

Achieve an Experience of God

Sit in Easy Pose, bend your elbows so that your upper arms are by your rib cage, and the hands are at shoulder level, palms facing forward. Bring each hand into Surya Mudra with the thumb and sun finger (ring finger) touching. Keep the other three fingers straight. Silently meditate to *Rahke Rakhan Har* by Singh Kaur. Your hands are in Surya Mudra and you are meditating to a Surya Shabd. Close your eyes and go through your oneness. Let the surya or sun energy circulate. Start with 11 minutes and work up to 31 minutes.

“There is no God outside you. Neither was, nor is, nor shall be. It is all in you. The very breath of life is Divine.” © The Teachings of Yogi Bhajan

Praana Praanee Praanayam

by Harijot Kaur Khalsa published by the Kundalini Research Institute