

# Kundalini Meditation

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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 they are in front of the chest at the level of the diaphragm. Point the forearms straight out from the body parallel to the ground and to each other. Fold the hands into semi-fists making sure the fingertips are pressed into the mounds at the base of the fingers. Extend the thumbs straight up and pull them firmly to the rear.



## Legs:

Sit with the legs crossed or in any meditative pose.

## Breath:

Deeply inhale, completely exhale and hold the breath out while the entire mantra is mentally vibrated.

## Eyes:

Keep the eyes one-tenth open.

## Locks or other conditions:

## Mantra:

Mentally vibrate the following mantra as the breath is held out of the lungs:

SA TA NA MA  
SA TA NA MA  
SA TA NA MA  
SA TA NA MA

## Mental Focus:

## Mental images:

## Practice Conditions:

Practice this meditation only when you have a long time with nothing to do upon its completion.

## Length of time:

Begin with 11 minutes. Then extend the time to 22 minutes. Continue extending the time until 31 minutes has been reached. This is the maximum time.

## Comments:

One of the side effects of this meditation is that it causes the meditator to want to go to sleep.

To become young, powerful, and somebody special see that the fingers are properly attached to the hands and the thumbs powerfully stretched back. It will hurt because the ego is being stretched.