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Earth



STEADINESS

SIT IN EASY POSE with a straight spine and apply a light Neck Lock.

MUDRA & MANTRA Fold the arms across the diaphragm, right over left, and hold the opposite elbow. Chant the following mantra as a prayer from the depth of your heart.

**RAA MAA DAA SAA
SAA SAY SO HUNG**

EYE FOCUS Closed.

TIME Continue for **31 minutes**.

TO END Inhale deeply, suspend the breath for 10–15 seconds and squeeze your entire body to vitalize the spirit. Exhale. Repeat 2 more times. Relax.

COMMENTS In this meditation, you invigorate the body's circulation to eliminate blocks, both physical and emotional, and awaken spiritual endurance. With this strength, you move smoothly and calmly through the pressures of life.

