

K.R.I.Y.A.S.

Meditation No. 2/11/78

General Position:

Sit in easy pose with a straight spine.

Figure No.

Hands:

Place the left hand in gyan mudra, raising the forearm up until the hand is at ear level. Extend the right arm straight out in front of the body parallel to the ground. Bend the elbow and draw the forearm in toward the body until the hand is at throat level with the palm facing down and the fingers pointing left.



Arms:

Bend the left elbow and raise the forearm until the hand is at ear level. Extend the right arm straight out in front of the body parallel to the ground. Bend the elbow and draw the forearm in toward the body until the hand is directly in front of the chest at the throat level.

Legs:

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

Figure No.

Breath:

Deeply inhale and completely exhale as the mantra is chanted.

Eyes:

The eyes are 1/10 open.

Mantra:

Chant the following mantra in a monotone voice:

HAR, HAR, HAR, HAR, HARI, HARI

Locks or other conditions:**Mental Focus:**

Focus on the breath and on the mantra.

Mental images:**Practice Conditions:****Length of time:**

Practice this meditation for 31 minutes.

Comments:

This meditation builds strong self-reliance. It was a secret meditation of a sect of Sikhs headed by Guru Nanak, then Baba Siri Chand, and finally Guru Hargobind.