

Kundalini Meditation

Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji

Date Taught: 9/6/79 #122

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 body at the level of the throat. Face the right palm out and the left palm in. Extend and join the index, middle, and ring fingers of each hand: Fold the little fingers into the palm and hold them in place with the thumbs. Press the two groups of extended fingers together as close to the tips as possible. Press with ten to 15 pounds pressure. This will become painful. Go through the pain and don't give an inch.



Legs:

Sit with the legs crossed or in any meditative pose.

Breath:

Deeply inhale in 16 equal breaths. Hold the breath in for two counts. Completely exhale in 16 equal parts. Hold the breath out for two counts.

Eyes:

The eyes are one-tenth open.