

# Stay Strong in You

## Class Notes – Week 2

### Meditation for the Negative Mind

Shield yourself from negativity.

Clean the subconscious mind of unwanted thoughts.

Return to calm and humility

**Posture:** Be sure to be comfortable in a chair or on the floor in easy cross-legged pose

**Mudra:** Make a cup of the two hands with both palms facing up, and the right hand resting on top of the left hand. The fingers will cross over each other. Put this open cup at the level of the heart center. Elbows are relaxed at the sides.

**Eye Focus:** Your eyes are slightly open and looking down toward the hands.

**Breath:** Inhale deeply in a long steady stroke through the nose. Exhale in a focused stream through rounded lips. You will feel the breath go over the hands.

**Mental Focus:** Let any thought or desire that is negative, or persistently distracting come into your mind as you breathe. Breathe the thought and feeling in, and exhale it out with the breath.

### Music -Instrumental – Meditation for the Negative Mind

<https://www.youtube.com/watch?v=npCwIUiJS4s>

Wipe Out negativity

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### Mantra -Ang Sang Wahe Guru –

The Divine is dancing within every cell of my being.

One of the magic Mantras.

Chant with full attention and great reverence

<https://www.youtube.com/watch?v=H9BhAbaLymo>

