

The Four Stroke Breath to Build Intuition



Posture: Sit in a comfortable seated position.

Mudra: Place the hands together in Prayer Pose. Keep the Jupiter (index) fingers extended as you interlock the other fingers to clasp the two hands together. Cross the thumbs. Place the mudra a little below your nose where you can look at the tips of the Jupiter fingers through the one-tenth opening of your eyes.

Eyes: Eyes are 1/10 open.

Breath: Inhale in 4 powerful strokes through the 'O' mouth (1 stroke per second = 4 second inhale) and exhale in one powerful stroke through the nose (1 second).

Time: Continue for 16 minutes.

To End: Sit straight. Inhale, hold the breath 20 seconds, and stretch the arms out to the sides, palms facing upward. This will give you power to balance the central spinal column. Exhale and keep the arms stretched out. Inhale deep, hold the breath 20 seconds; keeping the stretch in the arms horizontally, keep stretching the spine vertically. Make a T-square. Exhale. Inhale deep, hold the breath 20 seconds, and open up the fingers, making them like steel. Squeeze your entire energy and bring it into your arms. Exhale and relax.

About this Meditation

"Whosoever does best, will get the best experience. I can't do this for you, I can only tell you what to do. Use your own diaphragm, move your own central (channel), open up your own chakras, achieve your own results. These exercises are time bound. Within that time you should achieve a sensory system. Take a heavy stroke through the mouth and push it out through the nose. In the Aquarian Age intuition will be the principle of identity. This is a little meditation to see how well we can tell our own pituitary to work for us...You must know reality by intuition. Not by knowledge. By the time reality becomes knowledge, it's too late." - Yogi Bajan