

4. Ganesha Meditation for Focus and Clarity

Sit with a straight spine, the eyes closed (see Figure 2.2). The left thumb and little finger are sticking out from the hand. The other fingers are curled into a fist with fingertips on the moon mound (the root of the thumb area that extends down to the wrist). The left hand and elbow are parallel to the floor, with the pad of the tip of the left thumb pressing on the curved notch of the nose between the eyes. The little finger is sticking out. With right hand

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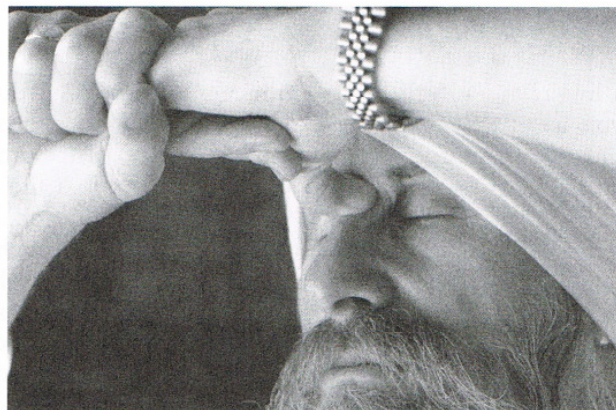


Figure 2.2.
Ganesha Meditation

and elbow parallel to the floor, grasp the left little finger with the right hand and close the right hand into a fist around it, so that both hands now extend straight out from your head. Push the notch with the tip of the left thumb to the extent that you feel some soreness as you breathe long and deep. (This soreness lessens with continued practice.) Do this for no longer than 3 minutes. To finish, inhale as you maintain the posture with eyes closed. Push a little more and pull the navel point in by tightening the abdominal muscles for 10 seconds, then exhale. Repeat one more time.

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