

KUNDALINI YOGA

MEDITATION FOR THE FIFTH CHAKRA
Taught by Yogi Bhajan, February 19 - 20, 1991



Those who do not know how to live to their words shall never have the knowledge to know God.

Yogi Bhajan

The most important power of a person is the spoken word, both what you speak and how you speak. Ugly words are effective, and praises are effective. The idea of a human is to use grace, not negativity. The fifth chakra, or Throat Chakra, is associated with the power to master the Word, and to master the skill to initiate actions that come from the soul. It is a doorway to the realms of higher consciousness.

Chant the *Adi Mantra (Ong Namo Guru Dev Namo)* 3-5 times before beginning either of the meditations on this page.¹

Posture: Sit in Easy Pose² with a straight spine. The hands are in Gyan Mudra³ on the knees with the palms facing up. Apply *Jalandhar Bandh* (Neck Lock).⁴

Mantra: *Humee Hum, Brahm Hum* using the CD by Nirinjan Kaur and Guru Prem Singh.⁵ The chanting is done using the root of the tongue; the pressure is felt in the throat.

Focus: Eyes are focused at the tip of the nose.

Time: 11 minutes.

It is said that practicing this *kriya*⁶ for 11 minutes a day for 18 months will keep you young in spirit and looks.

¹ For complete instructions, go to kriteachings.com/toolsforteachers

² A comfortable cross-legged sitting position

³ The tips of the thumbs and index fingers touch and the rest of the fingers are straight

⁴ Stretch the back of the neck gently straight by pulling the chin straight back and lifting the chest

⁵ Available at a-healing.com and spiritvoyage.com.

⁶ A combination of posture, mudra, mantra, breathing, and rhythm; a kriya can be one exercise or a specific sequence of exercises

COMMUNICATION WITH SELF
Taught by Yogi Bhajan, April 12, 1978



In all the four corners of the Universe, vibrations create victory. The word spoken with manners and radiance effectively gives infinite strength to the speaker, and the experience is Godlike.

Yogi Bhajan

This meditation helps you to get into communication with your higher Self. It awakens the brain centers, and is said to balance the thyroid and parathyroid glands, stimulate the spinal energy, and be a general tonic to supply energy.

Posture: Sit in Easy Pose, or in a chair with both feet flat on the ground 12 inches apart, with a straight spine. Extend the hands straight out in front of the body parallel to the ground. Bend the elbows 90 degrees; cross the forearms with the right forearm over the left. Grasp the upper arms with the thumbs and fingers together (rather than having the thumbs around the bottom of the arms). Keep the arm position locked in place and perfectly straight at all times. Hold the spine straight without leaning forward or backward. There should be no pressure on the lower back.

Breath: Deeply inhale through the nose and completely exhale as the mantra is chanted. Be sure that there is no breath left in the lungs after the mantra has been chanted.

Eyes: Nine-tenths closed.

Mantra: Chant in a monotone as the breath is expelled *Ek Ong Kar Sat Hari* (*Hari* is pronounced, "Haree," with the 'a' sound like the 'u' in 'but;' the 'r' is rolled). There are seven "beats" to this mantra. *Kar* gets three beats and there is emphasis on *Hari*. Each repetition takes 6-8 seconds. Each repetition should be done forcefully enough to expel a full exhalation of breath.

Mental Focus: Focus on the inhalation of the breath and the chanting of the mantra.

Time: Begin with 11 minutes and build up to 31 minutes.