

Tune In: Ong namo guru dev namo (x3)

Sit in a meditative posture with a straight spine. If you have a partner, sit facing each other. Otherwise face the mirror. If you wear glasses you will want to take them off.

Place both hands in gyan mudra, with your index finger on the thumbs, and bring your hands up to your eyes like you are looking through a pair of glasses. The rest of your fingers are straight and relaxed, and do not touch the fingers of the opposite hand.

Your eyes are in what's called snake eyes. Open the eyes wide and then narrow them by lifting the bottom eyelid slightly; the top lid will follow automatically. Look straight into your partner's eyes. As you see your partner, see your partner as a completely unique individual person and also as All People.

You are impersonally personal. Your partner serves as a mirror for all of your subconscious relationships. Look past all the reactions and your mind to see the presence and radiance of your partner.

Breathe long, slow and deep, approximately four times a minute. Let your breath fall naturally, and on your exhale gently pull in your navel point.

When irritations arise, let them pass. (time: 5 minutes)

Stay in the same posture. Continue looking eyes fixed and began to chant whaa-hay guroo out loud. If you have a partner take turns listening to the other chant it, very carefully. When I am on my own I like to say it aloud and then mentally and then out loud again.

Establish a rhythm and let the sound shift your body, your energy. Let yourself become a musical instrument of consciousnesses. (time: 5 minutes)

Now, again, breathe long deep and slow. Keep a steady gaze going. (time: 5 minutes)

Inhale deeply and close the eyes. Focus on the third eye and suspend the breath (15 seconds). Exhale rapidly and repeat. (x3). Inhale and stretch up with the hands. Move your shoulders and arms vigorously.

Let's end with a long sat nam.