



Become still and project the mind to create your future and your relationship to the world.

Posture: Sit in Easy Pose. Stretch the spine straight and become very still.

Eyes: Eyes are closed.

Mudra: Relax the hands in Gyan Mudra across the knees.

Part A

Drink the breath in a single, deep, long sip. Close the mouth and exhale through the nose, slowly and completely. 7-15 minutes.

Part B

Inhale and hold the breath comfortably. As you hold the breath in, meditate on zero. Think in this way: "All is zero; I am zero; each thought is zero; my pain is zero; that problem is zero; that illness is zero." Meditate on all negative, emotional, mental and physical conditions and situations. As each thing crosses the mind, bring it to zero—a single point of light, a small, insignificant non-fact. Positive things—notice without zeroing. Exhale and repeat; breathing in a comfortable rhythm. 7-11 minutes.





Part C

Think of the thought you need the most. What quality or condition do you most desire for your complete happiness and growth? Summarize that thing in a single word like "Wealth," "Health," "Relationship," "Guidance," "Knowledge," "Luck," etc. It has to be one word. Lock on that word and thought. Visualize facets of it. Inhale and hold the breath as you beam the thought in a continuous stream. Lock onto it. Relax the breath as needed. 5-15 minutes.

To End: Inhale and move the shoulders, arms and spine. Then stretch the arms up, spread the fingers and breathe deeply a few times.

Comments: Your mind does not have a limit on its creativity when it is beamed with a focus after clearing it of other distracting thoughts and attachments. The best way to practice this is on an empty stomach with only liquids taken during the day.