

Listen to your pulse and heartbeat meditation

Sit comfortably with a straight spine. With the four fingers of the right hand, feel the pulse on the left wrist. Place the fingers in a straight line, lightly, so that you can feel the pulse in each fingertip. Your hands can rest on your lap. Focus your lightly closed eyes at the brow point (between the eyebrows). On each beat of the heart, mentally hear the sound

SAT NAM

Sat means Truth

Nam means name or the pure identity of the perfect God (Or however you describe Mr Universe)

For 11 minutes, building to 31 (Beginners can start at 3 minutes)

COMMENTS: If you don't know how to meditate or you want to develop the ability of concentration in action, this is a beautiful technique. This is the meditation for someone who can't meditate. It allows you to control your reaction to any situation and can bring sweetness and one-pointedness to the most outrageously scattered mind. *(4)

When you are lying down, place your hands on your heart or navel to feel your heartbeat. You may prefer to feel your heartbeat in another part of your body. That is fine too.

