



Meditation for Gurprasaad

1 exercise 3 min - 2 hrs 30 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

Gurprasaad means the "gift of the Guru," the universal teacher. As you practice this meditation, feel yourself being showered by all of the blessings of heaven—health, wealth, happiness, your ultimate caliber and capacity. Just let it happen! Fill your heart and soul with all the bounties of nature.

This is a very restful posture. The subtle pressure against the meridian points on the rib cage brings immediate relaxation. No time restrictions were indicated. Recommended practice time is for 3, 11, 22, 31, 62 minutes or 2-1/2 hours.

1. Meditation for Gurprasaad

Meditation for Gurprasaad (3 minutes to 2 hours 30 minutes)

1. Sit in a comfortable meditative position.
2. Cup the hands together with the palms facing up at the level of the Heart Center. Press the upper arms against the rib cage, and feel that you are asking for a blessing from God.
3. Start with eyes 1/10th open; allow the eyes to close as the meditation progresses.
4. Meditate on the boundless flow of the Universal Soul. Feel a deep inflow of spirit.

Eye Focus 1/10th Open



