

7. Sit like a yogi and silently meditate on every cell in your body. 4 Minutes.

“Draw the great energy of Infinity from the Universe. Let it vibrate in every cell and extend that vibration as if a big whirlwind of energy is circling within each cell of your body. Just feel every cell of your body is vibrating and it is shining like the sun on a clear day. Just concentrate, feel every part of your body, go within. Go into the skull, the brain, through the neck, down deep to all the areas. Please vibrate. Feel a huge tremendous vibration in every part of the body. You have not to concentrate on anything else but your own body, your own self. Each tissue has millions and trillions of cells, just concentrate on them. Vibrate them and feel the vibration. Be alert to it. Be it. Feel very peaceful within yourself and project peace to the entire Universe.”

Commentary/Dr. Jaswant Singh (Jeff) Hawkins:

“This meditation is unique in that the 8th vertebra is not effectively activated by most normal movement. Neither bending forward (as in bowing or touching the toes) nor extending the chest forward (as in spinal flexes) so precisely or strongly stimulates this area as does the movement of bringing the shoulder blades together at the center of the back. Energy is focused on the precise spot of the 8th vertebra. Counting down from the top of the spine, the 8th vertebra corresponds physically to T1, the uppermost of the thoracic or chest vertebrae. This vertebra is easily located as the first vertebra below the large ‘bump’ on the spine at the base of the neck (C7, the lowest of the cervical or neck vertebrae).

“As the lower tips of the shoulder blades are pulled together and then released, muscles at the level of the seventh thoracic vertebra in the mid-back are alternately contracted and relaxed. These waves of contraction and relaxation create a subtle tug and release on the 8th vertebra via the powerful paraspinal muscles, which run alongside the entire length of the spine. These paraspinal muscles effectively leverage the contraction at seventh thoracic vertebra and induce a corresponding pull anchored higher in the spine at the 8th vertebra. The resulting surges of energy released at the 8th vertebra can be easily and powerfully felt. The source of this energy is not the movements of the shoulder blades themselves but the concurrent reflexive ‘bowing forward’ of the inter-vertebral spaces up the spine created as the shoulder blades are brought together and released.

“Yogi Bhajan said, ‘Kundalini Yoga is the yoga of angles and the kriyas are based on a particular angle’ and so the smallest shift in focus or angle may benefit a meditation. Refine yourself by refining this movement.”¹⁵

