

# Kundalini Meditation N. 161

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**LA044 780601** Bhakti mantras & pranayam so you can enjoy entering into the heart center

## **General Position:**

Sit in easy pose with a straight spine. -

## **Arms and Hands:**

Relax the hands in the lap.

## **Legs:**

Sit with the legs crossed or in a chair with the weight of both feet distributed equally on the ground.

## **Breath:**

Deeply inhale and completely exhale as the mantra is chanted.

## **Eyes:**

The eyes are 1/10th open.



## **Mantra:**

Sing the following mantra from the heart and the chest:  
HARAY RAAM, HARAY RAAM, HARAY RAAM,  
HARAY SAT NAAM, SAT NAAM, SAT NAAM, HARAY

METRONOME 120BPM - 55

HA RE RAM HA RE RAM HA RE RAM HARE SA TA NAAM SA TA NAAM To

SA TA NAAM HA RE the

really learn this mantra properly it is necessary to hear tape

## **Mental Focus:**

This is a naad, a sound current. See how the mind relates to these words-

## **Comments:**

This is one in a series of bhakti (devotional) mantras. In your practice go slowly and constantly to merge deeper and deeper. Do lots of pranayam (breathing exercises) so you can really enjoy entering into the heart center and its inner values.

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