

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 forearms up and in toward each other until the hands meet in front of the heart center. Interlace all the fingers and the thumbs and lock them tightly together.



Legs:

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

Breath:

Breath is as necessary in order to maintain a continuous unbroken rhythm.

Eyes:

The eyes are 1/10th open.

Locks or other conditions:

Interlock all the fingers and thumbs of both hands together and apply pressure to keep them tightly locked at all times.

Mantra:

There are two mantras that may be used for this kriya. Both are chanted in a monotone in a continuous unbroken rhythm with no pause at the end of each repetition

First mantra: ONG KAAR

Second mantra: EK ONG KAAR

Both mantras must be pronounced properly and their rhythm must be kept constant. Do not strike the upper palate of the mouth with the tongue. There is a natural tendency to speed up the EK ONG KAAR mantra. Overcome this tendency.

Mental Focus:

Focus on the sound and rhythm of the mantras;

Mental images:

Feel the difference in the effects of each mantra.

Practice Conditions:

Length of time:

Practice each mantra for 11 minutes.

Comments:

The harder the hands are pressed together, the more you will automatically start feeling great. The tongue creates a pressure inside the mouth that pushes air up against the upper palate. If the tongue strikes the upper palate this delicate, subtle balance inside the mouth is destroyed.

Unless the mantras are pronounced properly the proper stimulation in the brain and mind due to air pressure on the upper palate will not be achieved and the desired results will not be complete.

EK is infinite light. ONG KAAR is the vehicle that carries everything, the infinite light and creativity of God. ONG KAAR is the stimulus of the magnetic field of the cosmic consciousness into the definite finite one. The central vagus nerve is tuned up.