

Meditation to Empty Your Mind (source unknown)

Posture: Sit straight in a cross-legged position.

Mudra: Lotus mudra, bring the hands together with the base of the palms, the thumbs and pinky fingers touching. Then spread the index finger, middle and ring finger wide like a lotus flower opening. 6 inches in front of your third eye.

Eyes: Eyes closed

Breath: Slow breathing

Start dumping all thoughts and stresses out of your mind. You can go into bliss.

Time: No time specified.

Finish: Inhale deeply, suspend, exhale and relax.

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Meditation “I am my own Guru” (source unknown)

Posture: Sit straight in a cross-legged position.

Mudra: Hands crossed over the heart center.

Eyes: Eyes closed.

Mantra: Chant “Guru, Guru, Wahe Guru, Guru Ram Das Guru” replacing Guru Ram Das with your own name, “Guru, Guru, Wahe Guru, Guru (Your Name) Guru”

Time: No time specified.

Finish: Inhale deeply, suspend, exhale and relax.