

KUNDALINI YOGA MEDITATION KRIYA

INVOKING A MEDITATIVE STATE

February 26, 1979

Sit in Easy Pose with a straight spine, and *jalandhar bandh*.

MUDRA: Make a solid fist of the right hand and raise it up to shoulder level with the forearm parallel to the spine. Raise the left hand up until the wrist is at shoulder level and the forearm is parallel to the spine. Bend the wrist so that the palm faces upward and the fingers point to the left. The fingers are straight and the palm is flat.

Consciously hold the hand positions. The left hand will want to move from its position, but keep it steady.

Honest effort will bring the best results in your experience.

EYES: Look at the tip of the nose.

BREATH: Inhale deeply in a long, slow, complete manner. Completely exhale with the same kind of conscious, controlled breath. Hold the breath out to your maximum; when you can no longer hold the breath out without straining, inhale deeply. Continue this breath pattern.

TIME: Begin with **11 minutes** and slowly and gradually build up to a maximum of **31 minutes**.

TO END: Rapidly inhale and exhale twice (2 seconds inhale, 2 seconds exhale) and then inhale, hold the breath in for 10 seconds, and stretch both hands up and tighten the body. Exhale and relax.

