



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

Eyes: Focus the eyes past the tip of the nose toward the distant ground and beyond into the depths of the Earth.

Mudra: Relax the arms down along the sides. Bring the hands in front of the chest with the palms toward the torso. Keep the elbows snug against the side of the ribs. Join the hands along the sides of the palms and the sides of the little fingers. Spread the fingers and thumbs apart. Bend the wrists so the palms face up toward the sky.

Breath & Mantra: The breath must be precise. Inhale deeply and slowly through semi-puckered lips. Hold the breath in for 4 seconds (or the length of one mental cycle of the mantra). SAA TAA NAA MAA. Then exhale powerfully in 4 equal strokes through the nose. As you exhale mentally recite the mantra:

SAA TAA NAA MAA

Then hold the breath out for 2 seconds or the length of one mental WHA-HAY GUROO.

Time: Continue for 11 minutes. With practice, increase to 31 minutes.

Comments:

This is a potent meditation for the glandular system. It is a "medical meditation." Its effects are strong enough to help the system fight disease. It does not replace allopathic forms of medicine, but it does open the healing and preventative capacity of your body. The meditation focuses its effects on the glandular system, the guardians of your health. Be careful to start slowly with this pranayam. It can make you very spacey and dreamy. It is best to practice this before going to bed. If you master it, you will know why the yogis and sages always call breath the energy of life.

