

## Use the Wind to Produce Trance



Sit cross legged. Elbows are at the ribs, hands face forward with the mudra shown. Forearms are nearly vertical, but slightly forward, where it feels comfortable.

Eyes are nearly closed, with just a little light coming in. Chant the mantra “Sat Nam Hari Nam Hari Nam Haree, Hari Nam Sat Nam Sat Nam Haree”. Feel the wind in your breath as you inhale and as you chant. You can download a live recording of the mantra. 31 min.

Same posture, chant long Sat Nam 4 times.

Same posture, chant “GUru GUru WAhe GUru, GUru GUru WAhe GUru, GUru GUru WAhe GUru, GUru GUru WAhe GUru” in a single breath. Emphasize the leading syllables. 3 min.

This meditation will reduce one’s resistance, particularly fear, of going deeply into trance.