

Meditation to increase Intelligence and stimulate the Brain.

Come sitting in easy pose with a straight spine. Do this movement with both hands:

touch your thumb to your pinky

index

ring finger

index finger

middle finger

pinky.

Then open your fingers and hands.

While touching the finger tips inhale in 6 parts while repeating in your mind Sa Ta Na Ma Wa He, when you open the hands and fingers say Guru in your mind. Continue doing this, going as fast as you can in a rhythmic way.

Continue for 11 minutes.

This meditation is also very good for kids. Children can meditate as many minutes as they are years old.