



## 3HO WOMEN

Empower woman to live in her rightful excellence

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### MEDITATION - Dissolve Your Fears © KRI Yogi Bhajan, December 1, 1992



1. Sit in Easy Pose; bend your left elbow comfortably at your side with your left hand in front of your heart center. Your left hand is in a fist with the thumb pointing either straight up or bent backward. Your right hand is resting on your right knee in Gyan Mudra..

Inhale slowly, hold, and slowly exhale so that you breathe exactly three times per minute. Continue for 11 minutes. Time yourself or mentally count off 20-second segments by touching each of the three segments of your fingers up (20 touches).



2. After 11 minutes, bring both hands to the sides of your chest with the palms facing each other and the fingers pointing straight forward. Inhale and raise your hands up over your head and back down to your sides 8 times and then exhale. (Stretch up and come down strongly and quickly.) Repeat 5 times.

3. Still sitting in easy pose, point your index finger of each hand straight out while curling the remaining three fingers into a fist. Hold your Saturn (middle) finger with your thumb.

Beginning with this mudra at the sides of your chest, move your hands out to the sides in a straight line while rotating your hands to the outside with small circles.

When your arms are fully extended, move your hands back to your sides in a straight line while rotating your hands to the inside in small circles. Continue for 5 minutes.

4. To finish: inhale, hold your breath, squeeze your body tightly, and exhale. Repeat this for a total of three times.

The demands of the daily life pressure have increased. As parents, it is essential that we have the endurance, confidence, and ability to face our fears. Our children pattern their ability to face life from the parents. This Kundalini Yoga set strengthens the nervous system so that you can minimize overwhelm and fear.

"Physical Wisdom," Page 43

