



## Meditation For Positive Communication

*April 20, 1978*

**POSTURE:** Sit in Easy Pose with an erect spine.

**MUDRA:** Raise both hands 9-12 inches in front of the chest so the arms are shoulder height, and the hands angle down from throat level toward the heart level. Both palms face the body, with the back of the right palm in the palm of the left hand. Fingers are straight and together. Fold the left thumb over the right palm, and fold the right thumb over the left thumb. The hands will have the fingers crossed and angled downwards. Once you create the mudra, stretch the shoulders forward comfortably.

**EYES:** Eyes are closed.

**BREATH:** Take a deep inhale and chant the mantra five times on a breath as you exhale. This takes 10-12 seconds. Then immediately inhale deeply through the nose.

**MANTRA:** In a smooth, rapid monotone chant:

Haree Haree Haree Haree Haree Haree Har

**TIME:** Continue up to 11 minutes with the group. On your own you can increase the time, with practice, up to 31 minutes.

**COMMENTS:** Listen to your words as you speak them. Feel the sounds flow over the tongue and the tip of the tongue. Be fully present to each sound, and create a focused projection with your mind.

