

THREE MEDITATIONS TO HANDLE

STRESS

Introduction by Shakti Parwha Kaur Khalsa

3HO

AS HUMAN BEINGS, we all have outside pressures and demands on us that can cause us suffering. Adding insult to injury, we often create our own internal stress through worry, insecurity, resentment, and anger. One trick to living happily (and in good health!) is to be able to successfully control and manage stress in our lives.

Here are three dynamite kriyas¹ that work on stress. Do these if you want to feel relaxed, mellow, and able to handle the pressures of each day. Yogi Bhajan first taught them on November 18, 1991, at the Whole Life Expo in Los Angeles. He told everyone in the audience to teach them freely to everyone, share them with their families, children, friends, enemies, everyone! In class the next night at Yoga West, he told us to do them, and to write them up and send them to everyone—no restrictions!



1A



1B



2A, 2B



3A, 3B

1. Pittar Kriya: Eliminate Stress and Clean the Liver

Put your left palm at the center of your chest (the Heart Center). Bend the right arm and cup the right hand (1a). Move the right arm past your right ear, as if throwing water back behind you over your right shoulder (1b). Keep the right arm moving back and forth, making sure that the wrist passes the right ear, for precisely 11 minutes. Then inhale deeply, hold the breath while pressing the arm as far back behind you as possible. Exhale. Repeat the inhale, hold, and exhale 2 more times.

2. Balance all the Chakras and Work on the Glandular System

¹ A combination of posture, mudra, mantra, breath, and rhythm; literally means 'completed action;' a kriya can be one exercise or a specific sequence of several exercises

Bend your elbows and press them in to the sides at the rib cage, with your palms facing up. Bend the Saturn (middle) fingers and place the thumbs over the first joint of the Saturn fingers (2a). Release the Saturn fingers with a flick (2b). Rapidly chant aloud *Har*² with each flick of the fingers, over and over again, using the tip of the tongue. (Note: the tongue flicks the upper palate as you chant *Har*.)

Eyes are fixed at the tip of the nose.

Continue this rapid 'flicking' motion with the fingers for 11 minutes. Then inhale deeply and hold the breath, while continuing to capture and then release the tip of the Saturn finger with the same springing motion. Repeat the inhalation and holding of your breath twice more,

keeping the fingers moving.

Note: The thumb represents the ego or "I."

3. For Your Nervous System

Works on your ability to *Do* and gets rid of your 'junk.'

Look at the tip of your nose. Extend arms out straight to both sides, keep them straight with no bend in elbows and turn the palms down (3a). Criss-cross them in front of you, horizontally, alternating over and under, while chanting *Har* continuously with the tip of the tongue each time the arms cross (3b).

After 11 minutes, inhale deeply and hold the breath while you continue to move the arms. Repeat the inhalation and holding of your breath twice more, then relax.

² One of the names of God in His creative aspect; the 'a' is short and sounds like the 'u' in 'but' and the 'r' is rolled as in Spanish