightly due to the pressure. The palms are separated.



**Eyes:** Fix your eyes at the tip of the nose.

**Breath:** Create the following breathing pattern: Inhale smoothly and deeply through the nose. Exhale through the rounded lips in 8 equal emphatic strokes. On each exhale, pull the Navel Point in sharply.

**Time:** Continue for 3 minutes. Build the practice slowly to 11 minutes. Practicing longer is only for the dedicated and serious student.

**To End:** Inhale deeply, hold for 10-30 seconds, and exhale. Inhale again and shake the hands. Relax.



**Comments:**

The five elements are categories of quality that are based in the energetic flow of your life force. If all the elements are strong, in balance, and located in their proper areas of the body, then you can resist stress, trauma, and illness. You also do not get confused in conflicts between the two hemispheres of the brain as they compete for the right to make and direct decisions. This meditation uses the hand mudra to pressure the 10 points in the fingers that correlate to the zones of the brain in the two hemispheres. The equal pressure causes a kind of communication and coordination between the two sides. The deep inhale gives endurance and calmness. The exhale through the mouth strengthens the parasympathetic nervous system from a control band of reflexes in the ring of the throat. This calms reaction to stress. The strokes of the exhale stimulate the pituitary gland to optimize your clarity, intuition, and decision-making capacities. This meditation resolves many inner conflicts, especially when the conflicts arise from the competition between different levels of your functioning, e.g. spiritual vs. mental vs. physical or survival needs.