

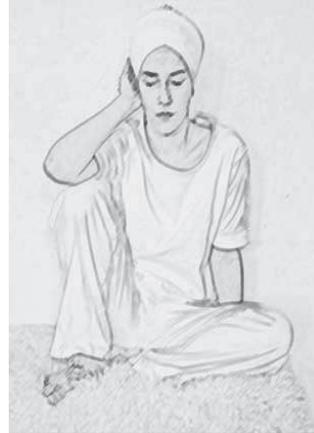


**Eyes:** The eyes are closed and focused at the Brow Point.

**Mudra:** Raise the right knee up with the right foot flat on the ground, toes pointing straight ahead. Place the sole of the left foot against the arch and ankle of the right foot. The ball of the left foot rests just in front of the ankle bone of the right foot. Make a fist of the left hand and place it on the ground beside the hip. Use this to balance the posture. Bend the right elbow and place it on the top of the right knee. Bring the right hand back along the side of the head with the palm facing the ear. Form a shallow cup of the right palm. Then bring it against the skull so that it contacts the skull below the ear but stays open above the ear. It is as if you formed a cup of the hand to amplify a faint sound that you want to hear.

**Mantra:** Inhale deeply and chant the mantra in a long, full, smooth sound. Project the sound as if someone is listening to you. As you chant, listen to the sound and let it vibrate through your whole body. If you chant in a group, hear the overtones that develop and let those tones vibrate all around you and in every cell of your body. The mantra is: MAAAAAAAAAAAAAAAAAAAAA  
Chant it at a comfortable high pitch. When you have exhaled completely, take another deep breath and continue. In a group you may all inhale at different times. The group sound will seem continuous.

**Time:** Continue for 11-31 minutes. Then change the legs and ear to the other side. Continue for an equal amount of time. Start slowly. Learn to hold the concentration into the sound. Build the meditation on each side to total 62 minutes.





### **Comments:**

It is difficult to focus on your higher feelings and sensitivity if you feel fearful and unprotected. If the universe seems hostile, uncaring, and non-responsive it is easy to become filled with cynicism, despair, and hopelessness. In that depressed state it is impossible to sense the fullness and possibilities of life. It is very difficult to solve the very problems that upset you. Those feelings occur when the aura that surrounds the body is weak and small. The human aura can extend out to nine feet in all directions. If it drops below four feet, we tend to become depressed. We cannot fight off negative thoughts from within or from the environment. If we can extend the aura, the outer arc of the aura acts as a filter and a connector to the universal magnetic field. It is that outer circumvent field that preserves the integrity of the aura, the furiously active blend of thoughts and feelings that emanate from our body and mind. The aura can be temporarily expanded. One way is to connect your aura with the universal field by using an inner seed sound that activates the power of the Heart Center. The compassion of the universe uplifts and expands you. It provides a Divine Shield to accompany you through your trials and tribulations. This meditation does exactly that. If you make it a regular practice, you will become positive, fearless, and happy. Nothing will stop you as you pursue your goals. It will eliminate the feeling of loneliness and separation from your soul. The sound of MAAA calls on compassion and protection. It is the sound that a baby uses to call on the mother. Here, your soul is the child, and the universe becomes the Mother. If you call, She will come to your aid and comfort. When this shield is strong, it is easy to sense the tide of the universe, the Tao. You become spontaneous and vital as you move in rhythm with the greater reality, of which you are a part. When the shield is strong you are protected from the impact of your own past actions. You are like a great ship that turns toward God and reality and then must cross the waves of your own wake that you created by your past actions. The shield keeps you alert and awake to the real task of your life