

MEDITATION FOR BALANCING THE NERVOUS ENERGIES

HOW TO DO THIS MEDITATION:

Posture & Mudra:

- Sit down in a comfortable posture, either on the floor or in a chair.
- Be sure to be sitting comfortably, elongating the spine. Use a cushion or blanket if you need it.
- Place your right palm against the back of the left hand, so the palm touches the back of the fingers.
- Press the thumb tips together.
- Hold the hands in front of your chest, a few centimeters from the body, with the palms facing the chest.
- The forearms are parallel to the ground so the fingers of the right hand point toward the left side and the fingers of the left hand point toward the right side.
- Keep your chest open and your shoulders relaxed.



Eyes:

- The eyes are one-tenth open.

Breath:

- Inhale deeply through the nose and calmly hold the breath for as long as you can.
- Then exhale completely through the nose and calmly hold the breath out for as long as you can.
- Look for balance in your breath so they have the same strength and length.
- Look for balance also in how long you do the retentions of the breath.
- Concentrate on the breath.

Duration:

- Continue for 7-11 minutes.