

# Kundalini Meditation

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HARI SHABAD MEDITATION

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## General Position:

Sit in easy pose with a straight spine. Pull the chin in and push the chest out.

## Arms and Hands:

Relax the arms down with the elbows bent and the forearms raised up from the sides of the body until they slant away from each side of the body at about a 30' degree angle. Point the palms forward and touch the Saturn or middle fingertip of each hand to its respective thumb tip. Leave the remaining fingers pointing up.



## Legs:

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the floor.

## Breath:

Deeply inhale and completely exhale as the mantra is chanted.

## Eyes:

The eyes are 1/10th open.

## Locks or other conditions:

### Mantra:

Chant the following mantra three times as the breath is completely exhaled.

SAT NAAM HAREEE NAAM HAREE NAAM HAREE  
HAREE NAAM SAT NAAM SAT NAAM HAREE

After the designated time is completed remain in the same body position and chant

SA- **ਸਤ ਨਾਮ** ॥ NAAM Continue for  
a period of time. Then begin  
chanting

GURU GURU WAHE GURU, GURU RAM DAS GURU three times per  
breath. Chant in a monotone very forcefully, stressing the first syllable  
of each word.

**ਗੁਰੁ ਗੁਰੁ ਵਾਹੇ ਗੁਰੁ ਗੁਰੁ ਗੁਰੁ ਰਾਮ ਦਾਸ ਗੁਰੁ**

## Mental images:

## Practice Conditions:

### Length of time:

Chant the first mantra for 31 minutes. Then chant the next mantras for as long as desired.

### Comments:

Pulling the chin in and pushing the chest out creates an equilibrium and prevents freaking out while meditating. The meditation "eliminates negativity, brings positivity, arouses the spirit to blossom," and when long SAT NAAM is done with it, it makes a combination that "has nothing parallel and equal to it." "HAREE" is the creative energy of God. "SAT NAAM" explodes it. It is of hegher potency and multiplies the power of "HAREE" millions of times. If the third mantra is properly chanted, it will bring up the kundalini. If a person can learn and chant all 3 mantras, "how dumb and unfortunate and condemned from the heavens he may be, he will recuperate 10 times."