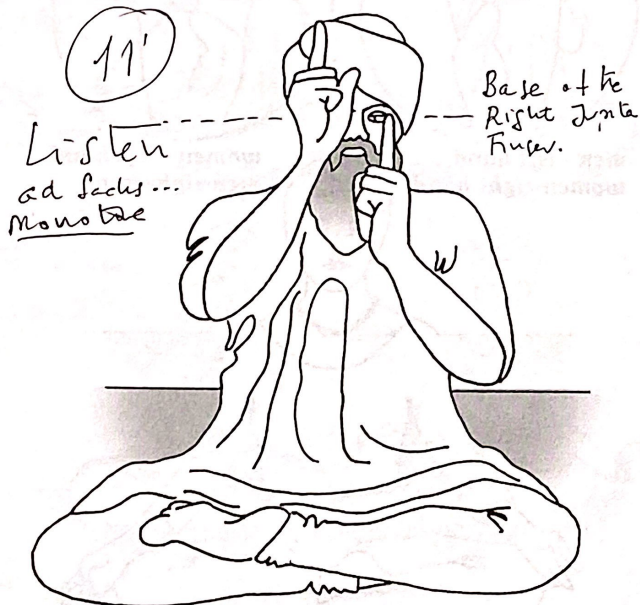


Brahm Mudra Meditation

Eyes open, looking through the
space between hands



Sit with the spine straight. Make fists of both hands. The thumb should be on the outside of the fist with Jupiter fingers pointing straight up. Hold the two hands so that they face each other. The left hand is lower, the left Jupiter fingertip being exactly even with the lower knuckle of the right thumb. The two hands are like conches pointing to God. The eyes are open, looking straight and directly at, and through, the space of the hands. Hold the hands about 1½ feet from the face. Keep the neck straight. **Mentally meditate on Aad Guray Nameh, Jugaad Guray Nameh, Sat Guray Nameh, Siree Guroo Dayv-ay Nameh.** I bow to the primal wisdom. I bow to the wisdom true through the ages. I bow to the true wisdom. I bow to the great unseen wisdom.

After 11 minutes close the eyes and, holding the position, **chant the mantra aloud** in a monotone with a simple, moderate rhythm.

Close Eyes &
Chant Ad Sach's... (low voice)

Depression, doubts, inconsistencies.
Modern la Conchata

Comments:

This mudra symbolizes yin and yang pointing toward God. It is a mudra of immediate spirit and protection. All previous incarnations, the present, and the future shall be directed toward righteousness. This mudra changes the metabolism of the mind and develops a mandala called "Brahm Mandala."

Brahm Mudra is a good tool (or technique) to moderate outrageous behavior, tremendous depression, and inconsistency in character. It creates happiness on the spot where there is unhappiness.