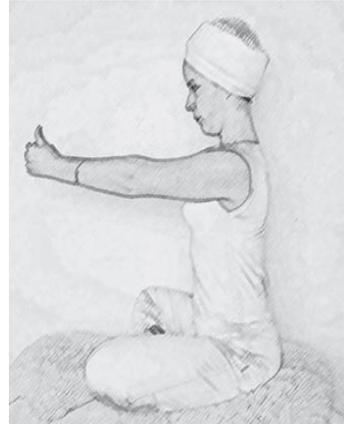




Sit in an Easy Pose, with a light jalandhar bandh.

**Mudra:** Extend both arms straight forward, and parallel to the ground. Curl the fingers of the right hand into a fist. Extend the thumb straight up. Keep the elbow straight and move the fist to the center of the body. Move the left arm to the center and wrap the fingers of the left hand around the outside of the right hand's fist. Extend the left thumb straight up. Adjust the grip of the hands to that the thumbs can touch along their sides as they point up. The tips of the thumbs will form a little "V" like a gunsight.



**Eyes:** Focus the eyes on the thumbnails and through the "V." Look through the V like a gunsight, seeing far away and seeing the V.

**Breath:** Inhale deeply and fill the lungs for 5 seconds. Exhale completely and empty the lungs for 5 seconds. Then suspend the breath out as you stay still for 15 seconds.

**Time:** Continue this breath cycle for 3-5 minutes. Slowly build up to 11 minutes. Do not exceed 11 minutes.



**Comments:**

This meditation can form the basis of an extraordinary sadhana. It adjusts the projection and command of the breath. It improves the caliber of your capacity to reach excellence in life. It is known to conquer normal depression and discouragement. It builds tremendous strength into the nervous system. This is the kind of meditation that must be cultivated and built up gradually. Start with 3 to 5 minutes. Be sure that you can do the meditation perfectly for the entire length of time you choose to practice. If not, lessen the time and build up. As you master the practice, you can increase the time that you hold the breath out from 15 seconds up to 60 seconds. Pick a time that is realistic for you. Then build the practice time up to 11 minutes. This is enough time to interrelate the projection of the prana throughout the Pranic Body. Do not press this sadhana longer. Remember to keep the elbows straight during the entire meditation. If you feel dizzy or disoriented in this practice, be sure you are doing the suspension of the breath properly, and that you are holding the Neck Lock (jalandhar bandh). If you are correct, then have a partner supervise your practice by timing it, having a glass of water handy, and giving you a massage at the end. Then build your nervous system to a new level. When it is strong, you will feel a new stability and trust in yourself.