

Developing a Meditative Mind

Sit on your heels in *Vajrasana* (Rock Pose) with a straight spine. Press the palms of your hands together in Prayer Mudra. The thumbs are not crossed. Raise your arms up over your head, elbows straight. Stretch up from your shoulder blades. The arms hug the ears tightly with fifteen pounds of pressure. The eyes are nine-tenths closed.

This meditation is just three breaths of one minute each. You may use any mantra you wish with this meditation. There is no rest period between the breaths. Do not do more than three breaths.

Inhale and hold the breath for sixty seconds. The sixty seconds includes the inhalation time. Exhale completely. Then repeat the sixty second breath two more times. Relax.

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Praana Praanee Praanayam

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