



This meditation brought to you by my friend, Eric Isen.

Soul Sync Meditation

6 Steps

For 8 counts use your thumb touching the tips of your 4 fingers twice on one hand or once using both hands.

1. 8 Conscious Breaths. If the mind wanders start again at the number you were on and finish the 8 count.
2. 8 Humming breathes. Feel the vibration around the head. Calms the mind.
3. Observe the pause between inhalation and exhalation. Do not hold the breathe. There is a natural pause between inhalation and exhalation. Observe 8 breathe pauses. Slows thoughts
4. Inhale and while exhaling, chant AHAM 8 times. Aham means I am the Whole, the All That Is. Chant internally or like a whisper. Separation dissolved.
5. Sit in the limitless, unbounded state.
6. Intention. See the intention as fully manifested and be in gratitude. Only one intention for each repetition of the 6 steps. Can do as often as you like.