

Kundalini Meditation N. 107

Taught by Siri Singh Sahib Bhai Sahib Haibhajan Singh Khalsa Yogiji P.213

LA093 790319 MEDITATION ON THE PRANIC ENERGY the earth element balanced by the ether

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Raise the arms with the elbows bent until the hands meet at the level of the chest. The forearms form a straight line parallel to the floor.

The palms face each other and the tips of the thumbs press against the mounds at the base of the mercury finger (pinky). The fingers point up and are extended and joined. Press the fingers of opposite hands together from the fingertips to the first knuckle. The thumb knuckles also press together. Press hard.

The knuckles will hurt, but it will give you a kind of joy and satisfaction.

Legs:

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

Breath:

Inhale in eight equal sniffs, exhale completely through the mouth.

Eyes:

Close the eyes nine-tenths, and look at the tip of the nose.

Locks or other conditions:

When exhaling through the mouth, gently purse the lips almost as in a whistle.

Mantra:

There is no mantra for this meditation.

In a class, the leader of the meditation can chant

ONG ONG ONG ONG ONG ONG ONG ONG on the eight-stroke inhale.

Length of time:

Practice this kriya for 11 minutes only.

Comments:

If all you understand is dollars, this is a million-dollar therapy. If the earth element in you is strong, and is not balanced out by the ether, you'll be stuck here. You don't belong to this earth anyway. You've got to go and you've got to know where to go and what to do. My idea about going is going with grace. It requires a little bit of work, a little bit of sacrifice, and a little bit of understanding that I AM, I am, my mind is my mind.

