

HABLAR COMPACTO DESDE UN SOLO LADO, DESDE LA VERDAD.
TE CONECTAS Y COMUNICAS CON LA TOTALIDAD
Para vendedores y enamorados

EJERCICIO 1. De 11 a 31 minutos
Manos en Gyan Mudra. Ojos cerrados o abiertos un décimo.
Mueve las manos como si lanzaras dardos, un movimiento completo, seco o en resorte, por cada golpe de voz.



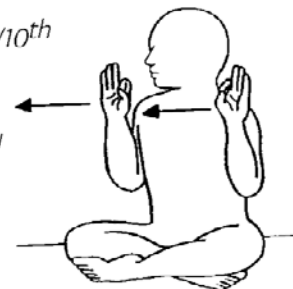
Inhala y canta Wa Wa He He Wa Wa He He Wa Wa He He Gru
Wa se canta desde el punto de ombligo
He desde el corazón
Gru desde la garganta. Tras ese único "Gru" vuelve a inhalar un instante con las manos quietas

EJERCICIO 2. 3 minutos: Manos en Candado De Venus sobre la coronilla.
Apriétala un poco. Inhala y gira la columna a la izquierda y exhala a la derecha.
Para terminar, inhala en el centro, contrae mulband, medita en la coronilla y exhala.

Synchronization Meditation

Naad Meditation: to Communicate from Totality

Part 1 Sit straight in easy pose. Close the eyes or keep them 1/10th open. Bring the hands next to the shoulders with the palms forward, the fingers pointing up, and the wrists straight. Relax the elbows by your sides. Place each hand in Gian Mudra. Inhale and chant the following mantra in a strong monotone cadence:



**Wha wha hay hay, Wha wha hay hay
Wha wha hay hay, Gu-roo**

With each sound, move both hands forward and back quickly as if you were throwing darts. They should move forward 12 to 18 inches. Inhale after **Guroo** while the hands pause. Continue for 11 to 31 minutes.

Part 2 Immediately sit straight and place the hands on top of the head. Interlace the fingers. Create a mild pressure on top of the head. Twist smoothly side to side. Inhale as you twist left, exhale right. Continue for 3 minutes. Inhale to the center and hold the breath as you concentrate on the crown of the head. Then relax.



This meditation lets you merge into the feeling of totality. When you speak from that feeling you create trust. With trust you establish strong relationships.