

Kundalini Meditation N. 140

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LA233 810512 activate the parasympathetic nervous system

General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

With the elbow straight raise the right arm up in front of the body until it is parallel to the ground and the hand is in front of the shoulder. Bend the wrist back sharply so that the palm faces forward. Curl the ring and little fingers down into the palm and lock the thumb over them. Extend the index and middle fingers and spread them apart as much as possible. Bend the left elbow and bring the arm up in front of the body, grasping the right arm just above the elbow where the hand fits naturally. The thumb is hooked under the upper arm. The left forearm is parallel to the ground, perpendicular to right



Breath: arm. Breathe as necessary to whisper the mantra. At the end of the meditation inhale deeply and hold 30 seconds; exhale, immediately inhale again, hold 30 seconds; exhale and relax.

Eyes

Look at the tip of the nose.

Practice this mantra which will never give you any trouble. It

Mantra:

Powerfully whisper the following mantra:
ARDAAS BHAE AMAR DAAS GUROO
AMAR DAAS GUROO ARDAAS BHAE
RAAM DAAS GUROO RAAM DAAS GUROO
RAAM DAAS GUROO SACHEE SAHEE.

Length of time:

Practice this meditation for 11 minutes.

Comments:

This meditation will activate the parasympathetic nervous system and the central vagus nerve. will save you from all darkness: mental, physical, spiritual past, present, and future.