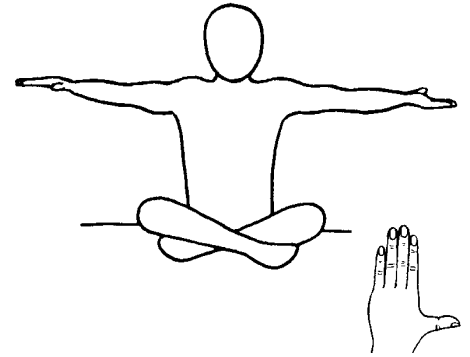


Meditation to Relate to Your Deathlessness

Through this meditation, you are working to get rid of the id, the ego. In this mantra, we are singing to our own deathlessness. This will make you leave a legacy of perfection.

Mudra: Sit in Easy Pose with a straight spine. Extend the arms straight out to the sides, parallel to the ground, with no bend in the elbows. The right palm is flat and face down. The left palm is flat and face up. The palms and fingers should be very stiff and tough, like iron. "Split the thumbs." Extend the thumbs away from the rest of the palm, so they are sticking out to the sides.



Eyes: Stare at the tip of the nose.

Mantra: *The Aquarian March* sung by Nirinjan Kaur is played. Sing along with the tape. The words are: *Sat Siri, Siri Akaal, Siri Akaal, Mahaa Akaal Mahaa Akaal, Sat Nam. Akaal Moorat. Wahe Guru.* Project from the navel.

Time: 11 minutes.

End: Inhale deeply, raise the hands over the head, no bend in the elbow, and strike the two palms together, forcefully, one time. Exactly when you clap the hands together, let the breath go. Then bring your hands back into the posture. Inhale and repeat the sequence, seven times total. Relax.

Comments: In the end, make sure you strike the hands together over the head only one time, and the breath has to come out at the same time that your hands clap.

