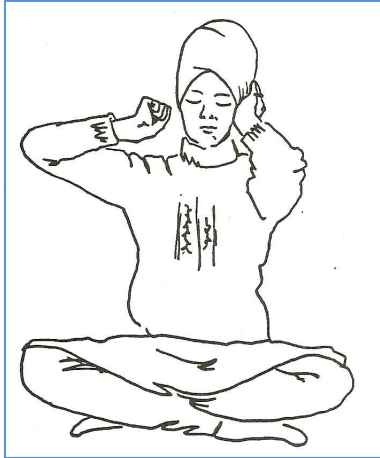


Meditation to Adjust your Magnetic Field after an Earthquake

By Yogi Bhajan, Master of Kundalini Yoga

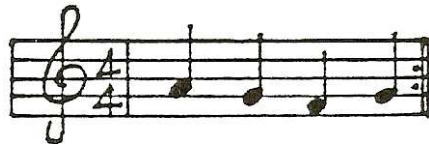


Sit on the floor with a straight spine. Or sit in a chair with both feet flat on the ground and your body weight equally divided on your buttocks.

LEFT ARM POSITION: Slightly cup your left hand and hold it over your left ear. The left elbow is pointing forward with the upper arm parallel to the ground.

RIGHT ARM POSITION: Create a Conch Mudra (see drawing) of your right hand by creating a loose fist. Extend your right arm straight out to the side. Bend the elbow and hold your right fist in a firm position by your right ear.

MANTRA AND MOVEMENT: Chant the mantra SAA TAA NAA MAA, using the following melody, as you hit the left side of your head with your left hand in time with the mantra:



SAA TAA NAA MAA

EYES: Eyes are focused on the tip of the nose.

TIME: Do the meditation for 11-31 minutes.

COMMENTS: Thousands of years ago yogis observed that earthquakes impacted the human in more ways than just the physical or mental. One's psyche can feel displacement or disoriented.

After an earthquake the two hemispheres of the brain need to become aligned so that the magnetic field can become adjusted. Practice this meditation to synchronize the magnetic relationship of the two hemispheres of the brain so that you can be truly present.