



Part I

Lie on the back, fully relaxing the face and body. The eyes are closed.

Mantra: I AM GRACE OF GOD

(If a man practices this, he says "I am IN the Grace of God.")

4 Inhale deeply, hold the breath in while silently repeating 10 times. You can tense your fingers one at a time to keep count

4a Exhale all the air out, hold it out and repeat the mantra 10 times.

4b Continue this process of repeating the mantra 10 times on each inhale and 10 times on each exhale, for a total of 5 inhalations and 5 exhalations. This totals 100 silent repetitions.



Part II

Relax your breath, and with eyes still closed, slowly come sitting up into Easy Pose. Bring the right hand into Gyan Mudra. The left hand is held up by the left shoulder, palm flat and facing forward, as if you are taking an oath. This is called the "vow" position. Keep the breath relaxed and normal. Tense only one finger of the left hand at a time, keeping the other fingers straight but relaxed. Meditate on the governing energy of each finger (see table below), then repeat the mantra aloud 5 times. Continue this sequence for each of the remaining fingers, finishing with the thumb.

To End: Relax and meditate silently for a few minutes.



Comments: It is said that when a woman practices this meditation for one year, her aura will become tipped with gold or silver, and great strength and God's healing powers will flow through her. The technique of positive affirmation has been around for thousands of years. It is nothing new. Words increase in power through repetition, and when you are repeating truth, the impact is enormous. Yogi Bhajan gave us this meditation, which is one of the most powerful affirmations a woman can do. The fact is, woman IS the Grace of God. Woman is shakti. The problem is, she doesn't know it. This meditation is designed to evoke and manifest the inner grace, strength, and radiance of each woman. It helps her to tune in directly with the Adi Shakti, the Primal Power within her own being. It empowers a woman to channel her emotions in a positive direction, strengthen her weaknesses, develop mental clarity and effective communication, and gives her the patience to go through the tests of her own karma. It enables her to merge the limited ego into Divine Will, as well as to improve her physical health. By practicing this meditation, a woman's thoughts, behavior, personality, and projection become aligned with the Infinite beauty and nobility unveiled by the mantra. It balances the five elements. The amazing thing is, this is such an easy meditation to do! You might pass it over because it is so simple, and not realize what a profound effect it can have on your life. Practice it faithfully, twice a day for 40 days. It is recommended for women going through menopause to practice it 5 times a day. Practice it on an empty stomach.

- Little Finger**- Mercury -power to relate & communicate, subconscious communication with self
- WATER
- Ring Finger**- Sun & Venus- physical health, vitality, grace, and beauty FIRE
- Middle Finger** -Saturn channel emotion to devotion & patience- AIR
- Index Finger** Jupiter wisdom and expansion, open space for change ETHER
- Thumb** -positive ego -EARTH