

KWTC944 940630 Meditation for Intuition

Sit straight and cross **arms in front of chest, palms up, right over left**, wrists straight, thumbs by fingers. Close eyes and focus on tip of chin.

Play Tantric Har tape. Create the sound. 5 minutes. Continue to listen slightly. 5 minutes. Pull navel with the sound. Let Mother Nature speak for you. Listen to universe in silence without tape. 5 minutes. Be a nucleus in self-reliance and feel the pulse.

Then inhale and stretch up.

Play Bangara drum rhythms and sitting, dance the shoulders, arms, hands. Lift them up. Really move for heart, lungs strength. 5 minutes.

“These sounds are to invoke in your the intuitive sense. And a person without intuition is a horse without reins and eyes. A person must have his own command, his own direction, and his own intuition. That is this meditation.” “There are only six sounds in this universe. Har, Haray, Haree, Wha ,Hay, Guru. “ They contain that vast pulse of command and receive and act. They tune you to you.

WIT 1994

