

Kundalini Meditation N. 122

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LA159 800318 NAAD KRIYA activate the Shushmana, Kerdi kala the path of the kundalini, It will give you a very intuitive

General Position:

Sit in Easy Pose with a straight spine-

Arms and Hands:

With the elbows relaxed near the sides of the body, raise the hands up so that they meet in front of the chest at the level of the heart, with the palms facing out, fold the fingers into fists and interlock the thumbs. Pull on the thumbs.

If you are not concentrating properly the thumbs will tend to slip.

Breath:

Inhale deeply and exhale completely as the mantra is chanted.

Mantra: Chant: WAA HE GUROO six times in a monotone. The first two repetitions are at a low pitch, projected from the diaphragm, "male", and the second four are at a higher pitch, through the nose, "female". For correct pronunciation and for true understanding of the sound subtleties, listening to the tape is required.

Eyes: *The eyes are left to choice.*

Length of time:

You can do this every day, any day. No time length was given.

Locks or other conditions:

With each repetition of the mantra concentrate on a chakra, starting with the first and going through the sixth *in* each cycle.

Comments:

If the tone, rhythm and notes are all correctly chanted correctly it will activate the Shushmana, the path of the kundalini, the cherdi kala. It will give you a very intuitive, subtle feeling to let you know that you are getting into some feeling of the sphere that is beyond you.

