

ANAND MITHUN – Blissful Couple

Couple Meditation

1. 0-10 min Prayer to each other. Dancing.
Bowling Down to each other.
2. 10-20 min Sitting Together, Eyes Closed, Holding Hands. Flute ShivaRanjani.
3. 20-30 min Looking into Eyes, when Dotara comes.
4. 30-40 min Flute Hamsadhwani. Breathing Together up and down.
Connecting Muladhara with Heart. Hand Movements. Perineum Contraction.
5. 40-50 Circle of Light. ShivaRanjani.
6. 50-60 Shiva-Shakti Melting. Jhin Jhyoti flute.
Shri Yantra. Melting in the Heart.
Shanti Mantra.
7. 60-70 Resting Together.