

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

Meditation No. 2/10/78

#10

General Position:

Sit in easy pose with a straight spine.

Hands:

Interlock the thumbs with the right thumb crossed over the left (women opposite). Fold the fingers of both hands into fists. Hold the hand position at the heart center.

Arms:

Extend the arms straight out in front of the body parallel to the ground. Bend at the elbows and draw the forearms in until the hands meet at heart level.

Legs:

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

Breath:

Deeply inhale and completely exhale as the mantra is chanted.

Eyes:

The eyes are 1/10 open.

Figure No.



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Mantra:

Chant the following mantra in a monotone:

GOBINDA, GOBINDA, GOBINDA, GOBINDA, GOBINDA, GOBINDA, GOBINDA

- Emphasize the second syllable of each "GOBINDA."
- Strongly emphasize the last syllable ("DA") of the last "GOBINDA."
- Pronounce the mantra properly at all times.

Locks or other conditions:

Lock the thumbs and maintain the lock throughout the meditation.

Mental Focus:

Focus on the mantra and be sure to pronounce each repetition properly.

Mental images:**Practice Conditions:****Length of time:**

Begin with 11 minutes and slowly build to 31 minutes.

Comments:

None given.