

# MEDITATION

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Photography by  
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*With your permission, we will take a journey. I'm going to ask you a question. But before I ask it, please do this meditation. Be patient...don't jump ahead in the article yet. I really want you to be in a meditative mind before we continue the journey. This meditation will connect you to your inner Guru (in other words, it will take you to the place where there is an answer (Ru) in every question (Gu)).<sup>1</sup>*

What you are about to read is a unique weight loss program that I give to my students. Keep in mind that this program will be very, very different from any you have ever seen or attempted.



## Meditation to Take the Finite to Infinity

Sit in Easy Pose,\* spine straight. Chant the tune-in mantra, *Ong Namō Guru Dev Namō*, three times. Now raise the arms out to the sides, and bend at the elbows so the upper arms are parallel to the ground and the forearms are perpendicular to the ground. Hands are in Gyan Mudra\* with the index fingers and thumb tips touching lightly. Eyes closed, concentrate at the Brow Point.\* Slowly and rhythmically chant the mantra *Wahe Guru*, broken into four syllables: *Wha Hay Gu Roo*. Take a deep breath before each repetition of all four syllables. Continue for 3 to 11 minutes. At the end of the meditation, lower the arms.

**Now, here comes the question. Ask it out loud, to yourself: “Am I overweight?” No extensive thinking...just get the quick and immediate answer from deep in your consciousness...Yes or No.**

The reason for embarking on this process is because we are continuously inundated with information about body image and diet: Atkins...Jared...fashion industry going up only to size 10 as the standard...adult onset diabetes...thinner actors and models selling an impossible norm...my lying bathroom scale...popular and expensive cosmetic surgeries....Too much information! It has all turned into the clash of the ideal and the real. It takes genuine clarity to acknowledge all the messages and then come to an inner state of knowing what is right and true for you.

Photography Location: Rifle Gallery, Los Angeles, California, USA  
323-644-0824  
Model: Sat Jiwan Kaur Khalsa, yoga teacher at Golden Bridge, Los Angeles  
Yoga Clothing by Lucy in Los Angeles, California, USA [www.lucy.com](http://www.lucy.com)

<sup>1</sup> In Sanskrit **gu** means darkness or ignorance, and **ru** means light.