



*“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*

Sit in Easy Pose, with a light jalandhar bandh.

**Mudra & Eyes:** The eyes are closed, looking up, focusing at the Brow Point. Place the palms flat together at the center of the chest in Prayer Pose, with thumbs touching the center of the sternum.

**Breath & Mantra:** SAT NAAM. Inhale deeply, concentrating on the breath. With the exhale, chant the mantra in the law of seven (the law of the tides). Vibrate SAT in six waves, and let NAAM be the seventh. On each wave, thread the sound through the chakras beginning at the base of the spine at the First Chakra. On NAAM, let the energy and sound radiate from the Seventh Chakra at the top of the head through the aura, unto Infinity. As the sound penetrates each chakra, gently pull the physical area it corresponds to. The first center is the rectum; the second is the sex organs; the third is the Navel Point; the fourth is the heart; the fifth is the throat; the sixth is the Brow Point; and the seventh is the top of the head.



**Time:** Continue for 11-31 minutes.

**Comments:** If you can build this meditation to at least 31 minutes per day, the mind will be cleansed just as the ocean waves wash the sandy beach. This is a bij (seed) mantra meditation. Bij mantras such as Sat Naam are sounds which can totally rearrange the habit patterns. We all have habit patterns—we could not function without them. But sometimes the patterns we have created are not wanted. You have changed, so you want the patterns to change. By vibrating the sound current Sat Naam in this manner, you activate the energy of the mind that erases and establishes habits. This meditation is good as an introduction to Kundalini Yoga. It will open the mind to new experience. A long-time student will still meditate in this way, particularly to clear off the effects of a hurried day before beginning another deep meditation. After chanting this mantra, you will feel calm, relaxed, and mellow.