

Kundalini Meditation N. 117

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LA087 790219 Practicing this Kriya gives the capacity to still the most moving mind.

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Relax the arms and hands in any meditative pose.

Legs:

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

Breath:

Breathe normally through the nose.

Eyes:

Look at the tip of the nose.

Locks or other conditions:

Open the mouth as wide as possible. Touch the tongue to the upper palate.

Mantra:

There is no mantra for this kriya.

Length of time:

Start with 3-5 minutes of practice with a maximum of 11 minutes, with practice it can be done for 31 minutes.

Comment:

Practicing this Kriya gives the capacity to still the..most moving mind. It gives immediated relief to any wavering spaced-out mind. When there is so much insanity around that medical and psychiatric help fail, this will not. The person who tells someone to do it as therapy should be one who has practiced the kriya.

