

Meditation for the Positive Mind



Sit in easy pose with a straight spine.

Curl the ring and little finger and press them down with the thumbs.

Keep the other two fingers straight.

Bring the forearms and hands forward at an angle of 30 degrees from the vertical.

Press shoulders and elbows back firmly but comfortably.

Close eyes and bring your awareness to your 3rd eye point - the point between your brows.

Breathe long and deep.

Mentally vibrate SAA TAA NAA MAA from your brow point out to Infinity.

SA - Infinity Ta- Life Na - Death Ma - Rebirth / Transformation

These sounds describe the cycle of life. The entire mantra means "I meditate in Truth, Truth I am".

(11 - 62 mins)

END: Inhale Deep and exhale three times. Then Open and close the fists several times

This practice opens the heart center and the feelings of the positive self. It is a gesture of happiness.

It has been practiced by many great and wise spiritual leaders including Buddah and Christ. The hand mudra became a symbol for blessing and prosperity.