

TO KNOW THROUGH INTUITION

MARCH 10, 1993



1. Sit in Easy Pose. The left elbow is bent, the hand is in front of the heart center, and the palm is flat and faces the floor. The right arm is extended out to the front at a 60 degree angle. Close your eyes and breathe slowly and honestly. (Work up to breathing only one breath per minute). Feel the Divine Presence around you. 11 minutes.

To finish: Stay in the posture, inhale deep, hold the breath 10 seconds as you tighten all the muscles of the body, and exhale. Repeat 2 more times. Relax, roll your shoulders, stretch your arms and rib cage.

2. In Easy Pose, your arms are extended straight out in front of your chest with the palms touching and the thumbs locked over each other. Close your eyes and whistle a song of your choice. 7 minutes. This posture affects the parathyroid and you may feel a pressure in your neck.
3. Still in Easy Pose, put your hands in a lotus mudra about at eye level. Relax the entire body but hold the hand position strongly. Close your eyes for 3 minutes. This is an intertwined action when one part of the body in a confined posture becomes the antenna and the rest of the body is relaxed to receive.
4. Inhale and clasp your hands in front of your heart center and press as hard as you can. Exhale and repeat 2 more times. Then relax, talk, and ground yourself for a few moments.

Meditation and life are very interlocked. It is important to be able to know what is going on beneath the surface of situations. Ordinarily, untrained people can do this fifteen percent of the time, but the ideal is to have your intuition work at the sixty percent level or higher. This meditation builds your intuitive capacity.