



Sit in an Easy Pose, with a light jalandhar bandh. Keep the torso straight at all times. Do not lean forward or backwards.

Mudra: Bring the hands in front of the body at the level of the Heart Center. Close the fingers over the thumbs into fists with the thumb tips at the base of the little fingers, if possible. Press the fists together at the first knuckles from the tips of the fingers in such a manner that the base of the palms are together and the backs of the palms face away from the center.



Eye Position: Fix the eyes on the tip of the nose. There is no required mantra except the subtle sense of the breath itself.

Breath: Begin the following steady breathing pattern: Inhale deeply through the nose. Exhale completely through the mouth with pursed lips. Inhale smoothly through the mouth. Exhale through the nose.

Time: Continue for 3 minutes. Build slowly to a steady 11 minutes. Build the meditation to a maximum of 22 minutes.

To End: Inhale and hold the breath as you stretch both hands up over the head. Exhale and continue to stretch for 2 more deep breaths. Relax.

Comments:

Caliber is the ability to maintain the projected status and activity of our committed self. When we become our own directive authority, then the psyche can fulfill the self, and you can be happy. Normally we reject authority and initiate chaos out of an attempt to create individuality by difference rather than through integrity and wholeness. This meditation enhances your capacity for caliber, to hold and execute self-authority.