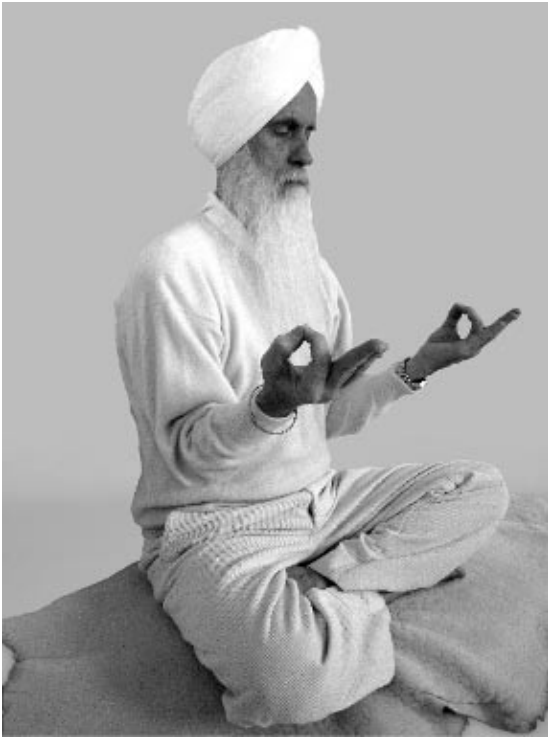




2009 Meditation: The Water Element

Narayan Kriya: Clearing and Clarity for Prosperity

*"Kundalini Yoga is... a practice of experience of a person's own excellence
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*



Posture: Easy Sitting Pose. Tuck the elbows into the body with the forearms angled up so that the hands are at the level of the Heart Center, chest width or slightly wider. The hands are in Gyan Mudra, palms up.

Eyes: 1/10th open at the tip of the nose

Mantra: Take a deep breath and sing the mantra in a monotone on one breath. Take a deep breath between each recitation of the mantra.

Sat Narayan Hari Narayan Hari Narayan Hari Hari

(Pronunciation: sut naraayun haree naraayan haree naraayan haree haree)

To End: Inhale deeply and hold. Exhale. Repeat twice more.

Time: 11 Minutes

After doing this meditation for **11 minutes**, chant *Wahe Guru* for **3 minutes**. Hands are in Gyan Mudra at the knees or relaxed in the lap, right hand resting on the left, with palms up. Chant it in a monotone long form—Wha-Hay-Guroo—with equal time given to each of the three parts of the mantra. This seals the effects of the practice.

Comments: As you hold the breath, visualize your relationships and bless, forgive and understand. Use this breath to heal these relationships; use the mantra to knit back together any tears within the fabric of your relationships.

Other Tips for Success: The 'r' is a quick, percussive sound, almost like 'duh'; the sound is dental, using the tip of the tongue against the palate, for example, the name, Tara, would be pronounced 'tu-duh'. The 'a' in many mantras sounds like a short 'u', for example, sat is pronounced like hut.