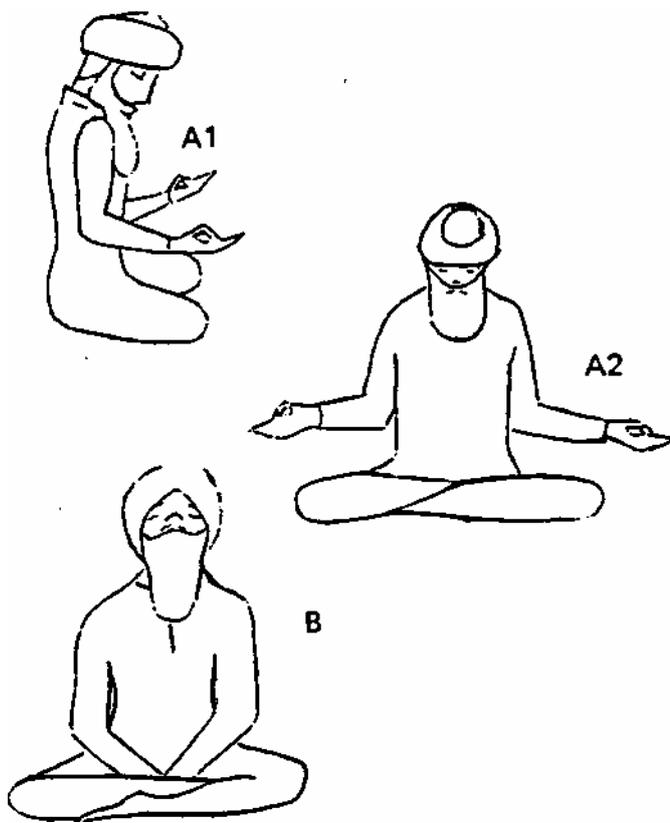


KARAM SHAMBAVI MUDRA MEDITATION

Yogi Bhajan 5/2/1972



A) Sit in easy pose with the spine straight. Bring the chin down into the cavity at the top of the sternum between the collar bones. Hands form the receptive gyan mudra with index finger on the tip of the thumb. The forearms are 90 degrees to the upper arms and parallel to the ground. Palms face up. (A1 & 2) Concentrate at the root of the nose, feeling as if the eyebrows and forearms are in line and that the brow point is a third arm. Inhale in 4 equal parts mentally vibrating the mantra "Sat Sat Sat Sat." Exhale completely in one long stroke vibrating mentally the mantra "Naaam." Continue for 11 minutes. Then inhale deeply and slowly bringing the neck back with the nose high up, exhale. Straighten the neck to meditate.

B) Sit in lotus or easy pose. Put the hands palms up under the buttocks. The arms go in between the legs, not around them. Drop the head back so the chin is high and concentrate mentally through the rectum. (B) Inhale in 4 equal parts mentally vibrating "Sat Sat Sat Sat." Exhale in one breath vibrating "Naaam." Continue for 11 minutes. Then inhale and bring the neck straight. Relax the body and the breath completely and meditate.

COMMENTS:

In life there are constantly waves of emotions, yet life is not these waves. The highest point of consciousness in life is love, but love is a constant frequency of vibrations throughout life that has no condition in it. The problem with us is that the positive and negative aspects of the ego are not balanced so no neutrality and constancy can take root. Positive ego is the constant vibratory projection of the self. Negative ego is the overprojection or under-contraction of the self. The imbalance of these two makes us unable to conquer the fear of death so we resist changing and evolving to higher consciousness, since every real change is experienced as a death.

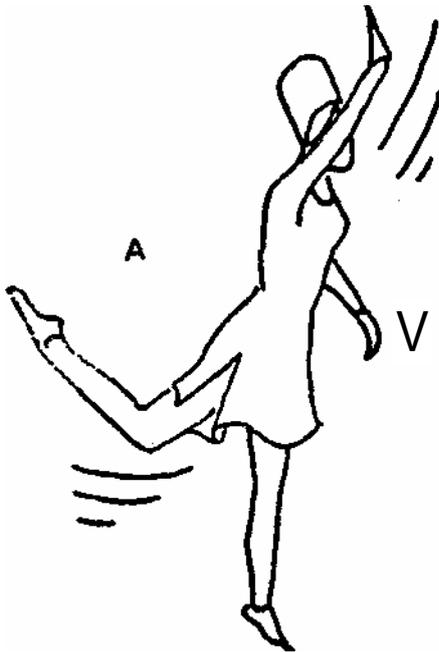
This kriya balances the ego, conquers the fear of death, gives sound sleep, eliminates strange dream and creates a positive attitude in life. It is especially good to practice at sunset or whenever the sun forms a 60 degree angle to you. These periods of the day are your daily weak points when negativity can easily triumph. This kriya draws out the negativity and eliminates it.

This kriya has two parts. "A" is the positive ego stimulant. "B" stimulates the negative ego and will sometimes result in depression and very unruly thoughts. The best procedure is to always practice the two parts together. After a slow build up of time, "A" can be practiced 31 minutes and then "B" can be practiced for 31 minutes. This should then be followed by 11 minutes of deep relaxation. If you are irritated when you begin practicing this kriya, add the practice of "Movement Relaxation, 5/3/72" before

practiced, produces a vitality in the etheric body so that it becomes extremely strong and begins to totally regulate the physical glands. This balances the glandular system so that the emotions become constant and the mind becomes divine in its actual potential. The glands will secrete to the total rhythm of the individual psyche rather than from fragmented segments of the self. This new unity is the ecstasy.

MOVEMENT RELAXATION

Yogi Bhajan 5/2/72

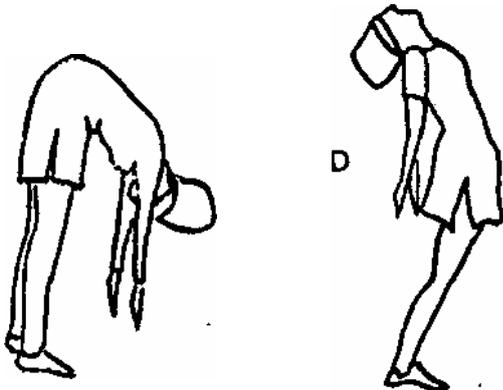


A) Stand straight with arms completely relaxed. Close the eyes. Feel any tension in each part of the body and consciously let it go. Next, begin to sway and move every part of the body. Dance gracefully feeling the easy movement of each body area. (A) If there is gentle rhythmic music of a high vibration available, it may be used as a background. Continue for 3 to 11 minutes.

B) Immediately stand straight with the eyes still closed. With the hands, begin to lightly feel each part and area of the body without reservation. Every square inch must be touched. Feel sensitively with the palms. Continue for 3 to 5 minutes.

C) Lean forward with arms hanging completely relaxed. All the muscles of the body should relax. (C) Let the breath be normal. Continue for 3 to 11 minutes.

D) Inhale and exhale deeply several times. Next, slowly lean backwards with arms hanging loosely down. (D) Breathing is relaxed. Hold for 1 minute. Completely relax.



COMMENTS:

Rhythmic, unforced, graceful, and free movement relaxes the entire body and releases the tensions we store in the body from our daily emotions. All emotional traumas leave their signature of tension in the body. If these areas of the body are not relaxed, the chronic stress can lead to both physical and mental imbalances. The time of exercise "A" can be extended as long as you enjoy it. In the normal class, 3 to 5 minutes is enough. Feeling the entire body confirms the reality of the relaxation and smoothes the aura. The remaining exercises strengthen the heart and circulatory system. If this system is weak, then tissues that are tense or are in the extremes of the body and the joints will build up deposits that create illness. True deep relaxation would be difficult. This simple series is for total relaxation and a cooperative coordination of mind and body into the experience of self.