

Inner Conflict Resolver Reflex

Originally taught by Yogi Bhajan in October 1979

Sit in an Easy Pose, with a light *jalandhar bandh*.

EYE POSITION: Close the eyes 9/10ths of the way.

MUDRA: Place the hands over the chest, with the palms on the torso at the level of the breasts. The fingers point toward each other across the chest.

BREATH: The key to this meditation is attention to the breath.

Inhale deeply and completely for **5 seconds**.

Exhale completely for **5 seconds**.

Hold the breath out for **15 seconds**,
by suspending the chest motion as you pull in the
Navel Point and abdomen.



TIME: Begin with **11 minutes**. Build up to **31 or 62 minutes**.

TO END: Inhale deeply and stretch the arms up over the head. Relax the breath and shake the arms and hands for **15-30 seconds**. *Relax*.

COMMENTS

This is a form of ancient therapy. We are often confused and held in deadlock when inner conflict blocks our ability to think and act clearly. In these moments, the mind's *prana*, or energy, is scattered and distributed in a disturbed manner. This breath pattern holds the breath out three times as long as it is held in. So, the body senses a lack of *prana* in vital areas of functioning and asks how it can quickly and optimally reorganize itself to respond to this survival threat. The fibers of the Pranic Body extend and re-channel the *prana* to form a new pattern filled with clarity and action potential. Your built-in computer can calculate your total resources and the level of challenge, then design a strategy to prepare and use the mind and body effectively. This meditation resolves many conflicts and is an automatic reflex for survival. Inner conflict is the result of excess or disturbed *prana*.

The effect is certain, gradual, and simple. Be honest with the breath timing, and the meditation will be honest with you.