

Kundalini Meditation

N.129

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LA196 801030 EK KRIYA (INDEX KRIYA) It is the maximum energy balance you can create. Simply meditate on the breath. This is said the balance the pranic body with the auric body

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Raise the left hand and arm up with the elbow bent until the hand is in front of the heart and the forearm is parallel to the floor. With the palm facing down bend the first three finger 90 degrees so that the fingertips are pointing down and the first two joints are straight. The Mercury (little) finger and the thumb remain parallel to the ground and pointing toward the right, with the right elbow bent 90 degrees raise the arm up to the side so that the upper arm is parallel to the ground and the forearm is perpendicular to it. Bend the wrist 90 degrees so that the palm faces down and the fingers point forward. Join the first three fingers, pulling the Mercury finger away as much as possible. Pull the thumb back as much as possible. Hold the posture and the fingers tight. The strength of the fingers will let you know that the brain is feeling the feeling and the sensitivity right there.



Breath very long, slow and deep. It's the maximum energy balance you can create. Control the breath for the best results. It is the only voluntary power you have got over your pranic body. After 11 minutes inhale deep, immediately exhale completely, hold out 15 seconds. Repeat twice more. Relax

Eyes:

Eyes: Close the eyes. Concentrate at the third eye point.

Mantra: no mantra for this meditation.

Locks or other conditions:

Keep the antennae (fingers) tight and control the breath for best results. Let the energy automatically flow.

Time:

This meditation was practiced in class for 11 minutes.

Comments: I'd like to bring today two horizontal balances in the two eons signal tone of the hemispheres. Breathe very long and slowly. It is the maximum energy balance you can create. Simply meditate on the breath. This is said the balance the pranic body with the auric body.