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LA015 780227 meditation to bring swift and powerful change

General Position:

Sit in easy pose with a straight spine.

Hands:

With the fingers touching, place the left hand on top of the right with the palms facing down. Press the thumbs together, pointing toward the body. The mudra is held midway between the heart and throat chakras.

Arms:

The arms are bent at the elbows to accommodate the mudra. They are maintained parallel to the floor.

Legs:

Sit on the ground with the legs crossed, or in a chair with the weight of both feet equally distributed on the ground.

Breath:

Deeply inhale*, exhaling completely as the mantra is chanted.

Eyes:

The eyes are 1/10 open.

Mantra:

The mantra consists of eight haris per breath; they are broken into two different vocal tones:

HARI HARI HARI HARI

(loud, powerful tone)

HARI HARI HARI HARI

(lower pitch and volume: female, soft, sophisticated tone.)

HARI is pronounced "huh-ree" with the accent on the second syllable. Chanted all on one breath, one second per HARI or 8 seconds per round. "Both tones very important."

Length of time:

This meditation was practiced for 11 minutes in class.

Comments:

"If you can do it for a really long time, it can bring swift and powerful change. Mantra is very powerful, so is the posture."

