

## MEDITATION TO RELAX AND REJOICE

FEBRUARY 19, 1979

**POSTURE:** Sit in Easy Pose with a straight spine. Be relaxed in this position.

**MUDRA:** Make a fist of the left hand with the thumb inside. Wrap the right hand around the left fist, placing the right thumb over the base of the left thumb. The elbows are relaxed down by the sides.

**EYE FOCUS:** Focus on the tip of the nose.

**BREATH:** Inhale deeply. Chant the following mantra in a monotone:

**HAREE HAR HAREE HAR**

**HAREE HAR HAREE HAR**

**HAREE HAR HAREE HAR**

**HAREE HAR HAREE HAR**

**TIME:** Begin by practicing for 11 minutes. You may gradually build up to 62 minutes and even 2-1/2 hours.



### *About This Meditation*

This meditation is to help you relax and rejoice. It enables you to understand the contrast between working from your ego and working from your inner self, from your soul, aligned with the Will of God. Allow yourself free time to ground yourself after doing this meditation.