

Kundalini Meditation N. 113

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LA088 790222 Egyptians meditation for supernatural powers

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Extend the forearms straight out in front of the body with the elbows bent. Raise the forearms up and in toward the chest until they are pointing up at the ceiling and close the hands into fists with the thumbs pointing up. Now firmly press the forearms together from the bottoms of the elbows to the tops of the fists. Lock the thumbs in place and hold them very stiffly. This will probably become a very uncomfortable arm position. Just go through the pain and don't give an inch.

Legs:

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

Breath:

Deeply inhale in a long slow breath. Hold the breath in as long as is possible. Totally exhale in a long slow breath. Hold the breath out as long as is possible.

Eyes:

Do not close the eyes all the way and look at the tip of the nose.

Mantra:

Mentally vibrate the following mantra:

AAD SACH, JUGAAD SACH, HAIBHEE SACH, NAANAK HOSEE BHEE SACH

MentalFocus:

Focus on the tip of the nose.

Length of time:

Begin by practicing from 5-11 minutes and slowly build to 30 minutes.

Comments:

Egyptians used to do this meditation for supernatural powers. These are very secret sacred teachings. Some of you, out of sheer devotion and love may pick them up and master them. Your elbows will like to separate, your thumbs will like to be loose, your breath will like to revolt, and you are going to fight against every odd.

