

## Meditation 890312 M0512 for Mastery of Time and Space

Mudra: Place both hands on your lap with palms up, right hand over left, tips of the thumbs touching and thumbs aligned with and touching Jupiter fingers.

Sit straight with the chin is slightly tilted toward chest.

Eyes: Focused on the tip of the nose.  
Mantra: using the tip of the tongue, pronounced without sounding the mantra "Waa-hey Guru"

Time: 11 minutes begin with.  
Comment: The mantra should only be sung with the tongue, without sounds. Your lips do not move. When the tongue moves with that sound, your horizons will become more and more extensive. Anyone can do it.



Not only you will see your own arc of light, your aura, you'll see how you feel. You can locate a person anywhere in the world. You will have mastery of time and space.

Caution: If you use it for negative purposes, to tease or deceive, you will lose all your powers. If you use it to heal and inspire you will become a saint. This meditation was practiced by Yogi Bhajan for 24 years running.