

Kundalini Meditation 18

<http://www.libraryofteachings.com/kriya.xqy?q=&cid=be8301db5af647eb958d0343db688e56&name=Composite-Polarity-Mudra-Meditation>

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Taught by Sin Singh Sahib Bhai Sahib Haibhajan Singh Khalsa Yogiji 35

LA074 781127 The meditation will get rid of heart attacks and their causes

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Relax the arms down with the elbows bent. Raise the forearms up and in toward the chest until the hands meet at the level of the heart. Extend and join the fingers of each hand. Pull the thumbs away from the fingers and wrap them around each other. Point the left palm away from the body with the fingers pointing straight up. Point the right palm down at the ground with the fingers pointing away from the body.

Legs:

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

Breath:

Inhale in a long slow deep breath. Hold the air in as long as possible. Completely exhale in one long slow breath and hold the 'air out for as long as possible. Continue the cycle

Eyes:

Close the eyes nine-tenths.

Locks or other conditions:

Interlock the thumbs.

Mantra:

There is no mantra for this meditation.

Length of time:

Practice the meditation for 11 minutes.

Comments:

The mudra is called "composite polarity." Breathe slowly so that the beat of the heart may collaborate with the the prana. It will cause a beautiful interplay of the magnetic field and arc line. Hold the breath out to the maximum so that all the blood can circulate well in the lungs before the oxygen touches it. All membranes are given new life by this exercise. The meditation will get rid of heart attacks and their causes. according to yogic tradition. It will get rid of paranoia, from which all problems, come.

