

## **The Vibration of Love**

Sit quietly and close your eyes.

Focus on the spiritual heart in the middle of the chest. Feel your breath moving in and out of your heart.

Bring your hands together in a tight pranam in front of your chest (fourth chakra). As you breathe, press your hands together and focus both on the third eye and crown chakra. Feel the third eye and the top of the head open.

Concentrate over the head for a little while and then come back to your heart.

Relax your hands. Sit and meditate on the cave of your heart for ten minutes.

Then breathe in and out slowly for five times.

Sit quietly for another five minutes, letting the breath relax and become normal. Pranam again and bow to your Beloved.