

The 21 Stages of Meditation

by Gurucharan Singh Khalsa, PhD

© 2012 Kundalini Research Institute
Revised October, 2012



PG # Book	NAME OF KRIYA/MEDITAION	REVISION
66-70	See Your Horizon	Revised pages attached & described below.
66	See Your Horizon	<p>(1) Added a note at the top under the date: "Note: According to Yogi Bhajan, one should eat as much cantaloupe as possible prior to practicing this kriya."</p> <p>(2) Added a note at the end of the MUDRA description: "[Note: The mudra in the photo shows the hands wider than originally demonstrated. The fingers should be pointing forward.]"</p> <p>(3) MANTRA, replace the beginning of the 2nd sentence, "Nirinjan Kaur's Say Saraswati was originally played..."</p>
67-68	See Your Horizon	<p>(4) PART TWO, A) deleted the 2nd photo.</p> <p>(5) PART TWO, A) 2nd paragraph, add to the end of the 1st sentence, "...like wings; the movement is six inches, maximum."</p> <p>(6) PART TWO, A) 3rd paragraph, add after the 1st sentence, "(Nirinjan Kaur's Rakhe Rakhanhaar was used in the original class.)"</p> <p>(7) Delete the TO END section at the top of page 68 and move directly to part B.</p> <p>(8) PART TWO, B) add the bolded verbiage "down, extending the fingers and pressing the fingertips together as the hands move up and rounding the fingers as the hands move down toward the solar plexus. The lower position of the hands is in a range between the solar plexus and throat. Move quickly..."</p>
69	See Your Horizon	Rename PART THREE "TRANSITION TO STAGE THREE"

70	See Your Horizon	(1) 1st sentence, replace the word three with "two" (2) 2nd paragraph, last sentence, "This meditative process integrates the changes and establishes the Self as you relax and surrender to what is."
94-95	Self-Hypnosis to Dissolve Frustration	Revised pages attached & described below. (1) 1st sentence, replace the word puckered with "rounded" (2) A) Delete the section TO END and move directly to B). (3) Replace the beginning of Part B) "In the same posture, breathe naturally . Feel your Heart Center. Combine the energy of the navel with the Heart Center. Meditate on the sense of nothingness and zero. Enter into a state of absolute stillness in body and mind—shuniya. Meditate on the following visualization" Continues with "All is zero. I am zero. Each thought..." (4) C) delete the beginning of the 1st sentence, and begin with "Lock you mind..." (5) C) Delete the 3rd to last sentence. (6) Replace and add to the TO END section on pg 95, "Inhale deeply and move your neck, shoulders, arms, spine and entire body . Loosen all the muscles. Exhale. Do this three times. Now lift the arms straight up and stretch the fingers tight. Continue stretching as you breath in and out. 2 1/2 minutes. Inhale deeply, suspend the breath for as long as you can and then relax. "
134	Becoming the Sound Current	Add to Footnote: ". The instructions for this meditation are from the contemporaneous notes of the author and could not be verified by KRI Review."
211	Meditation for Elevation	(1) TIME: Add "Do not exceed 11 minutes; its effect is slow long and deep; and slowly, gradually you will find that you are achieving something." (2) TO END: Replace the second to last sentence, "Repeat once more ."
212	Meditation for Rasa and the Inner Eye	MUDRA: Combine and revise the fifth and sixth sentences, "The hand moves a few inches (7-15 cm.) in a fast, staccato pulse to focus you and energize the arcline and the aura; it's as if the hand were vibrating ."

212	Meditation for Rasa and the Inner Eye	MANTRA: Add to the end, "You are reshaping your central nervous system."
250-251	Meditation to Express Your Real Self and Develop the Subtle Body	(1) PART ONE: add after the 1st sentence, " [Note: the ring and pinkie fingers should be extended up.] " (2) PART ONE: add after "Palms face forward." " 4 1/2 minutes. " (3) PART THREE: at the end, change the time to 8 minutes. (4) Before "Deeply relax..." add " TRANSITION TO STAGE FIFTEEN: "
276	Polishing the Radiant Body	Revise the 2nd sentence, "Place yourself in row, side by side with your neighbor, before you begin."
410	Healing, Mental Beaming and Delight	Add to the first sentence, "This exercise (which is not a kriya) can be done..."

See Your Horizon

May 18, 1990

Note: According to Yogi Bhajan, one should eat as much cantelope as possible prior to practicing this kriya.



PART ONE

POSTURE: Sit in Easy Pose, with a straight spine, and apply Neck Lock.

MUDRA: Place the elbows along the sides touching the ribcage. Lift the forearms up to a 45 degree angle and rotate them outward to 45 degrees. Turn the palms to face upward with fingers relaxed and slightly cupped. [Note: The mudra in the photo shows the hands wider than originally demonstrated. The fingers should be pointing forward.]

EYES: 1/10th open and looking down toward the tip of the nose.

BREATH: Breathe very slowly, consciously and steadily. Breathe in through the left nostril and out through the right nostril. Do not use the fingers to change the nostrils. Use your meditative mind to direct the flow of the breath. Meditate on the sensations of the flow of your breath. If you are not used to directing your breath mentally, you can train yourself by slightly tensing the nostril that you wish to breathe through. Initiate the breath with this sensation, and your body will open the tensed side after a few seconds. To continue it, just focus on the sensation of flow, temperature and pressure. You can switch nostrils by shifting that tension and attention. It becomes very smooth and automatic with minimal practice.

MANTRA: The subtle sound of the breath is your mantra. Nirinjan Kaur's Say Saraswati was originally played in the background for grace, protection, contentment and calm.

Feel that the arms are like antennae, which sense every ripple in the flow of life. Be aware of each side with equal intensity as you breathe. You may have many sensations in the fingers and palms. Stay centered and alert; don't allow the distraction. Focus on the nostrils and direct your breath.

TIME: 31 minutes.

TO END: Inhale deeply and close the eyes. Suspend the breath and squeeze the muscles from the pelvis to the spine to the rib cage. Hold for 15-20 seconds. Then exhale powerfully. Repeat this breath three times. Rest your arms and relax all tension either sitting or lying down for 5 minutes.



PART TWO

A) Sitting in Easy Pose, return the focus to the tip of the nose. Bring the hands up in front of the face at the level of the mouth, and press the fingertips of both hands together but keep the palms separated. The fingers are slightly spread. The elbows are up, parallel to the ground, in line with the shoulders.

Begin to flap the elbows up and down like wings; the movement is six inches, maximum. Keep the fingertips pressed and the hands fixed in position as the elbows move rapidly.

Use Derek Ireland's Snake Music to create a rapid pace and to work through the *tattvas*. (Nirinjan Kaur's Rakhe Rakhanhaar was used in the original class.) Continue for 5 minutes.

The pace is very fast and it will move the ribcage and shake the body from the force of the movement. Be rhythmic, steady and strong. The hands and fingertips act as the still point to the energetic movement.

- B) Still in Easy Pose with the fingertips together, reverse the focus of the movement. The elbows remain steady and the hands move up and down, extending the fingers and pressing the fingertips together as the hands move up and rounding the fingers as the hands move down toward the solar plexus. Move quickly, in rapid bursts of movement. Continue listening to Derek Ireland's Snake Music. 5 Minutes.



TO END: Inhale deeply. Press the fingertips together firmly in front of the face. Squeeze the spine and the entire body. Suspend the breath. Exhale powerfully through the mouth. Repeat this final breath a total of three times, each time suspending the breath a bit longer: 10 seconds, then 15 seconds, and finally 30 seconds.

The movements in Part Two are polarities of each other as well as the energetic polarity to Part One.

TRANSITION TO STAGE THREE

Still in Easy Pose, sit absolutely still. Arms are relaxed at the sides touching the earth. Feel alert and fully present. Sense your Self. Sense the field of sensations throughout your aura. Allow the richness of the moment. Become aware that you are aware. Observe and fully engage in this moment. 5 minutes.

RELAXATION: Move smoothly onto your back. Relax on your back for 10-15 minutes. Let the sounds of a gently played gong penetrate every cell. Let your mind project to infinity. Let go completely. Expand your sense of space, time and Self; become unlimited and aware.

This is called beam guidance, where your totality flows through you with continuous purpose. You become fully engaged and boredom flees.



Hints for Practice and Mastery

This meditation process has two parts to it. The unbroken sequence creates an intense, effective meditative experience. Each part works with the other parts to achieve the final result. The first part of the meditation locks us into the natural rhythm of the breath in the nostrils. We flow with it, effortlessly. The natural polarities that take us from poor to rich, from life to death, from confused to inspired are always with us. But as we meditate on the nostril breathing, we remain steady, no longer fluctuating between the polarities. As we meditate, we can still feel the winds and waters, the movement and turbulence of life. But as we follow our breath and attune to the mantra, our ever-present awareness allows us to remain open and intuitive. We engage our horizon. We continue forward; we live in hope. That is the grace and beauty of a human.

This meditation clears the emotional weight we accumulate through effort. As you may have already experienced, the constant push for growth and progress can be emotionally exhausting. This meditation establishes a new rhythm by integrating the actions of the brain's hemispheres. The second part stimulates the glands and gives you the endurance to sustain your meditation and reach your goal. It resets the patterns and habits of your autonomic system. As you stimulate the nervous system, the music of the snake dance moves the kundalini energy up through the spine and the chakras, the body's energy centers. The hidden corners of your mind are illuminated and the cloaking emotions are cleared so you stand exposed and engaged in your life. This meditative process integrates the changes and establishes the Self as you relax and surrender to what is.

As we go through the various stages of meditative practice, we confront layers of emotions and resolve many of the conflicts in our minds. Playing a gentle gong aids in this process. An ideal diet to accompany this kriya is melon, papaya, pineapple and cantaloupe. These foods will support you in being calm, contained, alert and self-healing.

Self-Hypnosis to Dissolve Frustration

June 12, 1990

POSTURE: Sit in a relaxed meditative pose.

EYES: Closed.

MUDRA: Relax the hands in Gyan Mudra, resting on the knees.

- A) Inhale through rounded lips. Take the breath into your lungs and mentally feel you are drawing it down deep into the navel center. Exhale slowly from the navel to the nose. As you exhale through the nose completely, pull the Navel Point in firmly. Consciously build the energy and power of the navel center. 15 minutes.



- B) In the same posture, breathe naturally. Feel your Heart Center. Combine the energy of the navel with the Heart Center. Meditate on the sense of nothingness and zero. Enter into a state of absolute stillness in body and mind—shuniya.

Meditate on the following visualization: “All is zero. I am zero. Each thought is just zero. My illness is zero. My frustration is zero. My blocks are zero.” As negative thoughts come, your pains, commotions, disturbing problems or conditions, personal or impersonal, multiply them with the feeling of zero into zero itself.

Think of any sorrows or unwanted things in your life that seem to limit you physically, emotionally or mentally, situations or feelings that frustrate your intentions. Let them become zero. See each frustrating thought or problem as an image. Take each image and move it gradually into a small, distant, single point of light, insignificant and far away. It should look and feel like it is zero. If a positive feeling or thought comes, simply witness it, sense it, and let it go. 11 minutes.

- C) Lock your mind on a single word that captures one significant quality or condition you most desire to manifest in order to fulfill your own happiness and growth. It may be something like “health” or “knowledge” or “intuition” or “wealth” or something more personal. Do not hold back. Identify the thought you want to project and manifest. Put your heart into it. Beam the thought in a continuous stream beyond boundary, without limitation. Synchronize that thought into your higher Self. Let your thought reflect and echo through your formless infinity. Put your mind into deep self-hypnosis. 15 minutes.

TO END: Inhale deeply and move your neck, shoulders, arms, spine and entire body. Loosen all the muscles. Exhale. Do this three times. Now lift the arms straight up and stretch the fingers tight. Continue stretching as you breath in and out. 2 1/2 minutes. Inhale deeply, suspend the breath for as long as you can and then relax.

