

## **Kundalini Yoga meditation when you don't know what to do**

### **What It Will Do for You**

When you don't know what to do, try this meditation. It is very simple, but very powerful if done correctly. It coordinates both areas of the brain, gives you powerful insight and coordinates the mystery of spiritual phenomena into the mastery of the three bodies (physical, mental and spiritual). Though it looks simple, it solves many complications. It is sometimes called Gyan Mudra Kriya

### **How to Do It**

Sit straight, cross-legged or in a chair. Relax the arms down by the side of the body. Bend the elbows and raise the hands up and in until they meet at the level of the chest. The fingers of each hand are extended and joined in a relaxed way. Cross the hands with both palms facing toward the chest. One palm rests in the other and the thumbs are crossed. The fingers point up at a comfortable angle. (The position of left and right hand is interchangeable for this exercise.) Look at the third eye, then bring the eyes to the tip of the nose.

1. Inhale through the nose, then exhale through the nose.
2. Inhale through the mouth, and exhale through the mouth.
3. Inhale through the nose, and exhale through the mouth.
4. Inhale through the mouth, and exhale through the nose.

Continue this sequence. All breaths should be deep, complete, and powerful. When breathing through the mouth, purse the lips almost as if to whistle.

Start practicing this kriya for 11 minutes and gradually increase the time to a half hour.

