

## "Jupiter and Saturn" meditation

This is the best meditation I ever found to be focused.

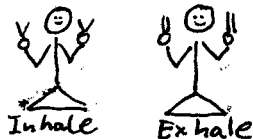
a)



a) Easy pose, elbows at ribcage, forearms up, Jupiter and Saturn finger up and moving towards and away from each other.

Then you think of Jupiter and Saturn doing the same inside of you. Visualize the movement of the planets. Saturn has this ring, jupiter has a couple of moons. Open the fingers seriously. Open it. It produces a very nice pain. **Time: 7 minutes.**

b)



b) Then breathe with the movement of the fingers. Keep the visualization. Inhale open, exhale together. **Time: 3 minutes.**

c)



c) Now open the mouth like an "O", hold the fingers open and do Breath of fire through the mouth. **Time: 1 minute.**

**End:** Then inhale, hold, do hands like a tiger, turn left, twist your spine. Go to the centre and exhale through the mouth. Repeat to the right.

Don't worry about what you will know. Worry about what you know.