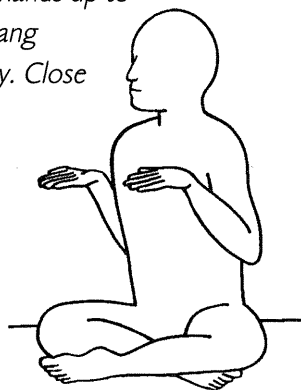


MEDITATION TO ENRICH THE MIND

Sit with your spine straight. Put the right hand palm up and the left hand with palm down. Put the elbows by the sides and lift the hands up to the level of the heart center. Do not let the hands hang loosely or without balance. Hold both hands steadily. Close your eyes.

*Chant with the tape "Pavan, Pavan"
by Gurushabd Singh Khalsa.*



***Pavan pavan pavan pavan para paraa pavan guroo,
Pavan guroo whaa-hay guroo whaa-hay guroo pavan guroo.***

*The air, the air, the air, the air. The Infinity and beyond the Infinity.
The air is the Guru.*

*The air is the Guru. Wha! The Guru is beyond description.
Wha! The Guru is wonderful. The air is the Guru.*

Be sure to use the tip of the tongue distinctly. Continue for 31 minutes. Then inhale, hold the breath for 10-15 seconds. Concentrate on your hands. Then bring your hands together and exhale. Inhale deeply in the original posture. Hold the breath and stretch your spine upwards. After 10-15 seconds exhale strongly. One more time, inhale deeply. Stretch your spine totally. Keep the chin in, chest out. After 10-20 seconds exhale through the mouth powerfully. Relax.