

## Meditation to Melt Negativity

**Mudra:** Sit in Easy Pose, with a straight spine. Bend the ring and pinkie fingers into *the* palm, and *hold them down with* the thumb. Extend the index and middle *fingers straight up/ and hold them straight*, side by side. Place this mudra about 2 feet to either side of the face, *palms facing forward, fingers pointing up*. The forearms and fingers will not be straight up towards the ceiling, but tilted out to the sides, at about a 30-degree angle. Keep the hands up at the level of the face. The elbows are bent, but not pressed into the sides of the body. They should be stretched out about 12 inches, away from the sides. The weight of the hands will be on the armpits. This allows the armpits to be open so they can breathe and be stimulated.



**Mantra:** *Aap Sahaa-ee Hoaa, Sachay Daa, Sachaa Dhoaa. Har, Har, Har.* Tape by Singh Kaur is played. *Chant along with the tape, from the navel.*

**Conditions:** *To get the proper effect, as you chant the words Har, Har, Har, strike the tongue against the upper palate, and firmly pull in on the navel point on each repetition. This will pressurize the Kundalini, and shake it from the base.*

**Eyes:** Either focus at the tip of your nose, or close the eyes-either way will work. However, if you look at the tip of the nose, then the Third Eye point will become heavy like lead, and if you can stand the pain, the Third Eye will open.

**Time:** Done in class for 27 minutes.

**End:** Inhale deep. Hold 23 seconds, and concentrate on the area from your navel to the crown chakra at the top of the head, or shashaaraa. This distance is only 27 inches. Exhale forcefully, like cannon fire. Repeat two more times, holding the breath only 5 seconds. Relax.

**Comments/Effects:** "This meditation melts negativity, enemies, and negative vibrations. It is such a powerful meditation that you can even go after a demon and make him a student. The armpits are the exhaust pipe of the brain. That's why the sweat in the armpits is very different than the sweat of the rest of the body. If the armpits do

