



The Healing Zone exists everywhere and in all of us. It is reached by refinement of your spiritual channels of energy in the subtle body. This practice is a most sacred knowledge. When the kundalini energy awakens it is called Shabd Brahm—the voice of God. It empowers your Word to create in the worlds. During the 10 days, eat a "Tantric Diet." (See Yogic Diet chapter for recipes.)

10 Days To Initiate Your Healing Flow

DAY 1: Do the Sushmuna Meditation

DAY 2: Do the Ida Meditation

DAY 3: Do the Pingala Meditation

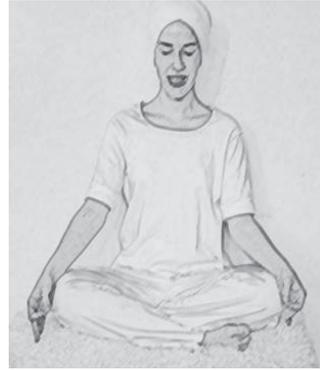
For the remaining 7 days, chant for 1-1/2 hours in an ascending scale:

SAA RAY GAA MAA PAA DAA NEE SAA TAA NAA
MAA RAA MAA DAA SAA SAA SAY SO HUNG

Start at 3 am on the fourth day. Drink nothing but Yogi Tea minus the honey for 20 hours, until 11 pm. From, 11 pm-12:30 am, chant. On the fifth through the 10th days, you can chant any time of the day. An ideal refinement would be to start the next day's chanting where you ended the last: 12:30 am, 2 am, 3:30 am, 5 am, 6:30 am, and 8 am. In this way, you go through and cleanse the zones of the unconscious.

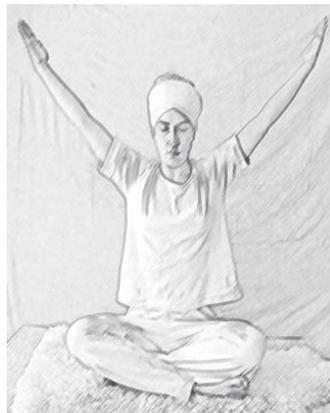
Day One: Sushmuna Meditation

1) Sit in Easy Pose with the spine straight, chin in, and chest out. Form your mouth into a "Leo smile," the lips are pulled wide so that the teeth show. The front teeth are on top of the lower teeth, with a little space in between. Breathe a rapid cannon breath in and out through the teeth. The power of the breath comes from the Navel Point. 5-11 minutes.





2) Open arms up, 60-degrees, palms up. Visualize a body of water that is wider than the ocean, so vast the horizon is not visible. It is Infinity itself. Feel you are ready to jump in. It is in this space of "just about to" that the power lies. Breathe slowly. 3 minutes. Comment: In this posture with this perfect mental state, you can transmute your sexual and sensual energy into a very great clarity and purity.



3) Mentally leap into that water keeping the arms up. Go deeper and deeper to touch the bottom with tons of water over you. Penetrate the water inch by inch and mile by mile. 1 minute.

To End: Inhale, hold the breath, relax your body and let it float to the top. Give your body the lightness of breath; as the breath is getting shorter, you will come up faster. When you see your head breaking the surface of the water, exhale and relax. Maximum time: 1 minute.



Comments: Within 2-1/2 hours after you do this set, you will experience the special energy it produces.

Day Two: Ida Meditation

1) Sit in Easy Pose. Extend the left arm up and out to the side at a 45 angle. Relax the hand and fingers and drop the hand at the wrist. Pump the right hand out to the side, parallel to the ground, with the palm forward; then onto the Heart Center, with the palm toward the chest. Use a cannon breath through the rounded mouth, in and out in equal ratio. The breath should come all the way up from the First Chakra. Breathe powerfully. 5-11 minutes.



2) Bring the hands together at the center of the chest and open them into a lotus. Meditate at the brow on an imaginary screen and see the words HAR HAR WHA-HAY GURROO written as you repeat them mentally. 3 minutes. Then, focus on the lotus of the hands. Imagine a beautiful woman bedecked with flowers and fine scents.



In the ancient tradition it was Lakshmi, the Goddess of Wealth and Prosperity, with two white elephants placing garlands on her, strewing rose petals and spraying nectar water. Be filled with joy. 3 minutes. Now, combine both images at once. 3 minutes. Finally, meditate on a beam of pure light projecting from the Brow Point. Listen to the gong and project light with each stroke. 7 minutes.



3) Repeat exercise 1 for 1-3 minutes.

4) Put your hands into Prayer Mudra at your Heart Center and meditate there. Concentrate on the palms of your hands and neutralize your energy. Listen to Naad, the Blessing by Sangeet Kaur. 4 minutes.



DAY THREE: Pingala Meditation

1) Sit in Easy Pose. Make the hands like a viewer, (look straight ahead through the thumbs and palms) in front of the face. Alternately extend one hand 18 inches. Do Breath of Fire powerfully, from the navel. Move fast. Rhythmically combine the hand movement, the Breath of Fire, and pumping your navel. Close the eyes for the last 15-20 seconds. 7-11 minutes.



2) Inhale, extend the arms out to the sides and imagine you are a great eagle, flying in any flight pattern you choose. Breathe slowly and deeply. Go through the heavens. 5-11 minutes.

3) Inhale deeply and spread your wings as far as you can. Concentrate on the power at the tips of your fingers. Begin to flap the arms up and down quickly as you exhale and inhale powerfully with a hissing breath through the teeth. 2-3 minutes.

4) Inhale deeply, hold the breath, pull in the navel tightly for 16 counts, then exhale. Repeat this last breath 2 more times. Relax, open your eyes. Sing along with some lively music for 5 minutes.