



Experience the Gift of Life

March 24, 1977



POSTURE:

Rock Pose. Sit on the heels with the spine straight.

LOCKS OR OTHER CONDITIONS:

Point the chin straight up as high as possible without impinging or cramping the neck. Raising the chin may cause the jaws to lock.

MUDRA:

Bring the hands in front of the throat and place the left hand on top of the right, palms down. The left hand points to the right and the right to the left. Keep both arms parallel to the ground.

SEGMENTED BREATH:

Deeply inhale in four equal parts. Completely exhale in four equal parts.

EYES:

1/10th open.

MANTRA:

Sohang. On the inhale, mentally vibrate **So** with each part of the 4-part inhale (**So So So So**); on the exhale, mentally vibrate **Hang**, once for each part of the 4-part exhale (**Hang Hang Hang Hang**).

TIME:

Begin with only **3 minutes** and slowly increase the time to **31 minutes**.

COMMENTS:

The key to this meditation is to keep the chin raised as high as possible, pointing up at all times. Your body and mind will want to lower your chin but don't give an inch.