



Meditation for Guidance

1 exercise 16 min - 2 hrs 41 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

Build your practice of this meditation slowly up to 31 minutes. At times when the path of truth and clarity seems lost, calm yourself and still your mind, then the path will come to you. In this meditation, the head is out as if to be sacrificed and given to the Guru or the higher Self. Besides strengthening your mental direction, it can alleviate any blood disease. For yogic therapy, this meditation can slowly be built up to two and a half hours.

To live life according to the guidance of the inner truth is essential. If you don't, you will have doubts. If doubts are not removed, then frustration comes in. Frustration, when not released, leads to anger. Anger then leads to destructive action either to the Self, others, or both. To stop this vicious cycle, create the habit to still the Self and ask questions of your own higher consciousness. This meditation develops that capacity.

1. Meditation for Guidance

Mentally Vibrate (11 minutes)

1. Sit with straight spine in Easy Pose or Lotus Pose.
2. Make the hands into a cup with the palms facing up. Leave a small gap between the sides of the Mercury (pinkie) fingers.
3. Bow the head forward over the palms. Look into the palms with the eyes almost closed.
4. Inhale in 10 segments and exhale in 10 segments.
5. Mentally vibrate the mantra Whaaho Guru. Vibrate Whaaho with each segment of the inhale and Guru with each segment of the exhale.

Chant in a Monotone (5 minutes to 2 hours 30 minutes)

1. Sit with straight spine in Easy Pose or Lotus Pose.
2. Chant in a monotone: Whaaho aloud 8 times and then Guru aloud 8 times.

Mantra

Whaaho Guru



