

Meditation to Release Childhood Anger

Yogi Bhajan, March 9, 1999



POSITION: Sit in Easy Pose with a straight spine.

MUDRA: Stretch your arms stretched out straight to the sides. There is no bend in the elbow. Your thumb locks down the pinkie and ring fingers (Mercury and Sun fingers). Your palms face forward and your fingers point out to the sides.

BREATH: Inhale deeply by sucking air through your closed teeth, and exhale through your nose.

TIME: Continue for 11 minutes.

TO END: Inhale deeply, hold your breath for 10 seconds while you stretch your spine up very straight and stretch your arms out to the sides, and exhale. Repeat this breath sequence two more times.

COMMENTS: This meditation will give you subtle powers. It will change you inside and out. It can be practiced either in the morning or the evening, but if you do it in the evening, the next morning you will find that your whole caliber and energy is changed.



3HO WOMEN
6 Narayan Court
Española, NM 87532
www.women.3HO.org

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