

Meditation to Brighten Your Radiance

Mudra: Sit in easy pose, spine straight. Place the two hands about 12 inches to either side of the ears, palms facing forward, fingers pointing straight up towards the ceiling. The elbows are not pressed into the sides, but are held away from the body a bit. Bend the index finger down and curl it under the thumb (*Giaan Mudra*). The rest of the fingers are held side by side, pointing straight up. Hold the position steady and breathe.



Eyes: Focus on the tip of the nose.

Breath: Make your lips into a very clear "O", and breathe long and deep through the "O" mouth.

Tape: *The Yogi* by Matamandir Singh.

Time: Done for almost 21 minutes in class.

End: Inhale deeply, hold the breath, come into a state of *shunias* (zero), and synchronize your entire being. Hold 20 seconds. Relax.

Comments/Effects: "You don't need make up, you don't need anything. You are known by your spirit. You shall project out by your radiance. You shall be loved and honored by your excellence, or stupidity, as the case may be.

Who are you? You are a "hu-man being." *Hu* means spirit, the light, the hue. (*YB* makes circles with his hands over his head, and out to the sides, referring to the auric field or radiant body of a person.) *Man* means now, mental, being now. Now you are the spirit of your mind. You are bright light of yourself. That's your identity.



*The art of being smart
is to be small which can contain all.
The art of success
is to answer the call of duty
with grace and compassion.
The art of happiness
is to serve all and all shall serve you.*