



Part I

Sit in Easy Pose.

Eyes: Close the eyes or keep them 1/10th open.

Mudra: Bring the hands next to the shoulders with the palms forward, the fingers pointing up, the wrists straight, and the elbows relaxed along the sides of the torso. Make Gyan Mudra with each hand (touch the thumb tips to the tips of the index fingers). Move both hands at the same time as if throwing darts. They move forward about 12 to 18 inches (30-45 cm) as you chant each syllable of the mantra:

WHA WHA HAY HAY

WHA WHA HAY HAY

WHA WHA HAY HAY GUROO

This mantra is spoken in monotone. Each beat is spoken distinctly like a dart of sound.

Time: Continue for 31 minutes.

To End: Inhale deeply and hold the breath. Relax.

Part II - with a Partner

Immediately turn to a partner and discuss the question:
"How do I create trust and distrust in my relationships with my communication?"

Time: Continue for 3 minutes.

Part III

Immediately sit straight and place the hands on top of the head. Interlace the fingers. Create a mild pressure on top of the head. Twist smoothly side to side. Inhale left, exhale right.

Time: Continue for 3 minutes.

To End: Inhale to the center and hold the breath as you concentrate on the crown of the head. Then relax.





Comments:

This meditation lets you merge into the feeling of totality. When you speak from that feeling you create trust. With trust you establish strong relationships. In the beginning of this tradition of Naad Vidya, the practice was only given to families and to children from royal lineages. The families had to be worthy of the training for seven generations or the applicant was not accepted. There were two places of study. The Guru would send the student to a gurusala to learn discipline from a teacher, or to a dharmasala to learn the ways to live and behave. Over time these were combined into ashrams. The gift of these practices is the power of vak siddhi, which lets you have sensitivity to the subtle roots and to the impact of sound. You learn the sound of things and the subtle sound of consciousness that allows all other sounds to be.