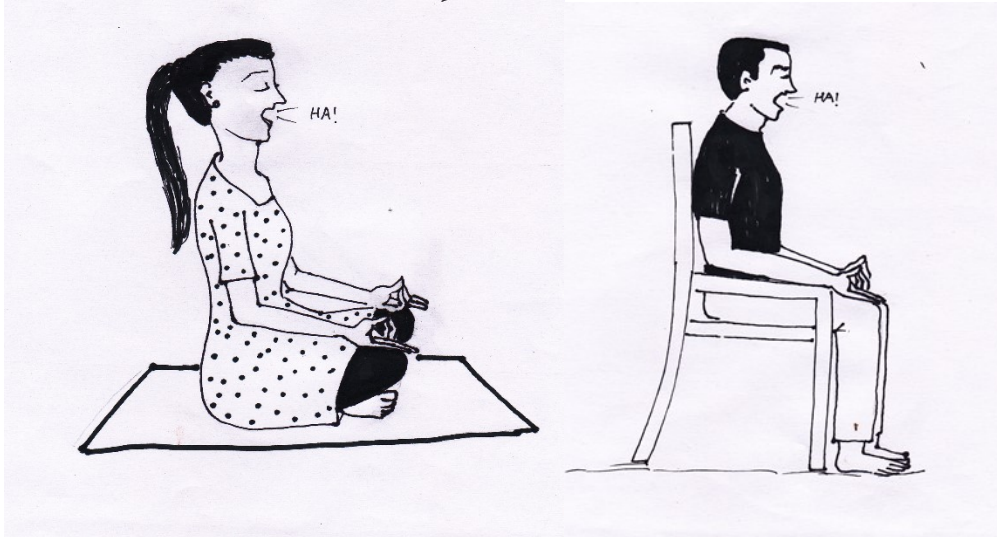


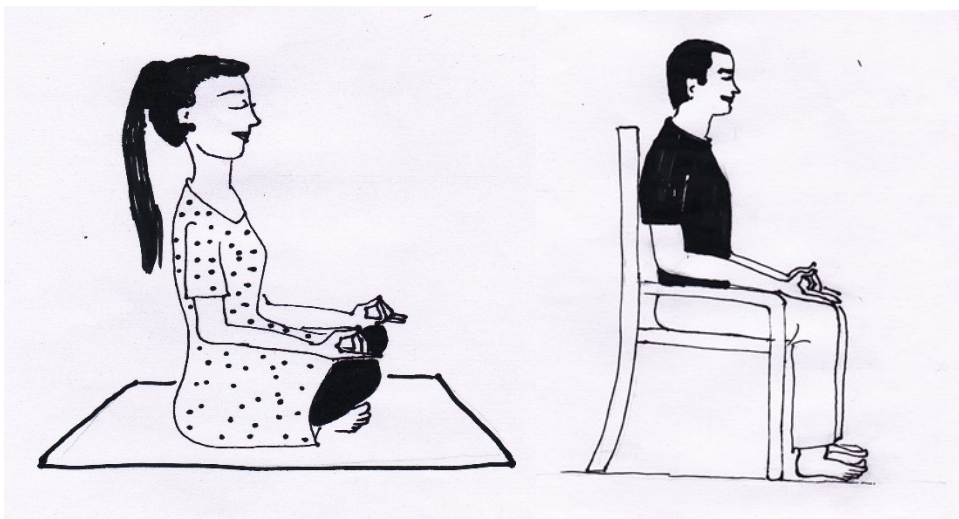
Given below are instructions to practise the simple 6-minute Power Meditation. If you would like to learn the Power Meditation personally at our centre, feel free to visit our centre in J.P. Nagar, Bangalore South.

Step 1:



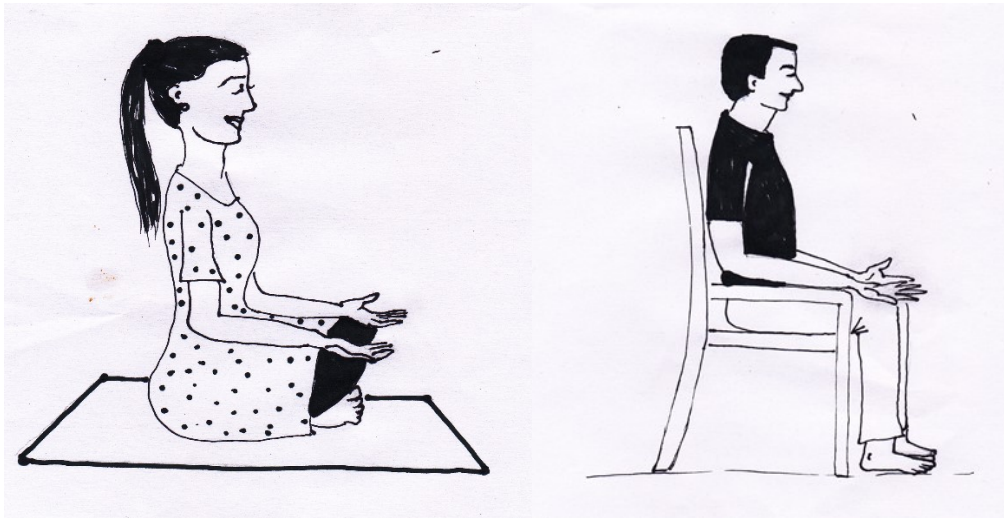
In Prana Mudra\*, breathe in through the nose and breathe out through the mouth making 'ha' sound. Repeat for 18 times.

Step 2:



In the same mudra, breathe in and breathe out normally 27 times.

Step 3:

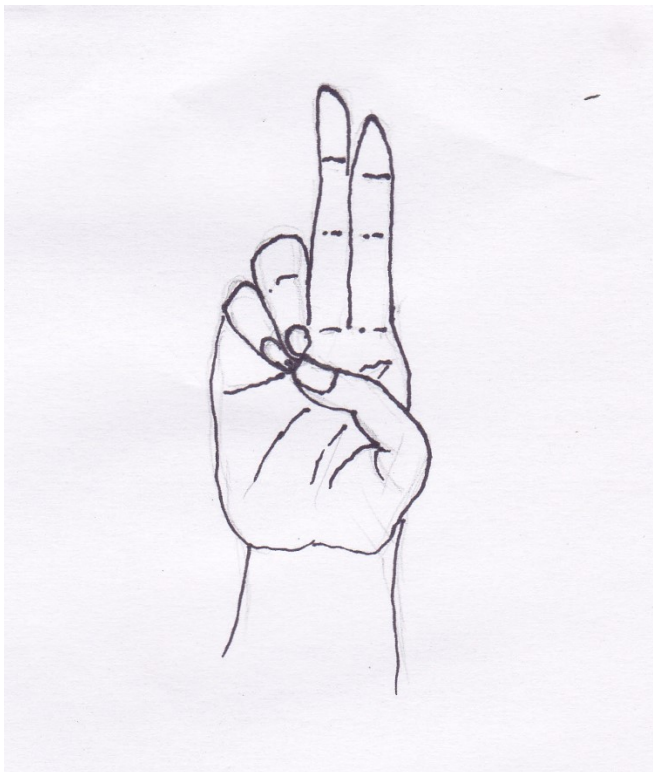


Without any Mudra, keep your hands open on your lap, visualise golden energy flowing from above your head to the whole body. Do this for 1 minute.

Step 4:

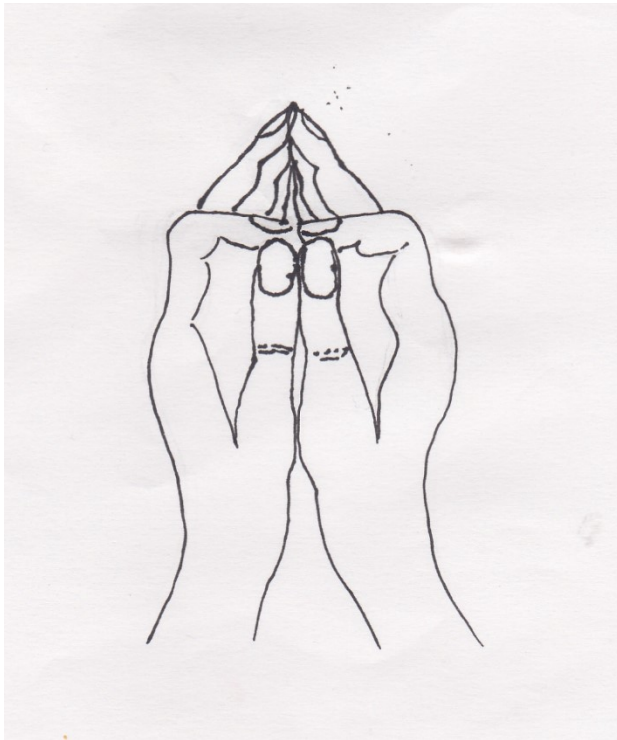
In Guru Mudra\*\*, thank Rishidev for this wonderful technique.

\*Prana Mudra:



Join tips of the thumb, ring finger and little together to form Prana Mudra

**\*\*Guru Mudra:**



Join tips of your thumb and index finger of both hands and close palms together as shown.