

## ZERO PROJECTION MEDITATION



Sit in easy pose with a straight spine. You could also sit in a chair, as long as your weight is equally distributed on the hips and feet. Raise the arms in front of the chest at the level of the shoulders. Bend the elbows so the hands point toward each other, with forearms parallel to the ground. Let the hands drop down by relaxing the wrists. The backs of the hands face each other. Press the backs of the hands together lightly. Firmly press the backs of the fingers together. Fold the thumbs across the palms until the thumb tip rests on the base of the little finger. Keep the arms relaxed and as comfortable as possible as you maintain the hand and arm posture. Fix your eyes at the tip of the nose.

Create a steady breath, through the nose, in an 8/8 rhythm: inhale in eight equal segments, then exhale in eight equal segments. Each breath stroke should be distinct, emphatic but not exaggerated. Continue for 11 minutes. Then inhale deeply and hold for 10-60 seconds. Relax completely for 5-20 minutes.

Source: Yogi Bhajan, Ph.D., 3/22/79

### COMMENTS:

Practice this meditation only when you can allow time to remain relaxed after you finish it. The nervous system is strongly affected by this practice. It neutralizes many of the automatic reactions to stress and challenge. It would not be advisable to leap into a car immediately or to handle dangerous or complex machinery until after you rest. The sense of expansion can be healing and very enjoyable.

The special hand mudra is a key to the effects of the meditation. The 8/8 breath will give nervous strength and a boost to the immune system. The hand mudra changes the way the aura projects. It creates a state of "dormant energy" in which the mind stops projecting to maintain its various projects or personalities. When you feel you are getting "burned out" or overwhelmed by the constant pressure to maintain your self-projection under the challenge of ill-circumstances or opposition by people, this is the perfect meditation. It "zeroes" the status of your projection. It creates inner stillness. It puts you in a state of non-attachment so the neutral mind can guide you. It ends vivid delusions and distorted thoughts that come from extreme or chronic stress.

Begin the practice with only 11 minutes. When this is perfect, increase the time to 22 minutes. Finally raise it to 31 minutes. Although it can be practiced without a mantra, SA-TA-NA-MA can be used mentally or chanted by the group leader.