



Mudra: Sit in Easy Pose with a straight spine. Bend the ring and pinkie fingers into the palms of the hands, and hold them there with the thumbs. Extend the index and middle fingers straight up, and spread them wide apart. Keep these two fingers very straight, stiff, and hard.

Place the two hands about 8 inches to the sides of each ear, palms facing forward. Stretch your spine up and forward a bit, pull your chin in slightly, and slightly stretch your chest out. Do this to the point where your shoulder blades begin to come together. There will be a pressure on the upper back area, which may hurt, but go through it. Keep your head high. Keep your power flowing.

Eyes: Closed.

Breath: Breathe as long and as slowly as you can.

Music/Time: 11 minutes, in the following segments:

- 7-1/2 minutes, do the meditation with long deep breathing, in silence.
- 2-1/2 minutes, *Ong Namō Guru Dev Namō* by Nirinjan Kaur and Guru Prem. Singh. (The rhythm for the *Ong Namō* is slow.) Meditate in silence, still breathing in posture.
- One minute, music still playing, sing aloud, still holding the posture.

End: Inhale deeply. Relax.

Comments/Effects: The shoulder blade pressure should be so much that they hurt, and may even become numb, but this will release the tension stored in the muscles. This will cause the *shushmanaa*, the central nerve, to flare up. Put a huge pressure on your shoulder blades. If your shoulder blades don't hurt, this will not occur. Learn to conquer the pain, overcome the obstacles, and find the victory within. You are having the first relationship with your self in this meditation. In absolute silence, the world will talk to you. In absolute pain, you can take away the pain of the whole universe.

You have to win today. The victory is yours. Look at the Infinite power in you. Let your love win today. "I am the Lord today. I shall bless all. I shall bless myself. I shall command. I am, I am."

