



# 1. Perception of the Neutral Mind

## Perception of the Neutral Mind (11 minutes to 31 minutes)

1. Sit Straight.
2. To set up the mudra, first interlace all the fingers. Now extend the little fingers, ring fingers, and middle fingers so they lay against the same fingers of the opposite hand.
3. Separate the base of the palms about 4 inches so the three fingers form a teepee, and so that a round space opens between the two interlaced index fingers and the two thumbs.
4. Raise this mudra up to your face and put your nose into the opening between the index fingers and thumbs. The index fingers rest near the bridge of the nose. The thumbs cross just under the nose but do not block the nostrils. The other fingers point straight up. The elbows are relaxed.
5. Focus at the brow point and chant the following mantra:
  - Har Har Gobinday
  - Har Har Mukanday
  - Har Har Udaray
  - Har Har Aparay
  - Har Har Hariang
  - Har Har Kariang
  - Har Har Nirnamay
  - Har Har Akamay
6. Each line of the mantra has two "Hars" and another word to make three beats. As you chant press the tips of the three fingers in sequence. Begin with the middle fingertips pressing firmly on the first "Har". Then the ring fingers on the next "Har", and finally the little fingertips on Gobinday. For the next line begin "Har" on the little fingertips and work forward. Continue through all 8 lines of the mantra so you end back on the middle fingertips.
7. As you chant these motions become smooth and automatic. Then your attention goes deep into the sound itself.

### To End

1. Inhale deeply and hold the breath, focusing on the brow. Then exhale powerfully through the mouth.
2. Repeat this final breath sequence three times, and then relax.

### Eye Focus Brow Point

#### Mantra

Har Har Gobinday, Har Har Mukhanday, Har Har Udaray, Har Har Aparay, Har Har Hariang, Har Har Kariang, Har Har Nirnamay, Har Har Akamay