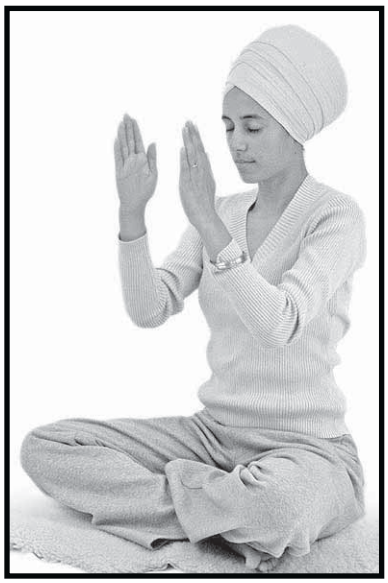
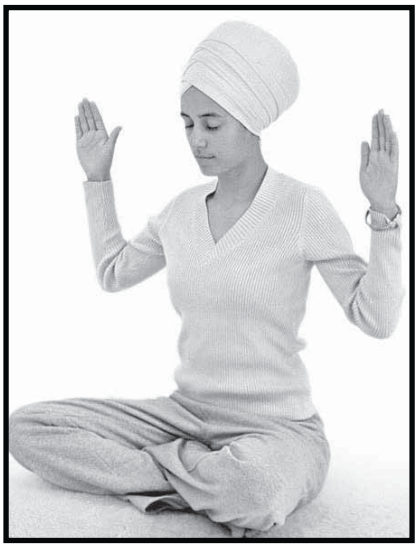
Meditation to Open the Lock of the Heart

Sit in Easy Pose with a straight spine.



MUDRA: Bring hands approximately 6-8 inches in front of your face, palms flat and facing one another, fingers pointing toward the ceiling. Have palms approximately 6-8 inches between. Elbows are bent and are relaxed down.

MOVEMENT: With a very fast, powerful jerk, stretch the hands out, until there is about 36 inches between the hands, and abruptly stop them there. The stopping process will be so abrupt, done with such a powerful force, that you'll find the hands, chest, shoulders, and head jerking back and forth a little bit. This abrupt stopping, and the resulting jerk causes an "opening up your chest cavity with a 'current shock.' You should stretch out like eleven hundred volts have hit you."



MANTRA: Listen to the recording *Tantric Har*, or 1 movement per second. Do not sing aloud. On every ***Har***, you will stretch your arms with a powerful force. Concentrate on this reaction in your chest, and see the effect it has on you.

EYES: Unspecified.

TIME: **11 minutes**.

TO END: Inhale. Hold the breath, but keep on doing the motion. Hold 13 seconds. Exhale. Inhale again and continue the motion. Hold 8 seconds. Exhale. Inhale deeply, continue. Hold 6 seconds. Relax.

COMMENTS

The chest cavity is called the Heart Chakra. This heavy jolt, as you spring your hands and arms apart, will cause a jerking reaction to your chest cavity, which will open up your Heart Center. Opening of your Heart Center cavity is opening up to your own Infinity.

This center is sometimes referred to as the *agan granthi*—the place from which all fire-related activites spring—food, digestion, breath, to name a few. When this center is locked, your rib cage is out of place. Then the diaphragm doesn't act right, and you'll lose one third of your life force. This meditation loosens this lock and will open up the power of the Almighty within you.

You must bring forth the entire power of your being, using a great force as you open up and then suddenly stop your arms, and thus shock your central nervous system (the *sushmuna*) on the sound of *Har*. Through this meditation you can move the power of the *ida* and *pingala*, and open up the *sushmuna*.