



Mudra: Sit on your heels, raise your arms up to shoulder level and extend them straight out in front of you. Bend the elbows and bring the forearms parallel to your body, overlapping them in front of your chest, right arm lying flat on top of the left. Make sure the palms are flat and face down. The right palm will be lying flat on top of the left forearm, near the bend in the elbow.



Mantra: Unspecified.

Breath: The breath will become automatically harsh.

Eyes: Closed.

Time: Maximum time is 11 minutes. Done in class for 3-1/2 minutes.

To End: Inhale deep, hold the arm position tight as you pull in tightly on your navel point. Hold the breath in for 25 seconds. Exhale. Relax.

Comments: When you sit on your heels, make sure the shoulders are carrying the weight, not the buttocks. Balance your shoulders and carry the spine. If you are in balance, your aura will change. Hold the hands and arms tight like steel. Put a tremendous pressure on the area from the hands to the elbows, and tighten and lift your spine from this pressure. The heavy pressure on the arms and hands tends to lift the shoulders, which lift the muscles, and in turn lift the spine. Keep the pressure and keep lifting higher and higher. This posture is one of the best ways to adjust your navel point. Through this exercise, you can change the gray matter in your brain, entire nervous system, and spinal column. If you want to experience reincarnation into nirvana, do this meditation for 11 minutes. It will make you sattvic with all.