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. Draw the forearms in toward each other until the hands meet in front of the body about 1 inch above the navel. Point both palms up and rest the right hand in the palm of the left hand. Pull the thumbs toward the body and press the thumbtips together.

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:

Look at the tip of the nose.

Locks or other conditions:

Mantra:

Chant the following mantra in a monotone voice as the breath is exhale from the lungs:

SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM
WAAHAY GUROO

Be sure to pronounce each word exactly and be sure to keep the rhythm exact. Each word gets one beat.

Mental Focus:

Mental images:

Practice Conditions:

Length of time:

Do not practice this meditation for more than 31 minutes.

Comments:

When your prayers don't work and nothing else seems to work practice this meditaiion and they will work. The rhythm must be constant. This meditation causes the heavy area of the vagus nerve to activate. This extends the brain - eventually to infinity. The result for the meditator is that he will blossom into his entire potential.