

BREATH MEDITATION TO OPEN THE INNER HEART AND SPREAD THE LIGHT:



Eyes: focus in the direction of the tip of the nose.

Mudra: Gian Mudra, or create a celestial communication. (See example in image above)

Inhale - hands at heart in a cup or semi-open lotus

Exhale – hands out to the sides like a W in Shuni mudra.

Shuni mudra (thumb to middle finger) takes your ego out of the way.

A & B. Preparation:

Become aware of, and present with, your normal breathing

And, without forcing, bring it to an equal inhale and exhale

B.

Gradually lengthen the breath naturally and easily, keeping the equal length of inhale and exhale

Note: do not hold the breath either on the completion of the inhale or the exhale.

As you continue volunteer yourself to become completely empty, free of all attachments, free of all fears and free of the illusion that you are in control of anything other than the choice to be present now with your breath.

Adapt an attitude of passionate faith that the beauty of the spirit (God) is present within you and ready to bring its blessings into your life.

C.

Begin to divide the inhale into 8 equal parts

These are distinct steps, phases, segments, but with barely any pause

The exhale will be a continuous flow. Counting to 8 as you exhale, but no steps or phases.

Continue repeating this cycle

BREATH MEDITATION TO OPEN THE INNER HEART AND SPREAD THE LIGHT:

D.

The focus for the inhale is very particular . Here it is described in several different ways.

- you are not taking the breath from outside, but from the inner dimension of the unknown in you
- you inhale with the sense of infinite longing
- unlocking the inner gate and filling yourself from the God inside of you
- drawing the breath in through this gate in the heart chakra
- calling the infinite to flood into you; as if through a valve in the centre of your chest
- taking the breath from a deep mystical well of infinity within
- opening a vacuum in the heart into which the inner spirit will enter
- waking up the sleeping God in you (unzipping/unpacking the divine file)
- the flower of the heart opens and becomes vast, filling your whole aura
- all thoughts, senses and sense of limited self dissolves in this vast expansion of inner self
- renew your sense of self as a flourishing being of light
- the golden radiant body is your true body

E.

The focus for the exhale is (no break in the flow, counting to 8)

- a leap of faith.
- letting the light, consciousness, spirit, prana flow wherever it will
- share and spread the light of consciousness (it never diminishes by sharing)
- to charge and balance the chakras
- to nourish and vitalise the organs
- to purify your environments
- to bless the world
- remember "Pavan Guru"; Through the Air is the Guru (Air carries the fragrant essence of Guru),
And the Guru takes care of all your affairs.

F.

11 to 31 minutes per day.

Practice for the first 40 to 120 days to set the consciousness for the year.

G.

This meditation can be followed with this mantra (monotone or any tune or melody of your choice).

Pavan Pavan Pavan Pavan Par Para Pavan Guru Pavan Guru Wahe Guru Wahe Guru Pavan Guru

Note1: This breath can be practiced in bed for 3 minutes when you first wake up. You may find it easier then to use a 4 step inhale and count of 4 exhale.

Note 2: This is a perfect meditation practice to compliment the meditation of the Bodhisattva; where you inhale the suffering, misery, pain, corruptions of humanity, transform them within the inner ocean and exhale compassion, love, peace and kindness.