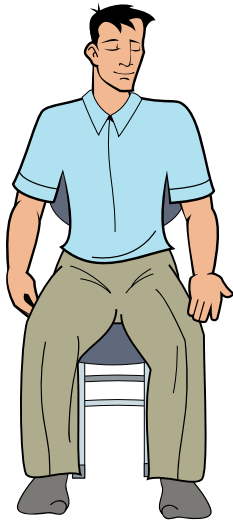


How to meditate



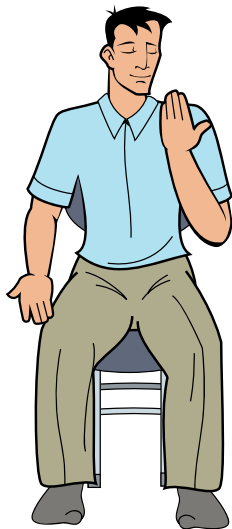
Sit comfortably, with your back straight and both hands, palms up, on your lap. Relax... close your eyes. Sit quietly for a minute or two... gently slow your breathing.

Balance your left side (approx. 2-3 minutes)

If you're sitting on a chair, point your right hand down, towards the earth. If you're sitting on the ground, place your right hand on the earth.

With your left hand open in your lap (palm up), ask silently from your heart:

"Inner Energy, please remove all the imbalances of my left side into the mother earth."



Balance your right side (approx. 2-3 minutes)

With your right hand open in your lap (palm up), bend your left arm upward, with your left palm facing your back.

Ask silently from your heart: **"Inner Energy, please remove all the imbalances of my right side into the ether or sky."**

Place both hands back in your lap, palms facing upwards. With pure desire from your heart, ask: **"Inner Energy, please grant me the state of meditation."** Repeat this 2-3 times, directing your attention to the top of your head.

To direct and focus your attention, you may find it helpful to place your right palm on top of your head for a few minutes. Then, place your right hand back in your lap and sit in this state of silence for as long as you like.

That's it. You are now meditating!

Did you feel a change? Do you feel better? More relaxed? Quieter inside? You have just taken the first step on your journey of self-realization.

Your destination?

Inner peace, balance, personal control and self understanding.