

UNSHACKLING THE INFINITE MIND

A Ten-Day Meditation

There are 72,000 channels in the body through which pranic energy travels. Of these the most important are the Sushmana, the Ida, and the Pingala. All three of these channels meet and synchronize at the base of the spine.

The Ida and the Pingala rise from this spot and circle around the spinal column, traveling in opposite directions. They rejoin the Sushmana at the brow point. The Ida is the left channel and terminates in the left nostril. It carries energy that is cooling, imaginative, relaxing, receptive, flexible and apanic. The Pingala is the right channel and terminates in the right nostril. It carries energy that is focused, energetic, action-oriented, responsive and pranic.

The Sushmana runs through the center of the spine and has branches that flow across the lower brain and hypothalamus to the brow point and across the central and upper brain over the crown of the head. This channel remains closed on its lower end until, through the correct combination of effort, prana and apana mix at the navel center and generate a heat that travels to the root of the Sushmana, causing the channel to open. The Kundalini is released to flow through the Sushmana energizing all the chakras, making you peaceful, creative, non-attached and vast. Raising the Kundalini is the first step. Once it is raised, the challenge is to keep the channels clear so that the energy can flow smoothly and constantly.

The following meditation is a secret from the realms of the most sacred knowledge that exists to serve humanity. It prepares the spiritual nerve channels and allows the Kundalini to rise. To experience the effects of this ten-day meditation series taught by Yogi Bhajan, proceed as follows: On the first day do the meditation for the Sushmana. On the second day do the meditation for the Ida. On the third day do the meditation for the Pingala. Starting at 3 AM on the morning of the fourth day drink nothing but Yogi Tea (with milk, but without honey) for 20 hours, until 11PM. Drink as much tea as you can for its cleansing effect. Do not eat or drink anything else. At 11PM begin 1 1/2 hours of chanting "Sa, Ray, Ga, Ma, Pa, Da, Nee, Sa, Ta, Na, Ma, Ra, Ma, Da, Sa, Sa, Say, So, Hung". This is chanted all in one breath like a musical scale. It is helpful to use a keyboard instrument to lead the pitch. Most people find that they must start with the lowest note they can reach and proceed upward from there. Practice this 1 1/2 hours of chanting from the fourth through the tenth day of the meditation. From the fifth through tenth days it is permissible to do the 1 1/2 hours of chanting at any time of the day. However, it is best of all to begin each new day's chanting at the time the previous day's chant ended. This optimum schedule is as follows:

First day--Sushmana meditation

Second day--Ida meditation

Third day--Pingala meditation

Fourth day--chant from 11:00 PM to 12:30 AM.

Fifth day--chant from 12:30 to 2:00 AM.

Sixth day--chant 2:00 to 3:30 AM.

Seventh day--chant 3:30 to 5:00 AM.

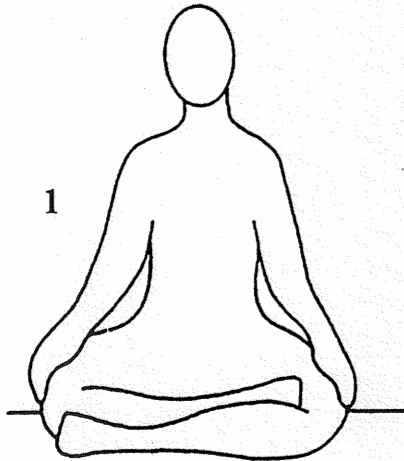
Eighth day--chant 5:00 to 6:30 AM.

Ninth day--chant 6:30 to 8:00 AM.

Tenth day--chant 8:00 to 9:30 AM.

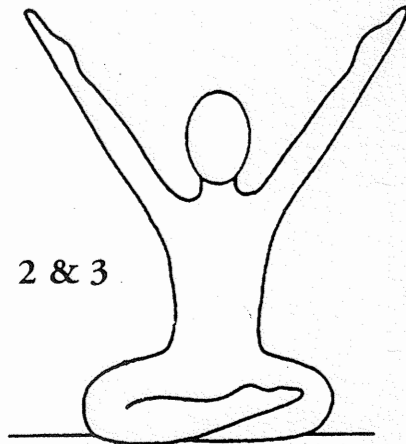
THE SUSHMANA

November 6, 1985



1. Sit in easy pose with the spine straight, chin in and chest out. Form your mouth into a "Leo smile," the lips are pulled wide so that the teeth show. The front teeth are on top of the lower teeth, with a little space in between. Breathe powerfully through the teeth with the power of the navel point. Breath has to be like cannon fire, in and out, hammering the navel back and forth to dominate the breath. 4 1/2 Minutes.

2. Open your arms and stretch them out and up. Keep your elbows straight. Close your eyes and imagine a vast body of water into which you are about to dive. Stay steady in that posture. You are not leaping into the water, but you are just about to. It is in this "just about to" that the power lies. This body of water is wider than the ocean and the horizon is not visible. It is Infinity. In this posture with this perfect mental state, you can transmute your sexual and sensual energy into a very great clarity and purity. 3 Minutes.

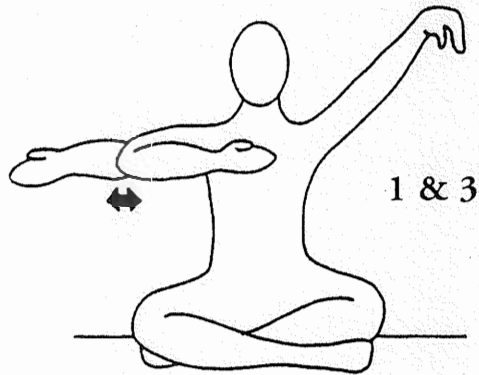


3. Now leap into this water, go deep to touch the bottom. The hands are kept in the same position so that they will touch the bottom first. Tons and tons of water are over you as you penetrate inch by inch and mile by mile. 1 Minute. Inhale, hold the breath, relax your body and let it float to the top. Give your body the lightness of breath and let it come up. Relax every part of your body. As the breath is getting shorter, you will come up faster. When you see your head breaking the surface of the water, exhale and relax. Maximum time: 1 Minute.

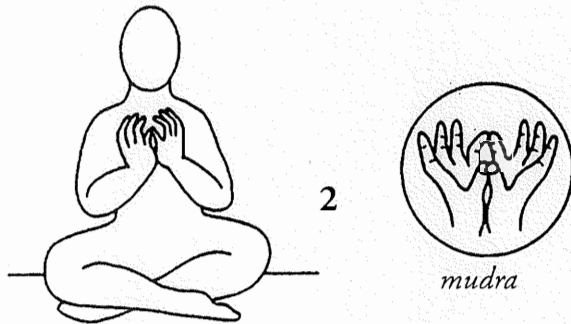
Within 2 1/2 hours after you do this set, you will experience the special energy it produces.

THE IDA

November 7, 1985

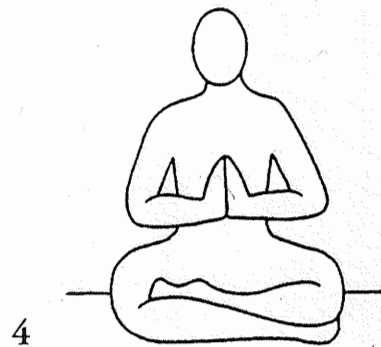


1. Sit in easy pose with the left arm straight out to the side and up at about a forty-five degree angle with the wrist relaxed and the left hand hanging limply. Pump the right hand and forearm in and out on a level with the heart center moving from the elbow. The palm will face your chest. Make a circle of the mouth and breathe through the mouth like cannon fire. The breath should come all the way up from the first chakra. 5 1/2 Minutes.



2. *Kamal Lakshmi Kriya*: Put your hands in lotus mudra at your heart center. Close your eyes and concentrate at your forehead. Mentally write the five words "Har, Har, Wha, He, Guru" on your forehead with a mental pencil. 3 Minutes. Now imagine a huge lotus flower right in front of your heart with Lakshmi, the Goddess of Wealth, in the center. There are two huge white elephants on either side of her, garlanding her, ~~strewing~~ strewing rose petals and spraying nectar water. 3 Minutes. For another 3 minutes, combine both images. Finally concentrate on your third eye point and send out a beam of light. 7 Minutes. (In class Yogi Bhajan played the gong and instructed us to beam the light out with each stroke of the gong.)

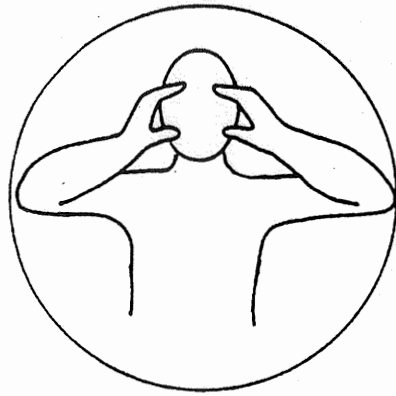
3. Repeat exercise #1 for 1 1/2 Minutes.



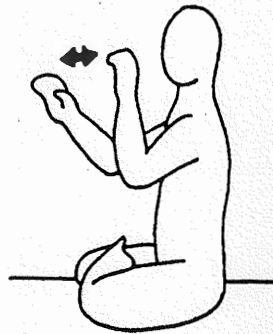
4. Put your hands into prayer mudra at your heart center and meditate there. Concentrate on the palms of your hands and neutralize your energy. Listen to *Naad, the Blessing* by Sangeet Kaur. 4 minutes.

THE PINGALA

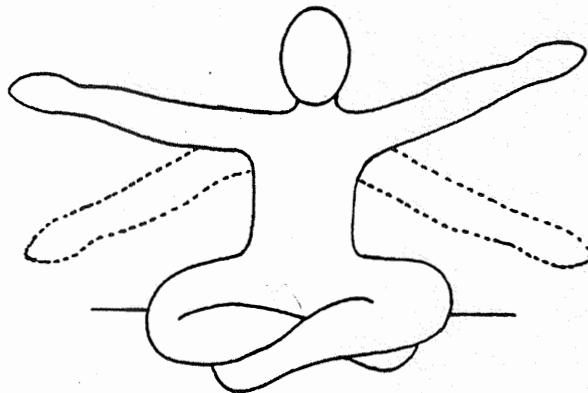
November 7, 1985



1 & 2 front view



1 & 2 side view



3 & 4

1. Sit in easy pose and hold your hands before your face as if you were looking through a viewer. Move each hand alternately out from your face and return it to the starting position. Your hands must move eighteen inches for this exercise to work. Your eyes look straight ahead. Do breath of fire from your navel. Move fast. Rhythmically combine the hand movement, the breath of fire, and pumping your navel. 7 Minutes.

2. Continue exercise one with your eyes closed. 15 Seconds.

3. Inhale deeply and mentally transform yourself into an eagle moving your hands according to your own flight pattern. Use your imagination to fly through the open heavens and reach to the heights. Breathe slowly and deeply. 5 1/2 Minutes.

4. Inhale deeply and spread your wings as far as you can. Concentrate on the power at the tips of your fingers. Exhale and inhale quickly and powerfully with a hissing breath through the mouth. Continue for 2 Minutes.

5. Inhale deeply, hold the breath, pull your navel in tightly, count to sixteen and let the breath go. Repeat this sequence two more times. Relax, open your eyes, look around and be normal.

6. Sing along with some lively music for 5 Minutes.