



Precede the meditation with a vigorous yoga set which includes pranayam.

Sit in Easy Pose with the spine erect.

Eyes: The eyelids are 9/10 shut, with the eyes looking downwards. Concentrate mentally at the Third Eye Point.

Mudra: Hands in Gyan Mudra.

Focus: Keeping the spine straight, begin releasing all the tension from the spine outward. Let each segment of the spine release and each area of the body relax.

Time: 22 minutes. It will take about 11 minutes to release your tension. In the second cycle of 11 minutes, all your intuitional capacities will be aroused.

Comments:

This meditation develops a taste for the experience of expanded awareness. It creates sensitivity and the ability to extend the aura out to link with the whole team energy. You will know what is happening to everyone at the same time, and sense where they are, and sense what they are about to do. This sensing includes those opposing you too. You will develop the ability to sense the energy flow in any situation. This meditation was taught by Yogi Bhajan in Vancouver, B.C. to Canada's Olympic Swim team in 1973.

