

Kundalini Yoga Meditation: Old Gypsy Way of Calling on the Spirit Originally taught on July 4, 1994

Invoke the spirit of Mother Earth with your own body.

Posture: Sit in Easy Pose with a straight spine, and a light Neck Lock.

Mudra: Raise the arms up 60 degrees from horizontal, elbows and wrists straight. Stretch the body forward slightly from the plane of the body. The angle of the palms follows the angle of the arms. The fingers are straight and together, thumbs relaxed.

Visualization: Imagine a flame at the Heart Center. Do not move.

Breath: Breathe consciously, long and deep.

Time: 3 minutes.

To End: Inhale deeply with a prayer for the loftiness of Creator Mother Earth and peace. Hold for 15 seconds. Exhale. Inhale deeply. Feel in your heart the blessing of the Divine Mother. Hold for 15 seconds. Exhale. Inhale deep. Feel the taste of the sweetness of life. Hold for 15 seconds. Exhale.

This meditation can be found in **I am a Woman: Essential Kriyas for Women in the Aquarian Age**, available through kriteachings.org.

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