



### **MEDITATION - Universal Communication**

*Sit straight in a cross-legged position. Raise both arms straight up over the head. Make a fist, with the thumbs inside touching the mercury mounds at the base of the little fingers. Eyes are closed. Chant the "Kundalini Bhakti" mantra (#GDS015 or CD#GDS115 "Adi Shaktee" by Gurudass Kaur), pressing and releasing your fingers around the thumbs, without opening the hands all the way, in rhythm with the mantra. Squeeze the heavens into you. Continue for 31 minutes. To end, inhale deeply, hold, tighten the fists around the thumbs and stretch the arms and spine. Exhale, and relax.*

This meditation will give you self-control. A sensory person is competent in controlling his life, his surroundings, his universe, as his own infinity.

There is no problem within your life. You have every chance of prosperity and happiness, but you must learn to communicate fluently, aggressively, projectively, kindly, and lovingly. This exercise creates a universal flow of communication while breaking down our blocks and barriers. As we hold our ego—our thumbs—we conquer the ego so we may more readily come to a point of Shunya—a point of zero. Once we get to that point, the universe can flow through us.