

Kundalini Meditation N.118

Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khaisa Yogiji P. 233

LA085 790212 LA086 790213 To bring all the happiness to himself

(Hands - Sat Nam Rasayan Asana)

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Relax the arms down with the elbows bent. Raise the hands to shoulder level with the palms facing forward. The hands, elbows, and shoulders are in the same plane. The shoulder blades join in equal parallel lines.

The first two and last two fingers on each hand are extended and joined. Split the fingers between the second and third fingers. The thumbs are stretched away from the hands.

Legs:

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

Breath:

Very gracefully inhale in 10 equal parts and exhale in 10 equal parts.

For the second version hold the breath after each inhale and exhale, and mentally chant.

Eyes:

Look at the tip of the nose.

Locks or other conditions:

Mantra:

On the first version there is no mantra.

For the second version chant the following mantra mentally while holding the breath in and out:
AAD SACH, JUGAAD SACH, HEBHEE SACH, NAANAK HOSEE BHEE SACH

Practice Conditions:

After finishing the meditation inhale and exhale deeply 3 times, stretching up powerfully on the inhales.

Length of time:

Practice this meditation for 11 to 31 minutes.

Comments:

Focusing the eyes on the tip of the nose controls the optic nerve. By splitting the fingers you are controlling both hemispheres of the brain. By separating the thumbs you are separating the ego. By looking at the nose you are concentrating and directing the optical nerve which is the nearest to the sensory system of the brain, which thinks, imagines, and does. Do it correctly. Stand by your own experience. It will carry you through a confined situation to a very unconfined situation so that you may know that beyond your world there is another world, so you may start searching for that world. If the meditative mind can be used and achieved man can bring all the happiness to himself

