

## Meditation

**Posture:** Sit in a comfortable meditative posture.

**Mudra:** Lift your hands to the level of your heart, palms up, elbows relaxed by your sides. Form a shallow cup of your hands by placing the sides of your hands together from the base of the palms to the tips of the Mercury fingers (pinkies). All the fingers are together but not rigid. Open the thumbs out away from the hands. The cup is not deep, the edges of the cup are about thirty degrees up from the parallel plane.

It is important to keep the "line of Mercury" connected; the outsides of the hands touch from the Mercury fingers to the base of the palms. Normally there will be no opening whatever, but some people will have a gap between their little fingers. Keep this gap to a minimum.

**Eyes:** Close your eyes and look into your hands through your closed eyelids.

**Mantra:** Chant *Ek Ong Kar Sat Gur Prasad, Sat Gur Prasad Ek Ong Kar*

