

EYES: Closed; focus through the Brow Point.

MUDRA: Bring the hands to the Heart Center. Cross the right hand over the left, in the center of the chest. Feel your heart beat. Keep the chest lifted slightly.

MANTRA: Continue to chant the mantra, **Hamee Ham, Brahm Ham**, using track four of Gurusangat Singh and Gurucharan Singh's Humee Hum.



TIME: 31 minutes.

TO END: Inhale deeply, suspend the breath and press the hands firmly on the chest. Exhale in one powerful stroke through the mouth. Repeat three times.

In this meditation, seal the sense of your Self at the Heart Center. Sit still and consolidate your Self. Welcome the unknown infinity of your being and synchronize with every action, thought and cell. Meditate and become aware of all sensations. Become aware that you are aware; aware that you are present and observing; aware that all that flows through you is not you; aware that you are created and creating in this moment; aware that each moment records your thoughts, acts and feelings as a ripple in infinity and for eternity. Before this vastness, become humble, joyous, contained, content and conscious. Rest in simplicity; practice alertness, with a full heart, and bless all. Bless your Self; bless your friends and enemies; bless all that is known to you; bless all that is unknown. Be clear, crystal clear.