



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

Eyes: Focus the concentration at the top of the head.

Mudra: Make the lower arms perpendicular to the upper arms, with the elbows at shoulder height. Pull the elbows in and the shoulders back, creating a pressure on the spine between the shoulders and the nape of the neck. Place the thumbs over the Sun and Mercury (the third and fourth) fingers. Extend the Jupiter and Saturn (the index and middle) fingers straight upward.

Breath: Breathe long and deep.

Time: Continue for 11 minutes.

Comments:

Feel that you are very saintly. Don't say that Jesus was great; say that he was a great master who taught the technique to be great. This meditation brings the realm of thoughtlessness quickly. It brings the awareness that redemption is not necessary — we are already redeemed. When calmness is experienced inside, it leads you to the experience of the entire universe, and nature serves you in harmony.

