

PROJECTION OF THE DIVINE IN THE SELF

Date: January 20,1977

Posture: Sit in a comfortable meditative posture with a straight spine

Mudra: Bring the hands palm up in front of the Heart Center. Cross the right wrist over the left wrist. Hook the thumbs and fold the fingertips up to meet each other. The mudra will create a bud-like shape with the thumbs inside the folded fingers. This mudra is called Closed Lotus (Bandha Kamal).

Eyes: Open, focus on the tip of the nose.

Mantra: Raa Maa Daa Saa Saa Say So Hung

Time: 62 minutes

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• communityhealingmeditation.com •
• communityhealingmeditation@gmail.com •