

Meditation: Caliber for Constant Self-Authority

Tune In: bring hands in prayer mudra at the heart center and chant “Ong Namō Guru Dev Namō” at least 3 times.

Sit in easy pose.

Mudra: Bring the hands in front of the body at the level of the heart. Close the fingers over the thumbs into fists with the thumb tips at the base of the little fingers. Press the fists together at the first knuckles and the base of the palms.

Drishti (eye position): fix the eyes on the tip of the nose.

Mantra: sound of the breath

Breath: Begin the following steady breathing pattern:

Inhale deeply through the nose.

Exhale completely through the mouth with pursed lips.

Inhale smoothly through the mouth.

Exhale through the nose.

Time: Continue for 3, building up to 11 minutes. Maximum time is 22 minutes.

To end: Inhale and hold the breath as you stretch both hands up over the head. Exhale and continue to stretch for 2 more deep breaths. Relax.

Comments: Caliber is the ability to maintain the projected status and activity of our committed self. When we become our own directive authority, then the psyche can fulfill the self, and you can be happy. Normally we reject authority and initiate chaos out of an attempt to create individuality by difference rather than through integrity and wholeness. This meditation enhances your capacity for caliber, to hold and execute self-authority.

40 days: to create a habit

90 days: to confirm a habit

120 days: to make it who you are

1000 days: to master it