

# Kundalini Meditation

**Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji**

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## 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 the hands meet in front of the chest at the level of the Solar plexus. Press the entire length of the fingers of the opposite hands together from the mounds to the fingertips but leave the palms spread far apart. Cross the thumbs with the right thumb over the left thumb. The fingers point up as this is traditionally taught. A variation is to point the fingers forward. (This is the way Siri Singh Sahibji prefers to practice it.)



## Legs:

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

## Breath:

Deeply inhale and completely exhale several times before the meditation begins. Then 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 as the breath is completely exhaled:

AD SUCH, JUGAD SUCH, HABHAY SUCH, NANAK HOSI BHAY SUCH

This mantra must be chanted for a minimum of 2 repetitions per breath.  
The maximum number of repetitions per breath is 5.

## **Mental Focus:**

## **Mental images:**

## **Practice Conditions:**

## **Length of time:**

This meditation should be practiced for 31 minutes.

## **Comments:**

The powerful breathing before the meditation is to open up the lungs. This is a very spacey meditation. It is highly recommended that it only be practiced when there is nothing scheduled for 3-4 hours after the meditation. It is a very powerful meditation whose listing of the effects covers several pages in the holy scriptures. It can totally take you to a different frequency of your meditative capacity,