

# K.R.I.Y.A.S.

Meditation No. 3-14-77

Meditation into Positivity

## General Position:

Sit in a comfortable meditative posture with a straight spine.

## Hands:

Fold the fingers down onto the mounds of the hands. Stretch the thumb back as far as possible. The palms face forward.

## Arms:

Bend the elbows so that the hands are held at the level of the ears, and so that the forearms, upper arms, and the shoulders are in one plane. Do not twist the hands or allow the arms to come forward.

## Legs:

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground.

## Breath:

Completely inhale in four equal parts. Exhale all the breath from the lungs in four parts.

## Eyes:

Open 1/10th



## Mantra:

As the breath is inhaled, mentally vibrate "SO, SO, SO, SO" (one "SO" for each part of the breath) and as the breath is exhaled, mentally vibrate "HUNG, HUNG, HUNG, HUNG" (one "HUNG" for each part of the breath).

## Locks or other conditions:

None

## Mental Focus:

Focus on the mental vibration of the mantra and on the breath.

## Mental images:

None

## Practice Conditions:

None

**Length of time:** Start by doing this meditation for three minutes. Gradually build the time up to 31 minutes.

## Comments:

This meditation looks simple, but it can simply make you a saint.