

# Kundalini Meditation N. 100

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**LA101 790419 We are suffering because we have no faith in our self and in our own discipline.**

## **General Position:**

**Sit in easy pose with a straight spine.**

## **Arms and Hands:**

**Raise the arms and hands up with the elbows bent until they meet at the level of the lips. Fold the fingers down so that the fingertips press on the mounds of the hands. The palms face forward and the thumb tips touch. (Long thumbnails will make this difficult.)**

**The mudra will be about six to eight inches from the face.**

## **Legs:**

**Sit with the legs crossed or in any meditative pose.**

## **Breath:**

**Inhale completely in eight equal strokes (sniffs Sa Ta Na Ma, Sa Ta Na Ma) and exhale in eight equal strokes Sa Ta Na Ma, Sa Ta Na Ma.**

**The entire cycle takes approximately ten seconds.**

**Eyes: Look at the tip of the nose**

**Mantra: no mantra for this meditation (mental SaTaNaMa)**

## **Practice Conditions:**

**After finishing the meditation inhale, hold and stretch up powerfully.**

**Exhale and repeat twice more.**

**Length of time:**

**Practice this meditation 11-31 minutes.**

