

Kundalini Meditation N. 53

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LA036 780511 PANCHTANTRIC KRIYA This kriya changes the fiber to make it absolutely positive

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Grasp the left elbow with the right hand. Touch the left thumb to the left forefinger. Draw the other three fingertips together and try to touch the thumb with them. Place this hand position on the left shoulder. When there is only 5 minutes remaining in the meditation, reverse the hand positions.

Extend both arms straight out in front of the body parallel to the ground. Bend the left elbow and draw the forearm straight back over the left shoulder. Bend the right elbow and draw the forearm in toward the chest until the right hand touches the left elbow. Hold the position until there are only 5 minutes remaining and then reverse the arm position. At the end of the meditation, inhale and stretch the arms overhead, then exhale and relax them.

Legs:

Sit with the legs crossed or in a chair with the weight of

Breath:

Deeply and rapidly inhale and completely exhale as the mantra is chanted. Be sure to chant, the entire mantra in only 1 breath,

Eyes: close

Locks or other conditions:

If you hold the position properly you will not have pain in your arms or shoulder. Otherwise it will hurt.

Mantra:

Chant the following mantra in a monotone five times as the breath is completely exhaled.

"AD SACH, JUGAD SACH, HABHAY SACH, NANAK HOSI BHAY SACH."

The mantra must be chanted at a very fast rate in order to be completed in one breath, but be sure to properly pronounce each word and keep a steady rhythm.

Mental Focus:

Focus on the breath and on the chanted mantra. Be sure to chant the entire mantra. Be sure to chant the entire mantra in only 1 breath.

Practice Conditions:

Assume the proper position and begin the meditation. Continue until there are only 5 minutes remaining. Then reverse the arm and hand positions and finish the meditation.

Length of time:

Practice this meditation for a total of 31 minutes.

Comments:

The purpose of this mantra is to enable you to float over the period of insanity and difficulty which is coming. We can't afford to lose you. That's why we are trying to give you the technology for the times to come. This kriya changes the fiber to make it absolutely positive, it eliminates all karmic negativity. Dharma gets rid of karma, but if you are not perfect in dharma this is the answer. The left hand represents the female in prayer. The right represents the male in action. The position is reversed in the last five minutes to equalize the energy. Otherwise one side of the Body is overcharged and one side of the brain hemisphere can be overcharged and overactivated. Changing interrelates the connections and balances.

