

# Kundalini Meditation

Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji

Date Taught: 2/1/79 # 84

## General Position:

Sit in easy pose with a straight spine.

## Arms and Hands:

Relax the arms down with the elbows bent. Raise the forearms up and in toward the chest until the hands meet approximately 1 inch above the diaphragm in front of the chest. Extend and join the fingers of each hand and point the palms up at the sky. Rest the back of the right hand in the palm of the left hand. Pull the thumbs out away from the hands and point them away from the body. Keep the thumbs separated at all times.



## 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:

Look at the tip of the nose.

Locks or other conditions:

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Mantra:

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

SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM WAAHAY GU  
SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM WAAHAY GU  
SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM WAAHAY GU

ਸਤ ਨਾਮ ਸਤ ਨਾਮ ਸਤ ਨਾਮ ਸਤ ਨਾਮ ਸਤ ਨਾਮ ਸਤ ਨਾਮ ਵਾਹਯ ਗੁ

Mental Focus:

Focus at the tip of the nose.

Mental images:

Practice Conditions:

Length of time:

The maximum time for this meditation is 31 minutes.

Comments:

This is a beautiful and wonderful meditation. You will never have a lung problem if you chant from the diaphragm. 31 minutes of this can totally convert you into the capacity of your own infinity.