



## Process For Astra Travel Daily For 11 minutes



Bring your awareness to the swadishtana. Keep your eyes open

Visualize you have become so huge. Visualize the moon is in your swadishtana. Feel the cooling effect of the moon on your swadishtana!

Samyama is nothing but intense energy happening in you by focusing on one truth. Lock yourself in padmaasana and samaana mudra. And even if it breaks, get back to it. Only then your lifting off is happening because of the samyama.

