

Meditation for
GURPRASAD



MUDRA: Sit comfortably with your spine straight. Cup the hands together, with the palms face up, at the level of the heart center. The elbows and upper arms will comfortably tuck against the ribcage. Feel that you are asking & receiving a blessing from God.

EYES: Keep the eyes 90% closed, 10% open. Allow them to close completely during the meditation.

TIME: No restrictions placed on the time. Practice at least 11 minutes.

END: Feel a great flow of energy into your body, psyche, and mind. Just let it happen... health, wealth, happiness, your caliber, capacity. "Gurprasad" means the "Gift of the Guru," the Universal Teacher. As you practice this meditation, feel yourself being showered by all the blessings of heaven.

This is a very restful posture. The meridian points on the ribcage give immediate relaxation. Fill your heart, fill your soul, with whatever comes to you from the bounties of nature.

OPTIONAL: You can play a mantra, such as "Ardas Bhayee" by Tarn Taran and Friends, as this mantra helps to answer prayers, or, "Dhan Dhan" on the album "Mother's Blessing" by Snatam and Prabhu Nam Kaur, as this mantra will help bring about a miracle. Both are available in our store.