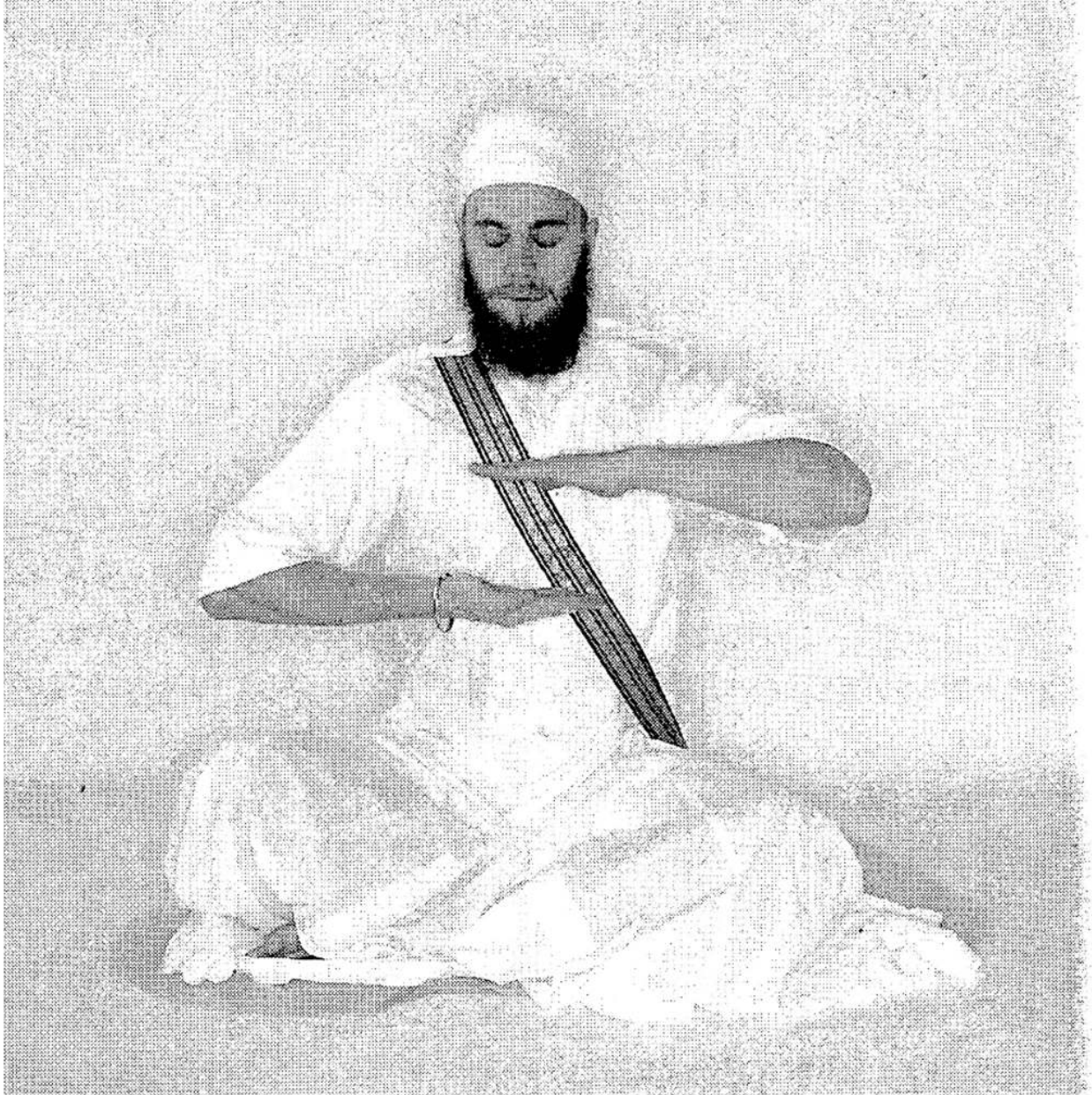


# *KY meditation Eight Stroke Breath Meditation*



## *What It Will Do for You*

**This meditation will work on your Arcline.**

## ***How to Do It***

**Posture:** Sit calmly with a straight spine. Bring the hands in front of the Heart Center. The two palms face each other, about four inches apart, with the elbows pointing out to the sides. The forearms are parallel to the ground. The left hand is on top with the palm facing down. The right hand is directly underneath the left, with the palm facing up.

**Eyes:** Look at the tip of your nose and concentrate.

**Breath:** Inhale through the nose in 8 equal strokes; exhale through the nose in 8 equal strokes. Make the breath a continuous rhythm; do not pause between the inhale and the exhale cycles.

**Mantra:** Mentally vibrate SA TA NA MA SA TA NA MA on the inhale and the exhale.

**Time:** 11 Minutes.

**To Close:** Inhale deeply and hold for 30 seconds. Exhale and relax.

*taught April 1981, source Kundalini Yoga Man to Man 5*