

YOURPURPOSEWORK

Know Yourself, know your reality, take charge of your destiny!

Daily Meditation:

Reducing Stress levels, Increasing Vitality and Positivity!

Boosting energy levels, creating focus and balance. Nourishing the body, revitalizing mind and calming the nerves.

Meditation Times

3 minutes: Enhances **circulation**.

11 minutes: **Renew the nerves** and effects change, and absorb the imprint of the breath (and the sound).

22 minutes: Takes care of the **three intelligences**, the three minds. Protective, Projective, and Intuitive Intelligence and makes them work together.

31 minutes: Affects the entire mind, balances the five elements, and boost the magnetic field.

62 minutes: It works on the gray matter of the brain. It causes your shadow mind and your positive projection to integrate.

Sitali Breath: Calming the mind,

Good for digestion, Emotional balance.

Increases life force in the body, Helps the spleen, liver and digestive system. It's a cooling breath, which regulates digestion and sexual energy.

- Sit, either on the floor or a chair, Eyes focused on the 3rd Eye point (the Gap between your eye brows)
- Curl your tongue. Inhale through the open mouth with a curled tongue. Exhale nose.
- For people who can't curl their tongue: breathe in as if sipping through a straw, and gently place the tip of the tongue against the back of the upper teeth.

Time: 3 to 11 minutes; it is a cooling, calming breath, which is great to do at night, before bed time.

A Mantra is a sound (can be a seed sound) or combination of sounds (or syllables) a sacred expression, a numinous sound, or group of words. A mantra may or may not have syntactic structure or literal meaning. These sound combinations affects the mind and create a physical, psychological and spiritual respond.

All the Music we used in "Chakra Alchemy" can be found on I-Tunes:

Ra – Ma – Balancing Fire and Water; CD: Celestial Naam (by dr. Levry) - track - Ra Ma

Ong Sohung – Creating neutrality connecting to ones creative source; CD: The Guru Singh experience Volume I - track - Ong Sohung

Ra Ma Da Sa – a key harmonizing code; CD: Ra Ma Da Sa Healing Sound (by dr. Levry) track:Ra Ma Da Sa (slow beat)

Akiva Satnarayan: a Business Transformational Coach, dedicated to supporting self-expression as a spiritual fulfillment in the market place. Akiva uses – Business/spirit practices, mastery of Meditation and Numerology and the knowledge of everyday Kabbalah (soul mapping), in the service of ones creative fulfillment and destiny. <https://www.yourpurposework.com>