

## For Positive Communication

Sit in easy pose with a straight spine. Both palms face the body with the back of the right hand in the palm of the left. The fingers of both hands are straight. Fold the left thumb over the right palm and fold the right thumb over the left thumb. The hands will be crossed with the fingers angled downward. Lock the thumb in place. (If you are left-handed, reverse the hand position.) Hold arms at shoulder level parallel to the floor. Stretch the shoulders forward. The hands should be 9 to 12 inches from the chest.

Eyes are closed. The mantra is HAREE HAREE HAREE HAREE HAREE HAREE HAAR. Deeply inhale through the nose, then



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chant the mantra 5 times in a monotone as you exhale. Be sure to use up all the breath as you chant. Then inhale and begin again. Continue for 3, 11 or 31 minutes.

**Comments:** This meditation will give you the ability to get out of all negativity and always have the power to communicate positively.

