



Kundalini Yoga Meditations

THE EGO-ERADICATOR

FOR BURNING FEAR & NEGATIVITY



Start: Tune in with the Adi-Mantra (Kundalini Yoga starting mantra) **ONG NAMO GURU DEV NAMO**. Chant or recite the mantra 3x.

Posture Description: Sit in easy pose with the spine straight. Pull the chin in slightly to apply light neck lock. Bring the arms up at a sixty degree angle from the floor, keeping the elbows completely straight.

Mudra (hand position): Curl the fingers in towards the pads at the top of the palms; extend the thumbs – like a yogic thumbs up sign, to 'plug you in' to the universe. Keep the thumbs straight up and the outer edges of your hands parallel to the floor.

Eyes: Closed, focused at the brow centre / third eye point in the middle of your forehead.

Breath: Do Breath of Fire (BOF): Breathe fast, like a panting dog, but in and out through the nose. If you start feeling dizzy, slow down to a more comfortable pace. *No BOF in pregnancy (2nd & 3rd trimester) and in case of high blood pressure!*

Time: Start with 1-3 Minutes. Gradually, over time you may build up to 31 minutes.

End: Inhale, suspend the breath & bring the arms up until the thumbs touch above your head. With your exhale, spread the fingers & slowly lower your straight arms along the sides until you touch the ground, consciously cleaning the energy in your electromagnetic field as if you were sweeping your aura clear of negativity. Relax. Then complete the meditation by chanting/reciting **SAT NAM** ("true identity"; honouring your true self)

Benefits: This works on the ego, while simultaneously releasing stale air from your lungs, expanding lung capacity, & increasing vital energy. It relaxes any tension around the heart; strengthens the nervous system to help manage stress, thus restoring nervous system balance. This allows you to move more freely between action & relaxation. It will also help to focus your mind.

Comments: This exercise is a powerful way to release negativity and cut through any blockage. Next time you're stuck or confused, try it!

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