



The Moon Mudra

1 exercise 18 min - 42 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

It takes 11 minutes for the body to adjust and start reacting to this meditation. After the 11-minute preparatory phase, continue to hold the same position for an additional 7, 11, 21, or 31 minutes. The meditator will hold the same position for a total time of 18, 22, 32, or 42 minutes.

1. The Moon Mudra

The Moon Mudra (18 minutes to 42 minutes)

1. Sit in a comfortable meditative posture with a straight spine.
2. Place the right hand on top of the left hand (left hand points to right; right hand points to left) with both palms facing down.
3. The thumbs are extended toward the body and touch at the tips forming a triangle.
4. Place the hands at chin level with the thumb tips directly under the chin.
5. Breathe long and deep but relaxed.
6. Open, looking down through the triangle formed by the thumbs.
7. Meditate on the mantra Sat Naam; mentally vibrate Sat on the inhale, and Naam on the exhale.

