

Kundalini Meditation N. 104

Taught by Sin Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji P. 207

LA097 790327 YUNI KRIYA is the creative cave of organic and inorganic growth

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Relax the arms down with the elbows bent. Draw the forearms up and in toward each other until the hands meet in front of the chest at the level of the heart. Press the thumbs and little fingers of the opposite hands together. The other fingers remain separated. Point the fingers out in front of the body.

Legs:

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground.

Breath:

Deeply inhale through the nose and completely exhale through the mouth. Then deeply inhale through the mouth and completely exhale through the nose. Continue this cycle of breathing throughout the entire meditation.

Eyes: The eyes look at the tip of the nose.

Locks or other conditions:

On the inhale the lips are pursed almost as if to whistle,

Mantra:

There is no mantra for this meditation.

Practice Conditions: Practice this meditation for 11 minutes.

Practice this meditation when there is sufficient time upon its completion to completely relax and recover from the effects. This is a very spacey meditation. Before going to bed is a good time to practice it.

Comments:

This is a very sacred kriya done by very remote exclusive yogis. The three fingers represent the past, present, and future. The hole between the hands is the yuni, the female organ, and the thumbs are the male organ. It is a whole science that would take an hour to explain, but just understand, that this is the creative cave of organic and inorganic growth.

