To See the Unseen

- Sit in easy pose with the right arm out in front parallel to the floor with the elbow straight, but not locked.

- The palm to the right hand is facing up and slightly cupped as if catching rain.

- The left hand is in Surya Mudra (ring finger touching the thumb) with the elbow at the aide and forearm facing out.

- Close your eyes and focus on the tip of the chin.

- Strongly press the tip of the tongue to the palate behind the teeth.


- Breath long and deep.

- Practice for 11 minutes.

- To end – Make panther claws (bend the fingers into the mounds of the hand). Inhale and turn to the left, then back to the center and exhale. Then inhale and turn to the right, then back to the center and exhale.