

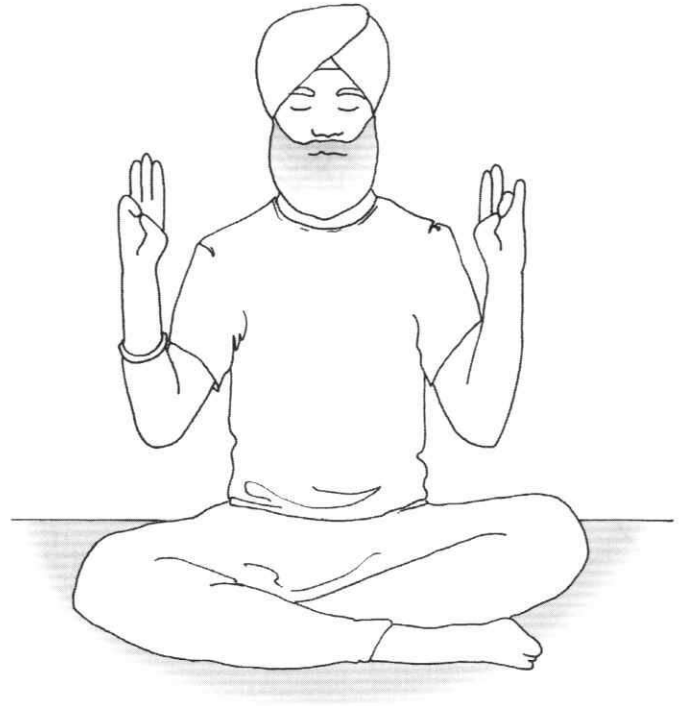
Amarti Mudra Kriya

Sit in **Easy Pose** with a straight spine. Raise the hands up near the shoulders in front of the body. The palms face forward. With the right hand, touch the thumb tip to the tip of the little finger while keeping the other fingers extended and joined. With the left hand, touch the tips of the thumb and the ring finger while keeping the other fingers extended and joined.

To begin the meditation do nothing but concentrate on the hands and keep the fingers straight. Breathe normally. When you are sure that the mudra is correct close the eyes and project a beam of light from between the eyebrows at the root of the nose.

When you are sure that the posture and the beam are correct, the third step is to rotate mentally the mantra, **Ong Kar**, at the Heart Center.

Begin timing the practice of the meditation after the entire posture, beam and mantra are set. Continue for **11 minutes**. If you can work up to half an hour you will be surprised what it can do for you.



Comments:

It is very important to stabilize the posture, the mudra, and the beam. This is a mudra practiced in China. It was brought there from Ceylon in the 14th or 15th century by a *sadhu* who was sent by his Chinese Emperor. If you ever want to talk to your mind, this is the mudra. It was used to control the mind and to have the mind follow the consciousness instead of the ego. This is the very definition of free will in yoga and is every person's right in this life. We normally do not use it. We react out of impulse or to escape pain. This meditation uses the refined capacity of the mind to rise above pain, reactions and ego to guide your actions from your own free will and consciousness.