



Purifying the Sushumna, the Central Nerve Channel

1 exercise 33 min - 33 min *Reaching Me in Me*

This is a self-purifying meditation. It will give you a personality that is strong and pure, with a powerful projection. It purifies the sushumna, the divine nerve of you.

1. Purifying the Sushumna, the Central Nerve Channel

Breath (11 minutes)

1. Sit in Easy Pose with the fingers of your left hand in a vertical line touching the center of your forehead.
2. Your right elbow is bent with the upper arm near the rib cage.
3. The forearm and hand point upward.
4. The right palm faces forward.
5. Close your eyes and focus at the center of your chin, the moon center, through your closed eyes.
6. Calm down, breathe slowly, and concentrate at moon center.

Chant Har (11 minutes)

1. In the same position, rhythmically chant "Har" with the tip of your tongue.
2. Chant at a rate of one "Har" per second.

Breath Holds (11 minutes)

1. Remain in the same position.
2. Inhale, hold your breath and stretch your spine upward. Hold your breath for as long as you can. The goal is to hold your breath for one minute before exhaling.
3. Exhale like cannon fire through your mouth, inhale deeply, hold the breath and continue.

To End

1. Inhale and hold again, looking inward at your body. Send healing energy to those parts of your body that present themselves to your mind's eye at this time.
2. Then inhale and hold your breath for 10 seconds, as you stretch your arms upward and shake out your hands.
3. Repeat this sequence two more times.
4. Relax

Eye Focus Moon Center

Breath Slow

Mantra

Har