

Meditations for These Times of Crisis

The following meditations were given to us by Yogi Bajan many years ago. The dates and places where he gave them are being researched, and will be shown here when they are known.

These meditations were recommended to us by Guru Dev Singh subsequent to the September 11 events to assist us with maintaining our balance in these times of crisis.

Meditation to lead a stress-free existence. It tonifies the heart and the digestive and elimination systems, and circulates prana to the nadies.

Sitting in easy pose, place the arms up at the sides at an angle of 60 degrees from the horizontal, with the palms facing up and inward. Elbows are straight. Shake the hands vigorously, allowing the arms, shoulders, body, and legs to shake along with them. Do this for 3 minutes.

Place the arms straight out in front, horizontal to the ground. Bend the wrists toward you, so that the Jupiter finger (index finger) points upward. The other fingers are curled under the thumb. Moving only the wrists, rotate the Jupiter fingers outward, then downward, then inward, then upward again. The right hand will have its Jupiter finger rotating clockwise around the wrist, and the left hand counter-clockwise. The arms remain straight and stationary. Try to keep the Jupiter finger in a vertical plane moving around the wrist. Do this for 3 minutes. Then inhale, hold and squeeze, and exhale, three times.

when you feel like you are in a hole.

Sitting in easy pose, hold your arms in front of your chest, forearms parallel to the ground. Place the right hand over the left, about 6 inches, pointing in opposite directions. Palms are facing downward. Move the hands in and out very rapidly. The right hand moves outward away from you as the left hand moves inward toward you. Then the left hand moves outward and the right hand inward.

Keep up this motion for 3 minutes.

Inhale deeply, hold, then exhale, 3 times.

Be aware of external events in a moment of crisis

Sit in easy pose with the elbows bent and the hands up at the level of the shoulders.

Extend the Jupiter (index) fingers up and lock the thumb over the other fingers.

Eyes at the tip of the nose.

Whisper the mantra: Aad Guray Nameh, Jugaad Guray Namay, Sat Guray Nameh, Siri Guru Dayvay Nameh. 11 Minutes

Translation: *Guided from the primal core and beginning*

Through every moment of experience and activity

Guided in your heart's deepest truth and being

By the unseen Infinity of your highest self

For fear

Sit in easy pose and grasp the Sun (ring) finger of the left hand with all the fingers of the right hand. The thumb of the left hand goes under the right hand.

Chant Ra Ma Da Sa Sa Se So Hung. 3 Minutes

For grounding

Sit in easy pose with the hands in prayer pose.

Keeping the hands together inhale and raise the arms up straight. It is like the position for Sat Kriya.

Begin, as in Sat Kriya, chanting Sat Nam, pulling the navel with each repetition.

After three repetitions, slowly chant Wahe Guru as the hands are slowly brought down to the heart level against the body. Repeat this cycle.

Continue for 3 Min, increasing to 11 Minutes

To make you aware and to stimulate the brain

Sit in easy pose and place the hands behind the neck, interlocking the fingers.

Begin chanting "Har" from the navel point, pulling the elbows forward each time "Har" in chanted. 3 Minutes

This exercise stimulates the feeling of the the brain and makes you able to speak so people can hear you.

To become more aware

Sit in easy pose and bring the hands up in front of the body.

Cup the hands slightly and the begin clapping them together, one grasping the other.

Form the mouth into an "O" and exhale the moment your hands clap. 11 Minutes

Kriya To take away pain

A. Sit in easy pose with the left hand up as if taking an oath. Palm in facing forward. Stretch the right arm straight out in front with the palm down. Eyes are closed. Inhale through the nose and exhale with a cannon breath through a circled

mouth. Move the right arm up and down powerfully 30-40 cm, two repetitions per second breathing in this way. 3 Minutes

B. Sitting in easy pose, reverse the hand positions. The breathing is the same. 3 Minutes

C. Still sitting in easy pose, bend the arm at the elbow and bring the hands up to the level of the shoulders with the palms facing up. Breathing pattern is the same. Hold the position. 3 Minutes

D. Sit in easy pose with the hands in front of the body, palms facing down. Begin striking the floor with the open palms chanting "Har" with each strike. 3 Minutes

Kriya for people in anxiety

A. Sit in easy pose with the hands in prayer pose in front of the chest. Then move the hands downward with fingers pointing away from the body and then back up again to the original position. This is a fast, shaking motion. Long deep breathing. 3 Minutes

B. Still sitting in easy pose, extend the arms forward, bending the arms at the elbow. Keep the elbows in close to the body, upper arms extend somewhat beyond the shoulder, palms are open and facing the body. Begin bringing the hands in toward the body and then back out again. The movement is about 12 inches. Form a circle with the mouth and breathe in and out rapidly through the mouth. 3 Minutes

C. This is the same as part A., only breathe rapidly in and out through the mouth as in B. 3 Minutes