

Kundalini Meditation 170

Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji 319

LA179 800602 relate to our own essence

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

With the elbows bent and relaxed near the body raise the hands up and in until they cross in front of the chest at the level of the heart. The right arm touches the body and the left crosses over it just above the wrists. Holding the palms facing toward the body touch the tip of each index finger to the respective thumb (passive Gyaan Mudra). Hold the other three fingers perfectly straight.



Breath:

Inhale deeply, exhale very deeply, and hold the breath out while the mantra is mentally chanted. Repeat twice more.

Length of time:

This is to be practiced for three breaths only. It will take about a minute and half

Locks or other conditions

As the mantra is mentally chanted with the breath held out, vigorously pump the navel point in rhythm.

Eyes:

No direction was given for the eyes.

Mantra:

While holding the breath out and pumping the navel, mentally chant the following mantra in a monotone:

HAREE HAREE, HAREE HAREE, HAREE HAREE, HAR

On the first breath repeat it three times, on the second four times, and on the third

Comments:

This meditation is an initiation to relate to our own essence. Practice it to realize how much it can change you in a minute and a half.