

# Kundalini Meditation

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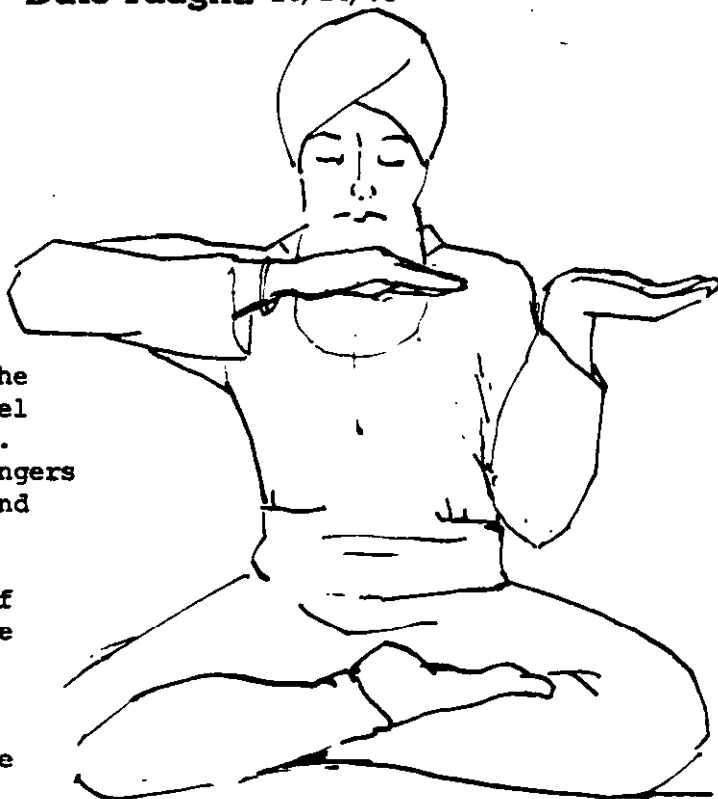
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## General Position:

Sit in easy pose with a straight spine.

## Arms and Hands:

Extend the right arm straight to the right parallel to the ground with the elbow bent. Draw the forearm in toward the body until the hand is in front of the chest near the level of the throat. Extend and join the fingers. Face the palm toward the ground with the fingers pointing to the left. Draw the thumb back and point it at the body. Relax the left arm down with the elbow bent. Draw the forearm straight up until it is directly in front of the upper arm with the left hand at the same height as the right hand. Extend and join the fingers. Bend the hand back to a 90 degree angle and face the palm up with the fingers also pointing to the left. Pull the thumb to the rear and point it back in the direction of the body. Do not move an inch once you are in the position.



## 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. Upon completion of the meditation deeply inhale and completely exhale 5 times. Then deeply inhale and hold the breath while the arms are stretched over the head. Exhale as they are relaxed down. Repeat twice more with the stretch.

## Eyes:

Look at the tip of the nose.

## Locks or other conditions:

## Mantra:

Chant the following mantra mantra in a monotone voice as the breath is completely exhaled:

SAT NAM, SAT NAM, SAT NAM, SAT NAM, SAT NAM, SAT NAM, WAHE GURU  
SAT NAM, SAT NAM, SAT NAM, SAT NAM, SAT NAM, SAT NAM, WAHE GURU  
SAT NAM, SAT NAM, SAT NAM, SAT NAM, SAT NAM, SAT NAM, WAHE GURU  
ॐ नमो भगवते वासुदेवाय

The entire mantra must be chanted on only 1 breath. The rhythm must be exact. Use the tip of the tongue to pronounce each word exactly.

## Mental Focus:

Focus at the tip of the nose.

## Mental images:

## Practice Conditions:

Upon completion of the meditation deeply inhale and completely exhale 5 times. Then deeply inhale, hold the breath and stretch the arms up over the head as high as possible. Stretch with every ounce that can be mustered. Exhale and relax down. Repeat twice.

## Length of time:

Begin with 11 minutes and slowly build to 33 minutes.

## Comments:

This meditation balances the western hemisphere of the brain with the base of the eastern hemisphere. This enables the brain to maintain its equilibrium under stress or the weight of a sudden shock. It also keeps the nerves from being shattered under those circumstances.