

Learning to Meditate

Sit in Easy Pose, with a light *jalandhar bandh*.

EYE POSITION: Focus the lightly closed eyes at the Third Eye Point (between the eyebrows).

MANTRA:

SAT NAAM

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MUDRA: With the four fingers of the right hand, feel the pulse on the left wrist. Place the fingers in a straight line, lightly, so that you can feel the pulse in each fingertip. On each beat of the heart, mentally hear the sound ***SAT NAAM***.

TIME: Continue for **11 minutes**. Build to **31 minutes**.

COMMENTS

This is a good meditation for someone who doesn't know how to meditate, or wants to develop the ability of concentration in action. It allows you to control reaction to any situation and can bring sweetness and one-pointedness to the most outrageous and scattered mind.

