

# two-part meditation to realize your grace and rise above reflex actions

Through this breath meditation you realize your grace and you don't need to find God: He will find you. The heart center opens and your consciousness is altered.

**1. Sit in Easy Pose.\*** Breathing only through your nose, inhale completely in 16 equal strokes. Resist each inhalation slightly by making your nostrils smaller. Then exhale in one continuous breath. Hear the sound of your breath on the inhale as *Sat* (rhymes with 'but,' and means 'truth'). Let the breath and sound strike the bend of the nose as you inhale. Focus your eyes on the bend of the nose between the eyebrows. Do this for 5 minutes on the first day. Then each day increase the time by 1 minute to a maximum of 31 minutes.



**2. Sit in Easy Pose** and chant the mantra *Sat Nam\** (rhymes with 'but Mom') according to the Law of Seven, also known as the Law of Tides: vibrate *Sat* in six waves, letting your voice rise and fall within each wave, and let *Nam* be the seventh sound. On each wave, thread the sound through the *chakras*,\* beginning at the first chakra. On *Nam*, let the sound and energy radiate from the seventh chakra at the top of the head through the *aura*,\* unto Infinity.

First chakra – base of spine, rectum

Second chakra – sex organs

Third chakra – Navel Point

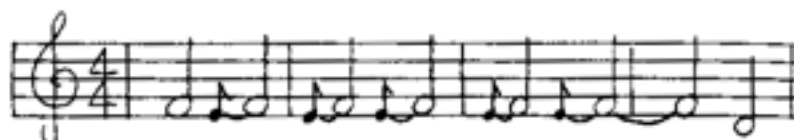
Fourth chakra – heart

Fifth chakra – throat

Sixth chakra – Brow Point\*

Seventh chakra – top of the head

**Continue for 15 minutes.**



Sa -a -a -a -a -a -t Nam

#### Comments:

*We must rise above reflex actions in dealing with our instincts or we become less than human and lose contact with our source of higher energy, integration, and inspiration. If we are to find God, the Infinite, we must first stop looking for Him and find ourselves. To find ourselves we must first value ourselves and the life energy that sustains us. A person who begins to meditate on the breath begins to value life, because breath is the active link between God and life. It is a journey of consciousness. ■*

\* See Glossary, p. 35.