



Meditation Kriya for Brosa (Trust)

1 exercise 11 min - 31 min *Sadhana Guidelines II*

This kriya is very potent and must be respected. When beginning, practice for a maximum of 11 minutes. Then increase the time by 1 minute every 15 days, up to the maximum practice of 31 minutes. This meditation affects the element of trust in the human personality. Trust is the basis of faith and commitment and the sense of reality. It will elevate the spirit for the practitioner to stand up to any challenge. It builds and balances the aura from the Fourth Chakra up.

1. Meditation Kriya for Brosa (Trust)

Meditation Kriya for Brosa (Trust) (11 minutes to 31 minutes)

1. Sit in Easy Pose with a straight spine.
2. Arch the arms overhead, elbows slightly bent, palms face down.
3. Females place the left palm on top of the right hand. Males place the right palm on top of the left hand. Bring the tips of the thumbs together, pointing backward.
4. Look toward the upper lip, eyes slightly open.
5. Chant in a precise whisper WAAH-HAY GUROO. The sound "Guroo" is almost inaudible. Create the sounds precisely with the lips and tongue. Each repetition takes 2.5 seconds.

Eye Focus 9/10ths Closed, Upper Lip

Mantra

WAAH-HAY GUROO

