

# YOURPURPOSEWORK

Know Yourself, know your reality, take charge of your destiny!

## Daily Meditation:

### Reducing Stress levels, Increasing Vitality and Positivity!

Boosting energy levels, creating focus and balance. Nourishing the body, revitalizing mind and calming the nerves.

## Meditation Times

**3 minutes:** Enhances **circulation**.

**11 minutes:** **Renew the nerves** and effects change, and absorb the imprint of the breath (and the sound).

**22 minutes:** Takes care of the **three intelligences**, the three minds. Protective, Projective, and Intuitive Intelligence and makes them work together.

**31 minutes:** Affects the entire mind, balances the five elements, and boost the magnetic field.

**62 minutes:** It works on the gray matter of the brain. It causes your shadow mind and your positive projection to integrate.

## Sitali Breath: Calming the mind,

### Good for digestion, Emotional balance.

Increases life force in the body, Helps the spleen, liver and digestive system. It's a cooling breath, which regulates digestion and sexual energy.

- Sit, either on the floor or a chair, Eyes focused on the 3<sup>rd</sup> Eye point (the Gap between your eye brows)
- Curl your tongue. Inhale through the open mouth with a curled tongue. Exhale nose.
- For people who can't curl their tongue: breathe in as if sipping through a straw, and gently place the tip of the tongue against the back of the upper teeth.

**Time:** 3 to 11 minutes; it is a cooling, calming breath, which is great to do at night, before bed time.

A Mantra is a sound (can be a seed sound) or combination of sounds (or syllables) a sacred expression, a numinous sound, or group of words. A mantra may or may not have syntactic structure or literal meaning. These sound combinations affects the mind and create a physical, psychological and spiritual respond.

*All the Music we used in "Chakra Alchemy" can be found on I-Tunes:*

Ra – Ma – Balancing Fire and Water; CD: Celestial Naam (by dr. Levry) - track - Ra Ma

Ong Sohung – Creating neutrality connecting to ones creative source; CD: The Guru Singh experience Volume I - track - Ong Sohung

Ra Ma Da Sa – a key harmonizing code; CD: Ra Ma Da Sa Healing Sound (by dr. Levry) track:Ra Ma Da Sa (slow beat)

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