

KUNDALINI YOGA MEDITATION

GYANI, DHYANI, IMANI MEDITATION

Yogi Bhajan • July 20, 1995

1. Hands on the knees; eyes closed. Bring the Saturn, Sun and Mercury fingers down onto the pad of the hand. Fingers are straight, not curled. Jupiter finger is pointing away from you and the thumb is pulled back comfortably.

Chant in a monotone: **"I am Gyani."** Try to sound mechanical, like a computer. **5 minutes.**

2. *Christ Mudra*: Sun and Mercury fingers are pressed down by the thumb. The Jupiter and Saturn fingers are straight. Hands are on the knees; eyes closed.

Chant in a monotone: **"I am Dhyani."** **5 minutes.**

3. Thumb holds the Mercury finger down and the three fingers are straight.

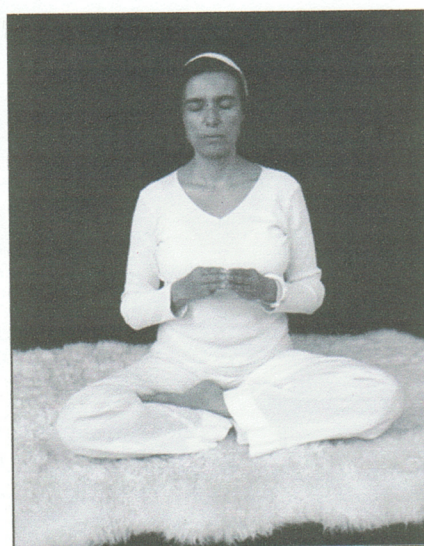
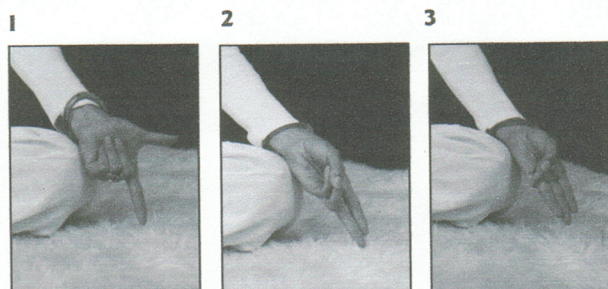
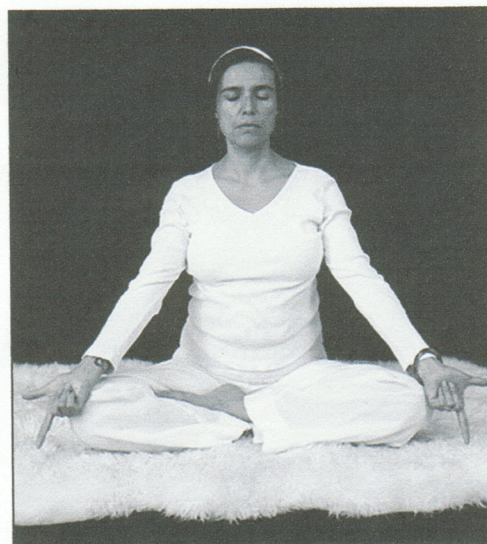
Chant in a monotone: **"I am Imani."** **5 minutes.**

4. Keep the hands in the mudra from Exercise 3 but bring the three fingertips together in front of the body between the Heart Center and the Solar Plexus, fingertips pointing forward.

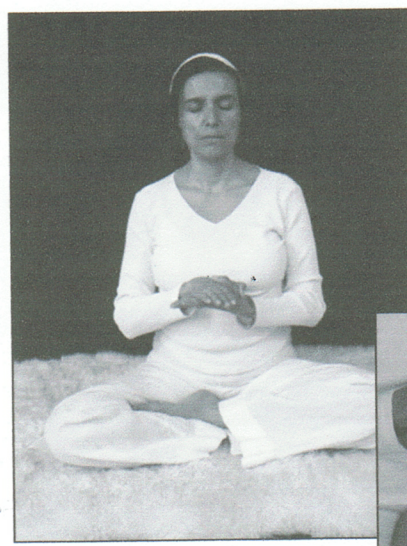
Chant: **Hum Hum Brahm.** **5 minutes.**

5. Left hand is palm up; right hand is palm down. The hands make an X; lock the thumbs and breathe long and deep. **11 minutes.**

TOTAL TIME:
31 minutes.



4



5

