

Meditation for dyslexia, balance of brain

Works on the balance of the brain and is the best kriya for dyslexia. Your brain will feel better and it increases your intuition.

In Easy pose. While thinking the "SaTaNaMaWaHeGuru" mantra, touch the tip of the thumb with the tip of the different fingers. Both hands. Look on the tip of the nose.

INHALE in six parts, with each syllable:

SA -	pinkie	& thumb touch
TA -	index	& thumb touch
NA -	ring	& thumb touch
MA -	index	& thumb touch
WA -	middle	& thumb touch
HE -	pinkie	& thumb touch
GURU -	open palms and EXHALE.	

End: Inhale, hold, gyan mudra, exhale.

Inhale, hold, hands of the tiger, twist left, exhale to center.

Inhale, hold, hands of the tiger, twist right, exhale to center.

This kriya is also good for autistics, when they have advanced.

Autistics

The best exercise for autistics is the SaTaNaMa meditation with the movement of the fingers. If they are very autistic, you touch the fingers and help them to move slowly with SaTaNaMa. Then they slowly come back.

