

## MIRACLE OPENING



**Hands**— calming, one palm on top of the other, either hand on top (experiment with both hand positions), tips of fingers lined up with base of palm.

**Breath**— straight breath, inhale through nose, exhale through mouth. Movement straight in and out. Equal emphases on inhale and exhale.

**Feet**— parallel, a fist apart.

**Practice**— hold your hands and feet in position as described above and repeat the breath instruction sixteen times.

## Yantra

**Mahavidya:** Kali is kundalini, resides in the Muladhara Chakra. When invoked she removes the fear of death and basic insecurity. In Sanskrit, Kala is *death*. She is goddess of transformation. Matter is neither created nor destroyed; it only changes form. Death is a transformation and essential for change. Attachment to material form causes fear of death.

**Number:** 8 **Planet:** Saturn **Color:** Black

**Ruling Planet:** Aspects include wisdom, authority, sincerity, organizational abilities, discipline and success in business.



## Divine Heart Original Nature

The desire for permanence is a cause of suffering. Everything in the universe is in a constant flow of transformation. You are ever-changing. You are the creator of your experience. You will transform. Who are you now? Open your heart, be alert to the wonders of change.

## Ineffable Awareness

Beginning, waking up the spine and system with calm gentleness.