

# Meditation for Graceful Enlightenment and Strength of Heart

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**POSTURE:** Sit in a precise meditative posture with crossed legs. First take the left leg into the body with the heel close to the groin. Then move the right leg over the left. Place the right calf over the sole of the left foot. Slip the toes of the right foot into the crease between the calf and the thigh of the left leg, just behind the knee. Apply Neck Lock, straighten the spine and lift the chest.



**MUDRA:** Again, the position is very precise. Lift the arms up, and bending at the elbows, cross them behind your head. Grasp the upper left arm around the triceps with the right hand. Press on the point at the base of the deltoid muscle on the upper left arm. With the left hand grasp the upper right arm at the shoulder with the thumb tip on the dimple of the upper deltoids. You are pressing the meridian points at the origin and insertion points of this major muscle, which controls many lung functions and praana. Adjust your arms, stretching up and back from the shoulder so that you can fix this position

steadily. Avoid resting the weight of the arms on the back of the head. Let the angels lift the elbows up and become weightless.

**EYES:** Focus at the tip of the nose. Look down; but do not cross the eyes.



**MANTRA:** Gobinday, Mukanday, Udhaaray, Apaaray, Hareang, Kareang, Nirnaamay, Akaamay

Sustainer, Liberator, Uplifter, Deliverer, Creator, Destroyer, Beyond names, Beyond Passions

Chant this mentally, in a steady rhythm.

**BREATH:** Sitali Praanayam. Roll the tongue and inhale through the “U” of the tongue in a long, slow deep breath. As you fully fill the chest do it consciously and gently so you do not strain the ribs. Practice gradually. As you suspend the breath lift the chest; do not put additional strain on the muscles. As you inhale mentally repeat the mantra twice. Then suspend the breath. As you suspend the breath mentally repeat the mantra two times at

the same pace. Let the breath go in a steady controlled manner through the nose. Mentally repeat the mantra two times at the same pace.

This is often the hardest part to master. How gracefully you can release the breath depends on how well you mastered the inhale and the suspension. If your breath capacity is not yet developed, then practicing praanayama and other supporting kriyas that expand the lung capacity, along with breath of fire, will help.

There are 16 beats in the 2 repetitions; repeated on the inhale, the suspension, and on the exhale. Some practitioners systematically increase the breath to 32 beats on each part of the breath cycle, which is 4 repetitions of the mantra.

**TIME:** 31 minutes. If you are a beginner, try it for 11 minutes; rest briefly with the arms relaxed; and then start again.

**TO END:** Inhale through the nose, suspend briefly, exhale through the mouth. Repeat this three times. Then inhale and gradually stretch the arms up. Relax. Move the shoulders. Massage them and take care of yourself. Relax before doing some other activity.

## *Hints for Practice and Master*

Balance is a key to experiencing the depth of this meditation. For some people it is easy; for others it takes some adjustment. So begin by adjusting the posture. Do your best. Relax mentally. The arms reach back unequally because the origin and insertion points on the deltoid are in different locations. That slight angular imbalance creates a pressure, which contributes to the positive pressure on the lungs and heart. It is a cardio-pulmonary healing marvel. The Heart Chakra is opened. The sixteen beat pace of the mantra multiplies the projective power of the breath and energetically engages the throat chakra, which supports the massive inflow of energy into the Crown Chakra and insight at the Third Eye.

It is an advanced meditation in many respects. The suspension of the breath is the cauldron that mixes the infinite and the finite. With practice, it brings you to the state of shuniya and then into turiya. The mantra, which you repeat on each of the three parts of the breath, becomes the sound current that guides your mind and in which you immerse yourself in stillness. As you inhale and exhale, it imbues a subtle pulse throughout all your creative activities in life. As you suspend the breath, it becomes the body of your consciousness. You are everywhere and nowhere. A very unique and special experience will emerge on its own terms within you. Then you will intuitively know how to use all you have sensed and analyzed to act in the creative dignity of your own consciousness. Nothing can shake you. In the Siri Guru Granth Sahib there is a slok that says “I received my breath in sixteen strokes, I held it, and I found God.” So this practice has long been revered. Be present and patient; the sudden beauty of springtime surprises and delights us every year, in its own time.