



1. To Know Your Inner Balance:

Sit in easy pose, with your eyes closed, focusing at the third eye point. Bring the hands into prayer pose at the center of the chest. Slide the left hand upward until it is higher than the right, with the left palm facing to the right side. The right palm faces left and touches the left arm just below the wrist. Breathe as long and slowly as you can. 3-11 minutes.

*See God in all.
See opportunity in all. See
grace in all.
With that
impact, walk
your life very
gracefully.*

YB

2. To Know Your Inner Projection:

Sit in easy pose with the eyes closed, focusing at the third eye point. Your thumbs are hooked into the hollows on either side of the bridge of your nose. Slowly close the palms into prayer pose, closing from the bottom of the side of the palms upward, touching the sides of the fingers last. Hold this position. Breathe as long and slowly as you can. 3-11 minutes.

3. To Know Your Inner Strength:

Sit in easy pose with the eyes closed, focusing at the third eye point. Breathe as long and slowly as you can. Place your right hand over your left at your heart center and press as hard as you can, maintaining the pressure throughout the meditation. 3-11 minutes.

