

Meditation to Open the Energy Channels & Take You to the Heights

Mudra: Hands are flat, palms facing forward, and fingers point towards the ceiling. Bend the pinkie finger down into the palm, and touch the pinkie tip to the tip of the thumb. The other three fingers are straight and held side by side.



Place this mudra so that the wrists are at the level of the shoulders, and the hands are a little bit to the sides of, and also in front of, each shoulder. Just hold the mudra still, but press back very hard on your shoulders, the hands and elbows, and bring the chin slightly into the chest. Imagine you are trying to sit up very straight, and are trying to bring the shoulder blades to touch. This will force your chest to expand out. Press as hard as you can, then just hold it.

Music: The instrumental *Dhuni*.

Eyes: Close your eyes and meditate.

Mantra: *Sat Naam, Sat Naam, Sat Naam Ji, Wahe Guru, Wahe Guru, Wahe Guru Ji.* Chant this mantra, pulling in on your navel point on each "Sat Naam" and on each "Wahe Guru." Chant, using the tip of your tongue to strike the upper palate. This will stimulate the hypothalamus. One repetition of the mantra is 8 seconds; each phrase is 1 second.

Time: Done in class for 10-1/2 minutes.

End: Inhale very deeply, hold for 10 seconds while you press back as hard as you can on the mudra, shoulders, elbows, etc. Cannon fire the breath out. Repeat 3 times total. Relax.

Comments/Effects: At first it may hurt to put as much pressure on the back and chest as is being asked for, but just hold it still, and it will begin to work itself out. The pressure is required to open up the chest and the energy channels in the spine. This will allow the energy to ascend to the heights. Do not allow yourself to relax the pressure as the meditation carries on.

