

## **MEDITATION - Burn Past Karma**

*June 23, 2000 - Espanola, NM*

### **PART ONE:**

Posture: Sit straight in a cross-legged position. Arch the arms up over your head. Point the index fingers towards each other, 1/2 inch apart, and hold the other fingers with the thumbs.

Eye Focus: Tip of the nose.

Breath: Breath of Fire, powerfully applying your diaphragm. Recharge yourself, burn the karma from incarnations and incarnations.

Time: Continue for 3 minutes.



### **PART TWO:**

Maintain the posture. Chant loud and clear from the navel *Wah-hay Guroo, Wah-hay Jeeo* by Sangeet Kaur and Harjinder Singh (from *Raga Sadhana* CD). Bring the heavens on earth. Release your ancestral karma. Give yourself a chance. Open up the navel. Call on the Creator from the third chakra. Invoke the cosmic energy. Continue for 8 minutes (for the last few seconds chant powerfully).

End: Inhale deeply and suspend the breath. Make the entire fiber of your body like steel. Get rid of all disease, now and in the future. Create the magnetic field. Become a living rock. Cannon Fire. Exhale. Repeat 2 more times. Relax.