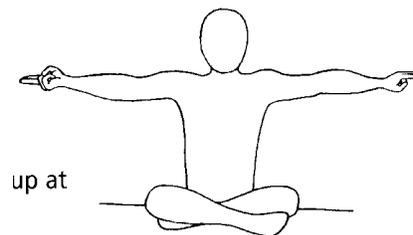


Meditation for Blessings

Part 1

Mudra: Sit in Easy Pose with a straight spine, chin in, chest out.

Hand position: Bend the ring and pinkie fingers into the palm, and hold them down with the thumb. Extend the index and middle fingers out straight. Extend the arms straight out to the sides, no bend to the elbows, right hand palm up toward the ceiling, and left hand palm down towards the ground. Keep them up at shoulder level, parallel to the ground.



Eyes: Gaze at the tip of your nose

Music: *Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio* by Giani ii. (YB refers to this tape as the "Paris Tape.")

Time: 11 minutes.

End: Inhale, hold the breath, and concentrate on all the vertebrae of the spine, starting from the base, and going all the way up to the neck, pulling them into the spine, tightening them into place. Hold the breath 20 seconds. Cannon-fire the breath out. Repeat 3 times total, expanding the lungs wider on each inhale, and tightening the spine with all your power each time. Relax.

Comments/Effects: The spine must not move. As you look at the tip of your nose, your forehead will begin to feel like lead. This is a pressure which is helping to develop the frontal lobe, which controls the personality. Just go through it and conquer the pain. The hands must be in balance with the spine because with these hands you will heal. You need that touch, so let the energy flow.

The words you are singing mean, "God, take me from darkness to light." It's an affirmation, a prayer. If the exercise becomes very painful, try singing along with the tape" copying the words. It may help. Keep the arms in balance, the spine straight, and stretch the arms out tightly-it will make it easier. Keep the posture perfect in the final 2 minutes-it is a very critical time.

