

Kundalini Meditation n. 92

Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji P- 183

LA114 790613 This is a posture where the serum in the spinal column is made to rush up.

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Relax the arms down with the elbows bent. Raise the forearms up and in toward each other until both are in front of the body at the level of the heart. Face the right palm down and the left palm up so that the palms are facing each other and the fingers point toward opposite sides.

Move the hands to the sides slightly so that the right fingertips are about three inches above where the left fingers join the hand.

Keeping the index and middle fingers straight and joined, bend the last two fingers into the palm and lock the thumb over them. This is called "Wood Lock. Lock the elbows and hold them steady.

Legs: Sit with the legs crossed or in any meditative pose.

Breath: Inhale deeply and exhale completely as the mantra is chanted.

Eyes: Close the eyes.

Locks or other conditions:

Keep the extended fingers perfectly straight and parallel, no bends, no angles.
Keep the chin in, the chest out and the spine straight.

Mantra:

Chant the following mantra using a complete breath and a monotone voice:

SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM WAHE GURU

SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM- SAT NAM WAHE GURU

SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM WAHE GURU

SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM WAHE GURU

SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM SAT NAM WAHE GURU

Keep the rhythm steady and the sounds distinct. Do it fast, but right.

Practice Conditions:

This meditation is not to be practiced in direct sunlight. It can be done at night or in the shade.

Length of time:

Start with whatever time period is comfortable and gradually work up to 62 minutes.

Comments:

This is a posture where the serum in the spinal column is made to rush up. You'll go into the 31st level of your vibratory self. If you can go through the beauty of 62 minutes of continuous practice, the bells will ring.



