



Posture: Sit in Easy Pose with the spine straight.

Mudra: Touch the thumb and Mercury (pinkie) finger of one hand to the thumb and Mercury finger of the other hand. Bend the Sun (ring) fingers in toward the palms, but do not let them touch the palms. Leave the Jupiter (index) and Saturn (middle) fingers pointing straight up, but not touching.

Music: Meditatively listen to Beloved God, the first song on Singh Kaur's Peace Lagoon.

Time: Start with 11 Minutes and work up to 31 Minutes.

Effects: This meditation activates the Mercury power of communication.

