



Meditation for the Negative Mind

When you need to balance the flashing negativity and protective fervor of the Negative Mind, use this meditation. It clears the subconscious of unwanted negative or fearful thoughts. Then the Negative Mind can give you clear signals to protect and to promote you. The posture is one of calmness and humility that lets the Creator, the Unknown, cover and shield you.

Posture: Sit straight in an easy cross-legged pose.

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.

Time: 3-31 minutes