

Kundalini Meditation 39

Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji p.77

LA052 780912 builds a tremendously powerful protective aura

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 the hands meet in front of the chest at the heart level. Extend and join the fingers of each hand and pull the thumbs to the rear. Press the palms, fingers, and thumbs together. Point the joined hands away from the body at about a 45 degree angle as if you were about to pray. The pressure on the palms should be only the normal amount in order to keep them pressed against each other.

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. After 11 minutes deeply inhale and completely exhale 3 times without chanting the mantra. Then resume the former pattern of breathing Upon completion of the mantra deeply inhale and completely exhale 5 times. Then relax.

Eyes:

Look down at the tips of the thumbs.

Mantra:

Chant the following mantra in a monotone voice as the breath is completely exhaled:

GURU GURU WAHE GURU RAM DAS GURU

GURU GURU WAHE GURU RAM DAS GURU

GURU GURU WARE GURU RAM DAS GURU

Chant the mantra with the following rhythm:

1 beat 1 beat 1 beats 1 beat 1 beat 1 beat 1 beat 1 beat

GURU GURU WA - HE GURU RAM DAS GURU

The mantra sounds very mechanical when it is chanted.

Mental Focus:

Focus on the tips of the thumbs.

Length of time:

Meditate for 11 minutes. Then deeply inhale and completely exhale 2 times. Then meditate for another 11 minutes. The total time of meditation is 22 minutes plus the time it takes to breath 2 deep complete breaths.

Comments:

Pressing the palms together at the center of the chest totally neutralizes the energy flows within the body. The meditation draws tons of energy from the white hole into the body and builds a tremendously powerful protective aura.

