

## MEDITATION TO BLESS YOURSELF

APRIL 19, 2000

**POSTURE:** Sit in Easy Pose with a straight spine, and a light Neck Lock.

**MUDRA:** Raise both arms out to the sides, bend the elbows so that the forearms come to a 90 degree angle, fingers pointing to the sky. Hands face forward.

**EYE FOCUS:** Eyes are focused at the tip of the nose.

**MANTRA & MOVEMENT:** Chant along with Nirinjan Kaur's recording of *Humee Hum Brahm Hum*, and move in rhythm with the mantra:

### **HUMEE HUM**

Touch the top of your head with the left hand, blessing yourself.

### **BRAHM HUM**

Return to the starting position.

**TIME:** Continue for **11 minutes**.

**TO END:** Inhale, hold the breath, tighten the spine, and stiffen the left hand. Pull the energy of the spine into the left hand. Exhale. Repeat 2 more times. Relax.



### *About This Meditation*

When you get up in the morning, stretch yourself with cat stretch. Then lie down straight with your right arm alongside you, and bless yourself as you did in the meditation. One blessing is enough to start your day. Start living consciously. Become a human being. Be humble, serviceful, kind, compassionate. Your power to heal is in how much anger you have forgiven yourself for.