

General Position:

Sit with a straight spine
in a meditative posture.

Hands:

Interlace the fingers with the palms
facing the body. Touch the thumb tip
to the tip of the mercury (little)
finger on each hand respectively.

Arms:

The mudra is held at shoulder level.

Legs:

Crossed or in any meditative sitting
posture.

Breath:

Inhale completely and repeat the mantra j as you exhale. Inhale and
begin again.

Eyes:

The eyes are nine-tenths closed.

Figure No. 1



Figure No. 2



Mantra:

Inhale deeply and chant the healing mantra: RA MA DA SA! SA SAY SO HUNG. Make the SAY long and pause briefly between SA's.

The mantra is chanted in a particular melody. Refer to tape for correct melody.

Locks or other conditions:

Mental Focus:

Mental images:

Practice Conditions:

Length of time:

Practice for 31 minutes, then inhale, relax, breathe while stretching up for one minute.

Comments:

In the first 3-5 minutes you will feel enthusiastic about it. After another seven minutes you will be "badly relaxed" yawning and spacing out. The next 10 minutes will bring you to a different state of consciousness, ecstasy. The final 10 minutes, you will feel totally conscious.