Kundalini Meditation

Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji

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General Position: 50   LA042 780525

Sit in easy pose with a straight spine. Be in
prayer pose; the hands do not touch the body.

Arms and Hands: Relax the arms down with the
elbows bent and touching the sides of the body, and the
forearms raised up and in toward the chest until the
hands meet about 3 inches in front of the center of the
chest at the level of the heart.   Press the palms
together with all fingers extended and joined. Cross the
thumbs, men cross the right thumb over the left thumb and
women cross the left thumb over the right thumb. Point
the hands away from the body at a 45* angle.   . The
mounds of each hand touch the mounds of the other. The
heels of the hands meet.

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 as the mantra is
chanted.

Eyes:

The eyes are 1/10 open, focused on the tip of the nose.

Locks or other conditions:

Mantra:

There are..two different ways to chant for this kriya.
1. Chant the following mantra once on each breath:
   SAT NAAM, HAREE NAAM, HAREE NAAM, HAREE;HAREE NAAM, SAT NAAM, SAT NAAM, HAREE
2. Chant the mantra in No. 1 twice in each breath.

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SATANAM HARINAM HARINAM HARI   HARINAM SATANAM   SATANAM HARI

Mental Focus:

Focus on the breath and on the chanted mantra. After chanting for a period of time you may begin to loose track of what you are saying. Be alert and keep a strong focus on the mantra.

Mental images:

Practice Conditions:

Length of time:

No time restrictions were given.

Comments:

This meditation gives the power to control the mind. The mantra is known as the NIRGUN DOI mantra in ashtang (eight) when it is chanted once per breath. When it is repeated twice per breath it goes to the 16 naad variation. If you listen to the tape you will hear some more complicated versions which we could not learn. Siri Singh Sahib suggested making a tape of all four versions with some light music to be set for wake up.