

KY meditation ready for action



What It Will Do for You

Do this at a break in the game or the action. It will help you combat the encroachment of fatigue and emotion. It will relax and energize you. It can rejuvenate coordination and spirit and help you avoid possible painful injury.

How to Do It

To do this, sit straight in a chair or crosslegged on a flat surface. Place the palms together at the center of the chest with the fingers pointing up. Focus at the brow point with eyelids lightly closed. As you inhale, break the breath into 4 equal parts (like sniffs). Hold a few seconds, then exhale, breaking the breath equally in 4 parts, and hold out for a few seconds. On each part of the inhale and exhale, pull the navel point in slightly. One full breath cycle (in and out) takes about 7-8 seconds. Continue powerfully for 3 - 5 minutes. (If your mind has a lot of anxiety or confusion, add to the breath mentally the mantra SAA TAA NAA MAA on both the inhale and the exhale.) Then inhale deeply and press the palms together with maximum force for 10 seconds. Relax for 15 - 30 seconds. Then repeat 2 times.

If you need rest for the body, immediately lie on your back with eyes closed and let each area relax for 2 more minutes. Take a few deep breaths, stretch, and you will be ready for action.

Kundalini Yoga Meditations

pinklotus 1000 leaves