

## Meditationstag 2023

9.00 Meditation on everybody as flow of life (14 min)

Mantra: Humee Hum Brahm Hum

Musik: <https://www.mantradownload.com/de/hami-ham-brahm-ham-paramjeet-singh-kaur.html>

9.30 Reverse Adi Shakti Kriya (17 min)

10.15 Celestial communication (62 min)

Mantra: I am the light of the soul

Musik: <https://www.mantradownload.com/de/i-am-the-light-of-the-soul-guru-dass-kaur.html>

Bewegung: [https://www.youtube.com/watch?v=aWF3Q2e4\\_rk](https://www.youtube.com/watch?v=aWF3Q2e4_rk)

11.30 To become divine (31 min)

Mantra: I am thine in mine myself Wahe guru Humee Hum  
Tumee Tum Wahe Guru

<https://play.sikhnet.com/track/i-am-thine-mine-myself>

12.30 Masters Touch (2,5 h)

Mantra: Ad such jugad such herbi such nanak hosi bi such

15.30 Celestial Communication (62 min)

Mantra: Ek ong kar sat nam siri wahe guru

Musik: <https://www.mantradownload.com/de/01-ek-ong-kar-guru-dass-singh-kaur.html>

Bewegung: [https://www.youtube.com/watch?v=WDeo0UxyWWM&list=RDWDeo0UxyWWM&start\\_radio=1&rv=WDeo0UxyWWM&t=7](https://www.youtube.com/watch?v=WDeo0UxyWWM&list=RDWDeo0UxyWWM&start_radio=1&rv=WDeo0UxyWWM&t=7)

16.15 Healing Power of prayer (33 min)

Mantra: Humee Hum Brahm Hum

Musik: <https://www.mantradownload.com/de/hami-ham-brahm-ham-paramjeet-singh-kaur.html>

# Meditation on Everyone as a Flow of Life

**12-32 minutes**

**2 exercises**

**Low activity level**

*This is a mantra meditation on the shabad, Humee Hum, Brahm Hum, which translates to We are We, We are God.*

*Built into the heart of Kundalini Yoga is the recognition of the divine spark in all. This meditation is meant to awaken this realization: that you are spirit, and everyone around you is spirit.*

## Part One

- ▶ **Posture:** Sit In Easy Pose.
- ▶ **Mudra:** Lock the hands In Bear Grip at the heart center.
- ▶ **Mantra:** Chant *Humee Hum Brahm Hum* by Nirinjan Kaur. Pull Bear Grip with each word of the mantra.

- ▶ **Eyes:** Eyes are closed or focused on the tip of the nose.



Continue for 11 minutes.

## Part Two

- ▶ **Posture & Mudra:** Continue to hold the posture with a steady pull on the Bear Grip.
- ▶ **Breath:** Breathe long and deep. Create the equilibrium of the Earth's magnetic field and the energy field of the heavens.

Continue for 3 minutes. To end, inhale deeply. Hold. Exhale. Repeat 2 more times and relax.

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## Comments:

This meditation asks us to consider everybody as a flow of life, or as a vessel for the flow of the Infinite to come through. Kundalini Yoga suggests that we are spiritual beings having a human experience. When we approach life from the wisdom of the Ten Bodies, we see that we are much more than three-dimensional beings of flesh and bones.

When we experience life through this lens, acknowledging our unique embodiment but not over-identifying with it, we are liberated and self-realized. From there, "I" becomes "we," and "you" becomes "me." We become united, with the realization that we are part of Infinity. We come from infinity into human form to complete our karma and then return to infinity.

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*This meditation was originally taught on May 1, 2000, in Espanola, New Mexico.*



# Creating Self-Love

3 exercises 17 min - 17 min *I am a Woman - Creative, Sacred, Invincible*

The first exercise is called Reverse Adi Shakti Kriya in which you are mentally and hypnotically blessing yourself. This self-blessing affects and corrects the magnetic field. Doing this exercise will hurt if you are an angry person. Self-help is very difficult for those who are angry. After doing this exercise for 5 minutes your muscles will also start hurting if your diet is improper. The taste in your mouth will change if you are breathing correctly.

The second exercise will benefit everything between the neck and navel. It will give strength to the heart and will open up the Heart Center.

"Love doesn't rule you. What rules you is fear, phenomenal fear. Through this kriya, love can be invoked and fear can be reduced." — Yogi Bhajan

## 1. Self-Blessing

### Self-Blessing (11 minutes)

1. Sit in Easy Pose with a straight spine. Hold the right palm six to nine inches above the top center of the head. The right palm faces down, blessing you. This self-blessing corrects the aura.
2. The left elbow is bent with the upper arm near the rib cage. The left palm faces forward and blesses the world.
3. The eyes are closed and focus at the lunar center in the middle of the chin. Breathe long, slow and deep with a feeling of self-affection.
4. Try to breathe only one breath per minute: Inhale 20 seconds, hold 20 seconds, exhale 20 seconds.



### To End

1. Inhale deeply and move slowly and directly into position for next exercise.

**Eye Focus** Closed

## 2. Arm Stretch

### Arm Stretch (3 minutes)

1. Extend the arms straight out in front, parallel to the ground, palms facing down.
2. Stretch out to your maximum. The eyes are focused at the lunar center in the center of the chin, and the breath is long, slow and deep.

### To End

1. Inhale deeply and move slowly and directly into position for next exercise.

**Eye Focus** Closed

**Breath** Long Deep Breathing



## 3. Upward Stretch

### Upward Stretch (3 minutes)

1. Stretch the arms straight up with the palms facing forward.
2. There is no bend in the elbows.
3. The eyes are focused at the lunar center and the breath continues to be long, slow and deep.

### To End

1. Inhale, hold the breath for 10 seconds while you stretch the arms upward (try to stretch so much that your buttocks are lifted) and tighten all the muscles of the body.
2. Exhale. Repeat this sequence two more times.

**Breath** Long Deep Breathing



# Kriya for Becoming Divine

🕒 12-32 minutes, 31-62 minutes

🔗 1 exercises

♥ Low activity level

*This kriya is one of the Three Kriyas to Become a Man, originally taught in 1985. Although it was initially taught to men, it can be practiced by anyone of any gender.*

## The Practice

- ▶ **Posture:** Sit in Easy Pose.
- ▶ **Mudra:** Lotus Mudra. Bring the heels of the hands together in front of the chin. Spread the fingers evenly and bring the tips of the thumbs and the tips of the pinky fingers together.
- ▶ **Mantra:** *Humee Hum Toomee Toom Wahe Guru.* Chant aloud with the music.
- ▶ **Eyes:** Fix your eyes on an imaginary partner, a beautiful human being of light.



Continue for 31 minutes.



# 1. Master's Touch Meditation

## Master's Touch Meditation (11 minutes to 2 hours 30 minutes)

1. Sit in an Easy Pose, with a light jalandhar bandh. Sit very saintly, like you are the greatest incarnation of Lord Buddha.
2. The eyes are slightly open, focused at the tip of the nose.
3. Place the pad (finger print) of the right index finger (Jupiter finger) on the pad of the left index finger, right palm facing out from the body, left palm facing in towards the body, forming a 45 degree angle of the fingers pointing upwards. Other fingers are curled into the palms with thumbs over.
4. Hold the mudra at the Heart Center, shoulders relaxed.
5. From the navel sing: "Aad Sach, Jugaad Sach, Hai Bhee Sach, Naanak Hosee Bhee Sach"
6. You may sing or chant the mantra, but it must be done in a monotone. The "suchhh" sound is emphasized as you pull the navel in on each repetition of the word. As you chant aloud, listen with your inner ear. Let the inner ear vibrate. Tune your inner ear so that the hammering of the hammer bones enables your brain to analyze the sound as you hear it.
7. Continue.



## To End

1. Inhale, hold the breath. Exhale, relax the mudra and the breath.

**Eye Focus** Tip of the Nose

**Mudra** Gyan Mudra

**Mantra**

Aad Sach, Jugaad Sach, Hai Bhee Sach, Naanak Hosee Bhee Sach

# 2. Rest

## Rest (1 minute to 2 minutes)

1. Continue to sit in an Easy Pose and Gyan Mudra, and rest.

**Mudra** Gyan Mudra



# 1. Healing Power of Prayer

**Comments:** *"This is time to get the results. You are not a Jew, you are not a Muslim, you are not a Hindu, you are not a Sikh, you are not a Christian, you are just a human being having an experience. With that attitude, apply yourself." —Yogi Bhajan*

## **Left Heart Center Press (2 minutes)**

1. Bend the right elbow and bring the right hand to the level of the earlobe. Point the fingers forward, away from the body, palm flat, facing up. Keep the fingers and thumb together. Imagine that you are keeping rainwater in your hand.
2. Place the left hand on the Heart Center.
3. Close the eyes.
4. Breathe long and deep. Do not breathe yourself, just make yourself breathe.

## **Left Heart Center Press (28 minutes)**

1. Continue the posture.
2. Begin chanting "Humee Hum Brahm Hum". Nirinjan Kaur's version was used in class.
3. Press the Heart Center when chanting Brahm Hum.

## **Right Heart Center Press (1 minute)**

1. Inhale, pause briefly.
2. Change hands; place the right hand on the Heart Center. Bend the left elbow and bring the left hand to the level of the earlobe. Point the fingers forward, away from the body, palm flat, facing up. Keep the fingers and thumb together. Imagine that you are keeping rainwater in your hand.
3. Continue chanting and pressing the Heart Center.

## **Long Deep Breathing (2 minutes)**

1. Music ends.
2. Maintain the posture.
3. Breath Long and Deep; very authoritative, with all the power, do it gracefully.

## **To End**

1. Inhale, stretch the arms up straight, hold for 10 seconds. Exhale. Inhale deep, stretch up, hold the breath for 10 seconds. Exhale. Inhale, hold the breath and stretch up for 30 seconds and pray, it must be a one pointed prayer. Exhale and relax.

**Eye Focus** Closed

**Breath** Long Deep Breathing

**Mantra**

Humee Hum Brahm Hum