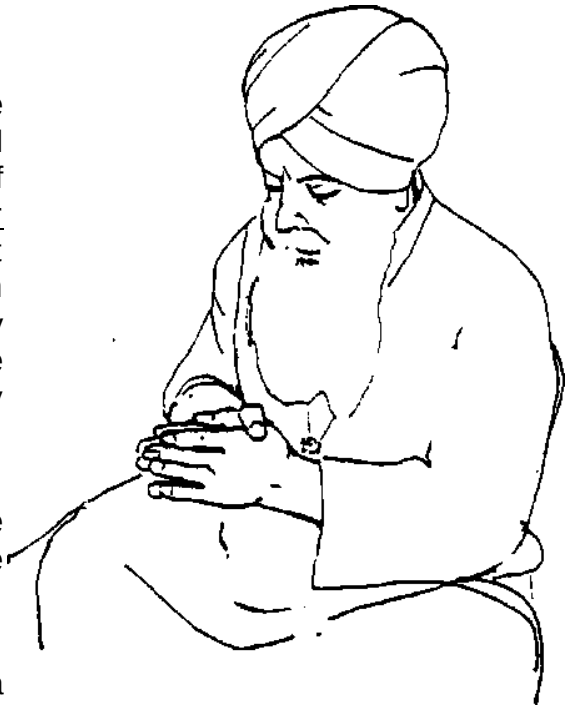
Kundalini Meditation 31

Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji

LA060 781009 highly energetic meditation to go to a the spiritual path

General Position:

Sit in easy pose with a straight spine.



Arms and Hands:

Relax the arms down with the elbows bent and the forearms drawn up and in toward the chest until the hands meet in front of the chest at the level of the heart. Press the palms together in prayer mudra with the thumbs crossed. Cross the right thumb over the left thumb. Slant the hand position away from the body at an angle of 45 degrees. Apply and maintain 15 pounds of pressure per square inch on the hand position and keep it tightly pressed together.

Legs:

Sit with the legs crossed or in 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:

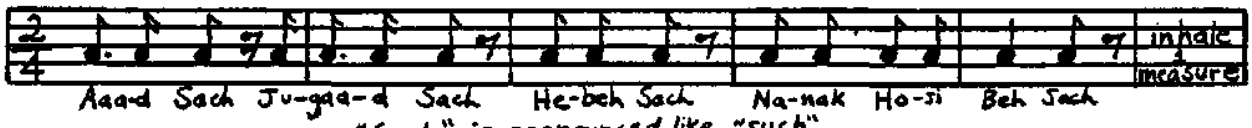
No instructions were given.

Mantra:

Chant the following mantra ih a monotone as the breath is completely exhaled. AD SACH JUGAD SACK HEBHI SACH NANAK HOSI BHI SACH

ਆਦਿ ਸਚ ਜੁਗਾਦਿ ਸਚ ਹੈਭੀ ਸਚ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚ

Three repetitions of this mantra are considered normal. Four repetitions per breath are better, and five is the maximum. If you choose to extend beyond three repetitions be sure that your breath can support the added repetition.



Length of time:

This meditation should be practiced for no more than 30 minutes until you have an expanded and well-developed lung capacity. Then you may extend the time.

Comments:

This is a highly energetic meditation. It cuts through everything that holds a man back on the spiritual path.