

Meditation Practice to Harmonize the First Body

Sit up straight either in a crossed legged position on the ground or in a chair with both feet on ground.

With each hand bring the tips of the thumbs and pinky fingers together, the other fingers point straight

Place the hands in front of the heart center with palms facing the heart

Inhale in 4 strokes and exhale in 4 strokes out of the nose

Meditation Practice to Harmonize the Second Body

Sit up straight either in a crossed legged position on the ground or in a chair with both feet on ground.

This hand position (mudra) is held in the lap. To increase feminine energy interlace the hands with the right little finger on the bottom. Put the right thumb above the base of the left thumb on the webbing between the thumb and index finger. Press the tip of the left thumb on the fleshy mound at the base of the right thumb. To increase masculine energy reverse how you hold this mudra.

Inhale through nose to a count of 4

Exhale out of the mouth to a count of 4

Inhale through the mouth to a count of 4

Exhale out of the nose to a count of 4

Meditation Practice to Harmonize the Third Body

Sit up straight either in a crossed legged position on the ground or in a chair with both feet on ground.

Face the palms up, then interlace the fingers so that they are in an inverted position with the hands in the lap.

Breath of Fire: Exhale as you press the navel point back towards the spine. Let the inhale come in as part of relaxation rather than through effort. Breathe fairly rapidly about 2 or 3 breaths per second through the nose while you pump your navel point and abdomen inward on the exhale and relax them during the inhale. Chest is relaxed.

When not able to do this breath (menstruation or injury) practice Long Deep Breathing to a count of 8 through the nose, inhale to a count of 8 and exhale to a count of 8.

Meditation Practice to Harmonize the Fourth Body

Sit up straight either in a crossed legged position on the ground or in a chair with both feet on ground.

Place the tips of the thumbs and index fingers together. Cross the forearms at the heart with the left arm closest to and touching the heart.

Inhale through the nose in 4 strokes

Exhale in one breath out of the mouth

Meditation Practice to Harmonize the Fifth Body

Sit up straight either in a crossed legged position on the ground or in a chair with both feet on ground.

Place the hands in fists and extend the index fingers of each hand
Place hands to sides of body with fists at throat level and elbows relaxed at the sides of body

Open the mouth and stick the tongue out as far as you can. Begin a panting breath through the open mouth, both inhale and exhale are through the open mouth

Meditation Practice to Harmonize the Sixth Body

Sit up straight either in a crossed legged position on the ground or in a chair with both feet on ground.

Touch the tips of the thumbs to the middle fingers of each hand and extend the arms straight out in front of the heart at a slightly upward angle so that the fingers are level with the third eye

Inhale in 8 strokes through the nose
Exhale in 8 strokes through the nose

Meditation Practice to Harmonize the Seventh Body

Sit up straight either in a crossed legged position on the ground or in a chair with both feet on ground.

Place the left hand flat over the heart chakra
Extend the right arm straight out in front at a 60 degree upward angle with the middle finger and index finger extended and the other fingers folded into the palm of the hand

Whistle on the inhale
Whistle on the exhale

Meditation Practice to Harmonize the Eighth Body

Sit up straight either in a crossed legged position on the ground or in a chair with both feet on ground.

Place the thumbs inside the fists of both hands
Inhale as you bring the fists together in front of the heart with palms facing down
Exhale as you extend the arms out to the sides

Inhale to a count of 4
Hold the breath in to a count of 4
Exhale to a count of 4
Hold out to a count of 4

Meditation Practice to Harmonize the Ninth Body

Sit up straight either in a crossed legged position on the ground or in a chair with both feet on ground.

Bring arms up over the head with palms down and the right hand on top of and touching the left creating a circle around the head.

Roll the tongue into a taco shape and extend the tongue out of the mouth slightly
If you can't do this with your tongue then open the mouth and extend the tongue out and then use your lips to hold the tongue in a taco like shape

Inhale through the rolled tongue
Exhale through the nose

Meditation Practice to Harmonize the Tenth Body

Sit up straight either in a crossed legged position on the ground or in a chair with both feet on ground.

Touch the tips of the thumbs to the ring fingers of each hand
Hold the hands out to the sides of the body as if making a vow

Breath of Fire: Exhale as you press the navel point back towards the spine. Let the inhale come in as part of relaxation rather than through effort. Breathe fairly rapidly about 2 or 3 breaths per second through the nose while you pump your navel point and abdomen inward on the exhale and relax them during the inhale. Chest is relaxed.

When not able to do this breath (menstruation or injury) practice long deep breathing to a count of 8 through the nose

Meditation Practice to Harmonize the Eleventh Embodiment

Sit on the heels and interlace your hands behind the back, bring the forehead to the ground as you raise your arms up to the sky and hold this position

Long Deep Breathing