

Kundalini Meditation

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General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Relax the arms down with the elbows bent. Raise the arms up and in toward each other until the hands meet in front of the chest at the level of the heart. Draw the fingers of the left hand into a fist and stick the left thumb down inside the fist. Wrap the fingers of the right hand around the left hand from the fingertips to the last knuckle and place thumb on top of the fist on the base of the left thumb. Squeeze on the hand position as hard as possible without hurting the hands.

Legs:

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

Breath:

Deeply inhale and completely exhale as the mantra is chanted.

Eyes:

The eyes are 1/10 open.



Locks or other conditions:

Lock the left thumb in the left fist and lock the right hand around the left fist.

Mantra:

Chant the following mantra as the breath is completely exhaled:

HARI NAM SAT NAM HARI NAM HARI
HARI NAM SAT NAM SAT NAM HARI
HARI NAM SAT NAM HARI NAM HARI
HARI NAM SAT NAM SAT NAM HARI
HARI NAM SAT NAM HARI NAM HARI
HARI NAM SAT NAM SAT NAM HARI

Mental Focus:

Mental images:

Practice Conditions:

Length of time:

Begin with. 11 minutes and continue to increase the time.

Comments:

This is a simple creative meditation. Be sure to chant the entire mantra on one breath. It will aid in gaining control of the breath. Once you have control of the breath, the in-flow of the prana, you have automatic control of the apana and can eliminate the negativity. This meditation energises all systematic systems so that you can apply the master brake in life necessary to maintain self control.