

# Kundalini Meditation 48

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LA043 780531 opens the heart center and brings happiness

## General Position:

Sit in easy pose with a straight spine.

The posture is known as YOGASAN (see description.)

## Arms and Hands:

Cross the arms in front of the chest with the right arm on top. Keep the entire length of both arms parallel to the ground and on line with the shoulders at all times. Rest the hands on the opposite arms above the elbows with the fingers on top of the arm. Lock the fingers and thumbs around the arms tightly enough so that your circulation feels it.

## Legs:

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

## Breath:

Deeply inhale and completely exhale as the mantra is chanted.

## Eyes:

Relax the eyes but leave them open and looking at the tip of the nose.

## Mantra:

Chant the following mantra twice as the breath is completely exhaled:

**SAT NAAM, HAREE NAAM, HAREE NAAM, HAREE  
HAREE NAAM, SAT NAAM, SAT NAAM HAREE**

Be sure to chant the entire mantra as only 1 breath is exhaled. To learn the mantra correctly requires listening to a tape.

**ਸਤ ਨਾਮੁ ਹਰੀ ਨਾਮੁ ਹਰੀ ਨਾਮੁ ਹਰੀ | ਹਰੀ ਨਾਮੁ ਸਤ ਨਾਮੁ ਸਤ ਨਾਮੁ ਹਰੀ।**

## Mental Focus:

Focus on the tip of the nose.

## Length of time:

Begin with 11 minutes and slowly build up to 31 minutes which is the maximum time for a beginner

## Comments:

This meditation opens the heart center and brings happiness.

