

Grace of God Meditation

Lie relaxed on your back, eyes closed, palms facing up, feet out straight. Inhale, and holding the inhale, repeat silently ... concentrating on one finger at a time ... "I am Grace of God." Repeat this ten times, once for each finger; then exhale, and holding the breath out, repeat the same process. Continue to do this until you have inhaled five times and exhaled five times, repeating silently, "I am Grace of God," ten times each time you inhale and each time you exhale. This will be a total of one hundred times the mantra is repeated.

With eyes still closed, sit up in easy pose, right hand in gyan mudra resting on right knee, left hand held at shoulder level as if to take an oath. Concentrate on each finger, tensing it as you do, and repeat five times for each finger, "I am Grace of God."

Little finger (MERCURY):

Power to relate, communicate and make decisions.

Ring finger (SUN):

Health, strength, physical vitality

Middle finger (SATURN):

Emotional control, patience

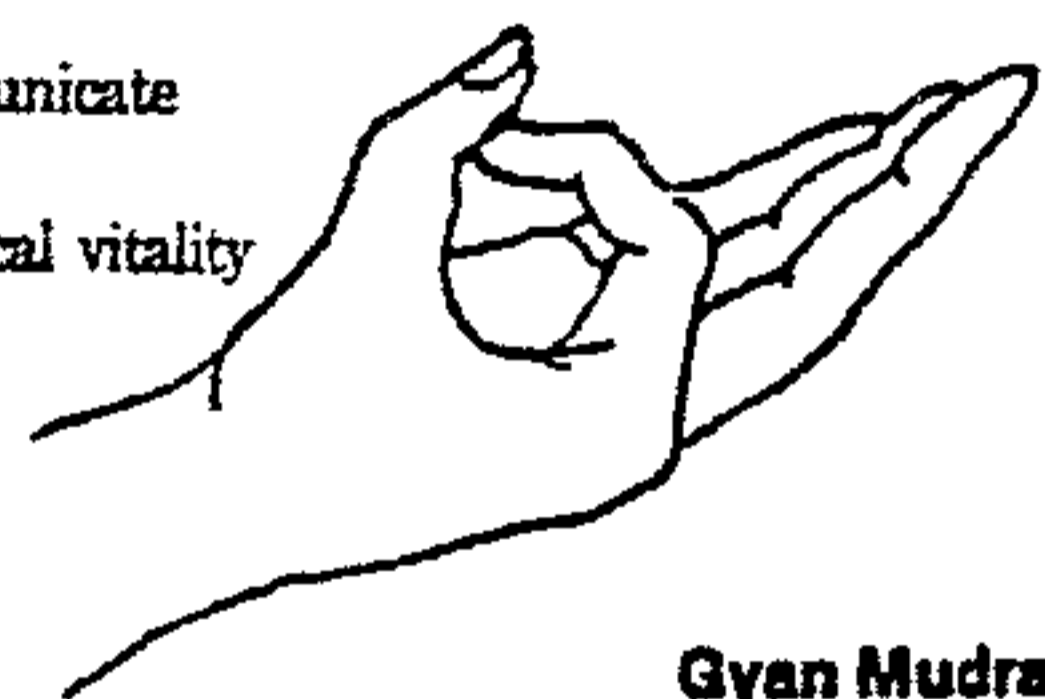
Index finger (JUPITER):

Wisdom

Thumb (DRAGON HEAD,

DRAGON TAIL):

Ego



Gyan Mudra

The optimum times for this meditation are sunrise and sunset, on an empty stomach. Your emotions will become more positively channeled and any physical or mental ill health will be greatly improved. Continue practicing for one year and your aura will become tipped with gold or silver; great strength and God's healing powers will flow through you.