

# Kundalini Meditation

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## General Position:

Sit in easy pose with a straight spine.

## Arms and Hands:

Extend the arms straight out in front of the body with the elbows bent. Draw the forearms in toward the chest until the hands meet in front of the chest at the level of the shoulders. Place the right hand over the left hand. Extend and join the thumb and fingers of each hand and face palms down toward the ground. Gently touch the palm of the right hand to the back of the left hand. The right hand should be pointing to the left and the left hand should be pointing to the right. Be sure the forearms are parallel to the ground at all times.



## 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 very long slow deep complete breath. Hold the breath for a short period of time. Then completely exhale through the mouth as the mantra is chanted. Set the breath to a rhythm so you can really make it slow.

## Eyes:

Close the eyes or look at the tip of the nose.

**Locks or other conditions:**

**Mantra:**

Chant the following mantra in three beats as the breath is completely exhaled from the lungs:

**WAA HAY GUROO**

Take as long as is necessary to chant the mantra but be sure all the air is exhaled before the mantra is completed.

**Mental Focus:**

If the eyes are not closed focus on the tip of the nose.

**Mental images:**

Imagine that you are saying the mantra as an angel from the high skies.

**Practice Conditions:**

**Length of time:**

Practice this meditation for 31 minutes.

**Comments:**

This is a very simple and creative meditation. It will re-vibrate your life, drive out depression, and bring compassion to live right. It will give you the experience of a meditative mind.