



**Posture & Mudra:** Sit with a straight spine in Easy Pose. Interlock the fingers with the right index finger on top of the left index finger. The heels of the hands are joined and the thumbs are together and stretched back so that they point straight up. Relax the arms down with the elbows bent. The forearms are pulled up and in toward the chest until the hands are positioned in front of the chest between the solar plexus and the heart. Keep the thumbs stretched back.

**Breath:** Deeply inhale. Completely exhale as the mantra is chanted once.

**Eyes:** Closed.

**Mantra:** Chant the following mantra as the breath is completely exhaled:

RAA RAA RAA RAA

MAA MAA MAA MAA

SAA SAA SAA SAT

HAREE HAR HAREE HAR

**Time:** Continue for 11 minutes

**To End:** end with a deep inhale, suspend the breath at least 15 seconds. Exhale through the mouth. Repeat 3 times. When practicing this meditation at home, you can extend the time to 31 or 62 minutes, or longer.

