

Deep Meditation to Open Heart Center

December 19, 1970

Sit with upper arms out at sides, parallel to the ground, forearms bent straight up, and hands in Gyan Mudra. Inhale, pull Mulbhand, and chant 16 times as you exhale

HUM

Then deeply inhale and completely exhale (4 times) and then hold the exhale to prevent chest pain. Repeat from beginning, this time chanting "Hum" 20 times. Repeat again, chanting "Hum" 24 times.

COMMENTS: "Hum" means "We, the total universe." If you meditate on it, it will open the heart center faster than anything else.

