

# Meditation for a Calm Heart



Sit in Easy Pose

Close Eyes and focus at your 3rd Eye (point between the brows)

Place LEFT HAND on the Center of the Chest  
palm flat and fingers pointing to the right

Bring RIGHT HAND into Gyan Mudra (index and thumb touching)

Raise Right Hand as if giving a pledge

INHALE slowly through both nostrils

SUSPEND breath - retain it as long as possible

EXHALE slowly and gradually

SUSPEND Breath - retain it as long as possible

Continue breath cycle.

(3 - 31 mins )