

Originally taught by Yogi Bhajan in September 1981

Meditation for a Calm Heart

Sit in an Easy Pose, with a light *jalandhar bandh*.

EYES: Either close the eyes or look straight ahead with the eyes 1/10th open.

MUDRA: Place the left hand on the center of the chest at the Heart Center. The palm is flat against the chest, and the fingers are parallel to the ground, pointing to the right. Make Gyan Mudra with the right hand (touch the tip of the index (Jupiter) finger with the tip of the thumb). Raise the right hand up to the right side as if giving a pledge. The palm faces forward, the three fingers not in Gyan Mudra point up. The elbow is relaxed near the side with the forearm perpendicular to the ground.

BREATH PATTERN & VISUALIZATION: Concentrate on the flow of the breath. Regulate each bit of the breath consciously. Inhale slowly and deeply through both nostrils. Then suspend the breath in and raise the chest. Retain it as long as possible. Then exhale smoothly, gradually, and completely. When the breath is totally out, lock the breath out for as long as possible.

TIME: Continue this pattern of long, deep breathing for **3-31 minutes**.

TO END: Inhale and exhale strongly **3 times**. Relax.

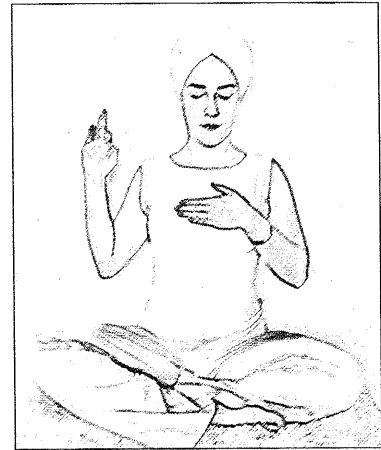
COMMENTS

The proper home of the subtle force, *prana*, is in the lungs and heart. The left palm is placed at the natural home of *prana*, creating a deep stillness at that point. The right hand that throws you into action and analysis is placed in a receptive, relaxed mudra and put in the position of peace. The entire posture induces the feeling of calmness. It technically creates a still point for the *prana* at the Heart Center.

Emotionally, this meditation adds clear perception to your relationships with yourself and others. If you are upset at work or in a personal relationship, sit in this meditation for 3 to 15 minutes before deciding how to act. Then act with your full heart. Physically, this meditation strengthens the lungs and heart.

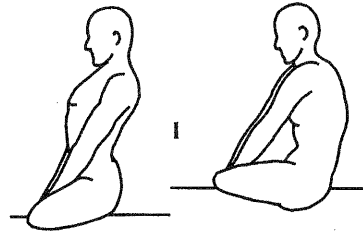
This meditation is perfect for beginners. It opens awareness of the breath, and it conditions the lungs. When you hold the breath in or out for "as long as possible," you should not gasp or be under strain when you let the breath move again.

- In a class try it for 3 minutes.
- If you have more time, try it for three periods of 3 minutes each, with one minute rest between them, for a total of 11 minutes.
- For an advanced practice of concentration and rejuvenation, build the meditation up to 31 minutes.

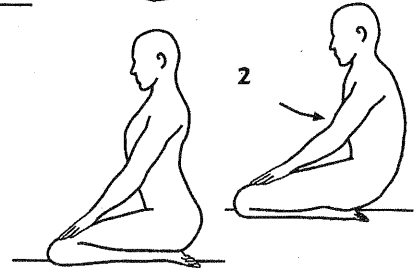


Basic Spinal Energy Series

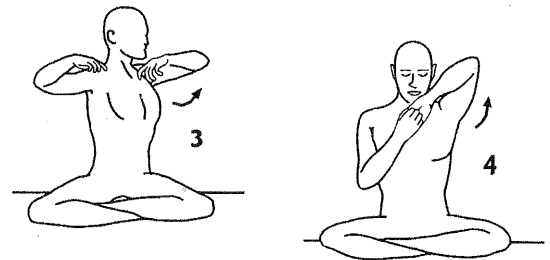
1) **Spinal Flex.** Sit in Easy Pose. Grab the ankles with both hands and deeply inhale. Flex the spine forward and lift the chest up. On the exhale, flex the spine backwards. Keep the head level so it does not "flip-flop." Repeat **108 times**, then inhale. Rest 1 minute. Spinal flexes have a "multi-stage reaction pattern" that greatly alters the proportions and strengths of alpha, theta and delta waves.



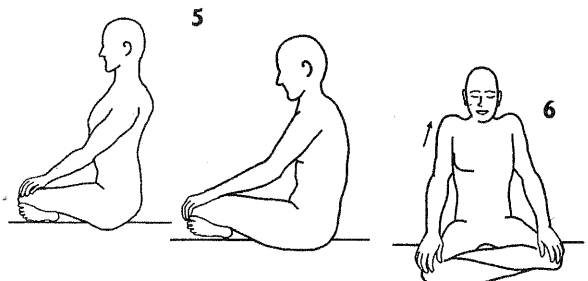
2) **Spinal Flex.** Sit on the heels. Place the hands flat on the thighs. Flex spine forward with the inhale, backward with the exhale. Mentally vibrate *Sat* on the inhale, *Nam* on the exhale. Repeat **108 times**. Rest 2 minutes.



3) **Spinal Twist.** In Easy Pose, grasp the shoulders with fingers in front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Breathing is long and deep. Continue **26 times** and inhale facing forward. Rest 1 minute.



4) **Bear Grip.** Lock the fingers in Bear Grip at the heart center. Move the elbows in a see-saw motion, breathing long and deep with the motion. Continue **26 times** and inhale, exhale, pull the lock. Relax 30 seconds.



5) **Spinal Flex.** In Easy Pose, grasp the knees firmly. Keeping the elbows straight, begin to flex the upper spine. Inhale forward, exhale back. Repeat **108 times**. Rest 1 minute.

6) **Shoulder Shrugs.** Shrug both shoulders up on the inhale, down on the exhale. Do this for less than **2 minutes**. Inhale and hold 15 seconds with shoulders pressed up. Relax the shoulders.

7) **Neck Rolls.** Roll the neck slowly to the right **5 times**, then to the left **5 times**. Inhale, and pull the neck straight.

8) **Bear Grip.** Lock the fingers in Bear Grip at the throat level. Inhale—apply *mul-bandh*. Exhale—apply *mulbandh*. Then raise the hands above the top of the head. Inhale—apply *mulbandh*. Exhale—apply *mulbandh*. Repeat the cycle **2 more times**.

9) **Sat Kriya.** Sit on the heels with the arms overhead and palms together. Interlace the fingers except for the index fingers, which point straight up. Men cross the right thumb over the left thumb; women cross the left thumb over the right. Chant *SAT* and pull the Navel Point in; chant *NAAM* and relax it. Continue powerfully with a steady rhythm for at least **3 minutes**, then inhale, apply Root Lock and squeeze the energy from the base of the spine to the top of the skull. Exhale, hold the breath out and apply all the locks. Inhale and relax.

10) Relax completely on your back for **15 minutes**.

COMMENTS:

Age is measured by the flexibility of the spine: to stay young, stay flexible. This series works systematically from the base of the spine to the top. All 26 vertebrae receive stimulation and all the chakras receive a burst of energy. This makes it a good series to do before meditation. Many people report greater mental clarity after regular practice of this *kriya*. A contributing factor is the increased circulation of the spinal fluid, which is crucially linked to having a good memory.

In a beginner's class, each exercise that lists 108 repetitions can be done **24 times**. The rest periods are then extended from **1 to 2 minutes**.

