

# K.R.I.Y.A.S.

Meditation No. 780110 LA005

## General Position:

Sit in easy pose with a straight spine.

Figure No.

## Hands:

Place the hands in prayer mudra and cross the right thumb over the left thumb. Place the heels of the hands against the sternum at the heart level pointing the hands straight out in front of the body at a  $45^\circ$  from the chest.

## Arms:

Bend the elbows and raise the forearms up and in toward each other until the hands meet at the heart center.

## Legs:

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground.

## Breath:

Breathe normally and let the breath adjust itself to the meditation.

## Eyes:

The eyes are 1/10 open.



Figure No.

Mantra:

There is no mantra for this meditation

Locks or other conditions:

Mental Focus:

Center the focus and dive deep into the higher realms of existence

**Mental** images:

Melt the outerself into the innerself. Create a very simple feeling within the mind and just let yourself go.

Practice Conditions:

Relax the mind and tell the intellect not to formulate anymore thoughts

**Length of time:**

Begin with 11 minutes and slowly build to 31 minutes.

Comments:

The Player mudra neutralizes the energy within the body. This meditation has a very soothing effect on the personality. It enables you to meditate on your own divine force, your own fiber. If the fiber of the being is not right, the being itself cannot be right. It is very important to be centered in both focus and hand position: your capacity as a person will not give you any upsetting nature if you are centered.