



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

**Eyes:** Fix the eyelids 1/10th open.

**Mudra:** Relax the arms along the sides. Bend the elbows and raise the hands in front of the chest to the level of the Heart Center. Place both palms facing out from the chest with the fingers of each hand together pointing straight up. Extend the thumbs away from the other fingers toward the center of the chest. Hook the two thumbs together. Turn the right palm forward until the hand is parallel to the ground with the fingers pointing forward. The right wrist is bent at a 90- degree angle. The left palm faces forward and is perpendicular to the back of the right hand. Keep the thumbs locked throughout the meditation.



**Breath Pattern:** Regulate the breath: inhale slowly and deeply. Hold the breath in as long as you comfortably can. Then exhale completely in one slow breath. Hold the breath out as long as possible without gasping. Continue the cycle.

**Time:** Meditate for 11 minutes.

### **Comments:**

The Composite Polarity Mudra Meditation teaches you subtlety and command. It is a precise mudra that requires fixed attention to maintain it through the kriya. It is subtle. The relation between the heartbeat and the repair of the arcline for health requires careful focus. It is the same in any skill. Over time and practice you learn to sense the distinctions that make a difference and that enhance your skill and pleasure in the task. This meditation gets better and better with constant practice. It has dimensions that are difficult at first but which unveil themselves over time. This is an excellent practice for advanced students. It can be taught to beginners, but do not expect them to notice the finer distinctions that make this meditation so enjoyable and unique.