

TWO MEDITATIONS FOR
OPENING THE HIGHER CENTERS
Yogi Bhajan



7' / 9' / 11'

I) Sit erect. Lift the chest and concentrate at the brow point. Arms stay straight with the hands resting on the knees in gyan mudra. (I) Begin with the head facing forward, next turn it to the right shoulder 4 times and say "Sat Nam" with each turn. Next, turn from center to the left shoulder 4 times and say "Whahe Guru". Continue in a regular rhythm for 6 to 11 minutes. The mantra will be a rhythmic and continuous SAT NAM SAT NAM SAT NAM SAT NAM WHAHE GURU WHAHE GURU WHAHE GURU WHAHE GURU. A single repetition lasts about 7 seconds.



4' / 5' / 6'

II) Sit with a straight spine. Extend the arms out to the sides parallel to the ground. Palms are flat and face up. (II) Concentrate on the top center of the head and at the same time be aware of the energy in the palms. Do the same head motion described in "A" above, but use the mantra "Whaho Whaho Whaho Whaho" when the head goes left and use the mantra "Guru Guru Guru Guru" when turning it to the right. Continue for 6 minutes, then inhale deeply and relax the breath and arms. Continue to meditate within the self for a few minutes.

MEDITATION en silence: 4' / 5' / 6'

COMMENTS:

When the thyroid and parathyroid secretions are stimulated to a certain level, the pranic energy flows more freely into the upper energy centers of the head. The first meditation has this effect. The second meditation focuses in the heart center energy of compassion and the healing energy of the hands. It is a meditation of levels beyond the realms of pain. Both meditations increase the circulation of blood to the brain. They are excellent as short meditations in themselves or as a preparation for a longer meditation. Both clear the mind and allow greater concentration.