

K.R.I.Y.A.S.

Meditation No. 1/5/78

#03

General Position:

Sit in easy pose with a straight spine

Hands:

Hands are cupped at the heart center, asking a blessing from God, gurprasad.

"A simple Muslim prayer" mudra.

Arms:

Bring arms into chest so that they rest on the rib cage.

Legs:

Sit on the ground with the legs in an easy, cross-legged position or in a chair with the weight of both feet equally distributed on the ground.

Breath:

Normal breath.

Eyes:

Begin with eyes "90% closed" and allow them to close completely during the meditation.

Figure No.



Figure No.

Mantra:

None given.

Locks or other conditions:

Arms supported by the rib cage, the hands are held "with body."
Maintain the standard posture.

Mental Focus:

Meditate on the international sense of universal soul...feel a deep inflow.

Mental images:

Practice Conditions:

Length of time:

Left to the discretion of the meditator.

Comments:

"Just let it happen...health, wealth, happiness, your caliber, capacity. It is very restful...the meridian points on the rib cage give immediate relaxation.

Fill your heart, fill your soul with whatever comes from the nature."