

# 2008 MEDITATION OF THE YEAR

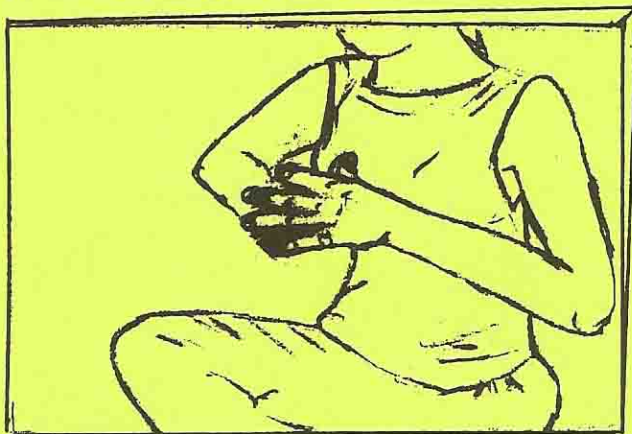
## PRANAYAM

### TATTVA BALANCE FOR ENDURANCE AND CALMNESS

**MUDRA:** Touch the fingertips of the opposite hands together and hold this posture at the level of the Heart Center, with the thumbs touching and stretching back toward the chest. Create enough pressure with the fingertips that the first segment of each finger is joined. The forearms make a straight line parallel to the ground. The fingers are bent slightly due to the pressure, while keeping the palms separated.

**EYE GAZE:**

The eyes are gazing at the tip of the nose.



**BREATH:**

**Inhale** smoothly and deeply through the nose. **Exhale** through rounded lips in **8 equal strong strokes**, on each exhale sharply pull in the Navel Point.

**TIME:** Start with 3 minutes and build to 11 minutes a day. A longer practice is for more dedicated students.

**TO END:** Inhale deeply and hold for **10 to 30 seconds**, then exhale. Inhale again and shake the hands. Relax!

**COMMENTS:** The 5 elements of Water, Fire, Earth, Air, and Ether need to be in balance for us to experience the flow of the psyche in a positive and creative way. Any imbalance in the Tattvas can cause an excess of lust, anger, greed, pride, or attachment, and will likely create a state of ill physical or mental health.

This meditation uses the pressure points of the 10 fingers held in the hand mudra, which correlate to the 10 zones of the brain (five in each hemisphere), to create a balance.

The deep inhale gives endurance and calmness, while the exhale strengthens the parasympathetic nervous system from a control band of reflexes in the ring of the throat. This has a calming effect on your reaction to stress, while the strokes of the exhaled breath stimulate the pituitary gland, giving you increased clarity, intuition, and decisiveness. Furthermore this meditation helps to resolve inner conflict from duality between different levels of your being, as in spiritual vs. physical.

**“You should have a mental projection which must overcome you, yourself, and your environments”**

**Yogi Bhajan 1-10-2000**