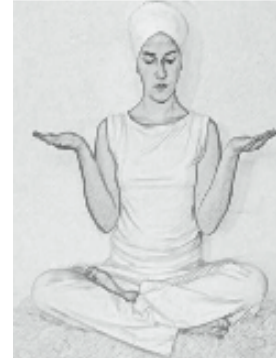


**The following meditations have been compiled from various manuals-  
blogs available at [kriteachings.org](http://kriteachings.org); [3ho.org](http://3ho.org); [spiritvoyage.com](http://spiritvoyage.com); [a-healing.com](http://a-healing.com); [yogatech.net](http://yogatech.net)  
Healing-Earthquake-Radiation**

**Healing with Siri Gaitri Mantra: from KRI teacher Manual level 1**



Sit in an Easy Pose, with a light jalandhar bandh.

**Mudra:** Have the elbows tucked comfortably against the ribs. Extend the forearms out at a 45-degree angle out from the center of the body. The palms are flat, facing up, the wrists pulled back, fingers together, and thumbs spread. Consciously keep the palms flat during the meditation.

**Mantra:** The mantra consists of eight basic sounds: RAA MAA DAA SAA, SAA SAY SO HUNG Pull in the Navel Point powerfully on SO and HUNG. Note that HUNG is not long and drawn out. Clip it off forcefully as you pull in the navel. Chant one complete cycle of the entire mantra, and then inhale deeply and repeat. To chant this mantra properly, remember to move the mouth fully with each sound. Feel the resonance in the mouth and the sinus areas. Let your mind concentrate on the qualities that are evoked by the combination of sounds.

**Time:** Chant powerfully for 11-31 minutes.

**To End:** Inhale deeply and hold the breath as you offer a healing prayer, visualizing the person you wish to heal (including yourself) as being totally healthy, radiant, and strong. Imagine the person completely engulfed in healing white light, completely healed. Then exhale and inhale deeply again, hold the breath and offer your prayer. Then, lift your arms up high and vigorously shake out your hands and fingers.

The Teachings of Yogi Bhajan ©2008

**Comments:** Certain mantras are to be cherished like the most rare and beautiful gem. The Siri Gaitri Mantra (this is also a Siri Mantra and a Sushmuna Mantra) is just such a find. It is unique, and it captures the radiant healing energy of the Cosmos as a gem captures the light of the sun. Like a gem it can be put into many settings for different purposes and occasions. When Yogi Bhajan shared this technology he gave a series of meditations that use the inner dynamics of this mantra. If you master any of these practices you will be rewarded with healing and awareness. The mantra is called a Sushmuna Mantra. It has eight sounds that stimulate the kundalini to flow in the central channel of the spine and in the chakras. As this happens there is usually a huge metabolic adjustment to the new level of energy in the body. The brain is also involved. The sounds balance the five zones of the left and right hemispheres of the brain to activate the Neutral Mind. The mantra uses a sound current. The sounds create a juxtaposition of energies. RAA means the energy of the Sun: strong, bright, and hot. It energizes and purifies. MAA is the energy of the Moon. It is a quality of receptivity, coolness, and nurturing. DAA is the energy of Earth. It is secure, personal, and the ground of action. SAA is the impersonal Infinity. The cosmos in all of its open dimensions and totality is SAA. Then the mantra repeats the sound; this repetition is a turning point. The first part of the mantra is ascending and expands into the Infinite. The second part of the mantra pivots those qualities of the highest and most subtle ether, and brings them back down. It interweaves the ether with the earth! SAA is the impersonal Infinity. Then comes SAY, which is the totality of experience and is personal. It is the feeling of a sacred "Thou." It is the embodiment of SAA. SO is the personal sense of merger and Identity. HUNG is the Infinite, vibrating and real. The two qualities together (SO and HUNG) mean, "I am Thou." As you chant this mantra you complete a cycle of energy and go through a circuit of the chakras. You grow toward the Infinite, then you convert the linkage of finite and Infinite at SAA. Then you revert back to an embodiment and blend of purity.

The Teachings of Yogi Bhajan ©2008

### ANOTHER HEALING CHANT

The Siri Gaitri Mantra can be used with another mudra and rhythm. Bend the arms at the elbows, pressing the upper arms slightly into the sides, with the forearms up about 60° and out at about 45° and the hands are bent back, so that the palms are up and there is a stretch in the wrist.

With closed eyes, inhale deeply and chant

Ra Ma Da Sa  
Sa Say So Hung



"Ma" and "Say" are slurred on two notes each, and the first "Sa" is very short. "Hung" is forcefully vibrated in the skull.

COMMENTS: When practiced 11 minutes daily, this gives tremendous healing power to the hands, useful in healing oneself or others. I have practiced it daily for several years.) GK

# **Kundalini Meditation n.74**

**Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji**

**resolve inner conflict;**

**paranoia, heart**

**LA135 791029**

**P. 147**

## **General Position:**

Sit in easy pose with a straight spine.

## **Arms and Hands:**

Press the hands on the breasts, palms in, fingers pointing toward each other. The hands are relaxed with the fingers extend and joined. This a comfortable position with very little pressure and no tension in the arms and hands.

## **Legs:**

Sit with the legs crossed.

## **Breath:**

Deeply inhale for five seconds. Completely exhale for five seconds, and hold the breath out for 15 seconds.

**Eyes:** Close the eyes nine-tenths of the way.

**Length of time:** Begin with 11 minutes and slowly build to 31 minutes.

## **Comments:**

This is a very simple and ancient meditation to resolve conflict in us. If you do it, you'll enjoy it. Just see what changes you go through; just supervise yourself. It is a psychotherapy. The moment the body knows the breath is out it starts adjusting at the highest rate of efficiency. Work the automatics of your body. If you are really honest with your breath you are really honest.

The theory is that when the breath is out, and the prana is not there the pranic body starts penetrating through the other bodies to create the combination. Let the computer figure out how to make you survive

with your cells which need x amount of oxygen. You may have a most grave situation to handle and five minutes of this will take care of it. **Mantra:** There is no mantra for this meditation.



# Kundalini Meditation

**Taught by Sin Singh Sahib Bhai Sahib Haibhajan Singh Khalsa Yogiji**

get rid of heart attack and

causes LA074 781127

## General Position:

Sit in easy pose with a straight spine.

## Arms and Hands:

Relax the arms down with the elbows bent. Raise the forearms up and in toward the chest until the hands meet at the level of the heart. Extend and join the fingers of each hand. Pull the thumbs away from the fingers and wrap them around each other. Point the left palm away from the body with the fingers pointing straight up. Point the right palm down at the ground with the fingers pointing away from the body.



## Legs:

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground.

## Breath:

Inhale in a long slow deep breath. Hold the air in as long as possible. Completely exhale in one long slow breath and hold the 'air out for as long as possible. Continue the cycle

## Eyes:

Close the eyes nine-tenths.

## Locks or other conditions:

Interlock the thumbs.

## Mantra:

There is no mantra for this meditation.

## Mental Focus:

## Mental images:

## Practice Conditions:

## Length of time:

Practice the meditation for 11 minutes.

## Comments:

The mudra is called "composite polarity." Breathe slowly so that the beat of the heart may collaborate with the the prana. It will cause a beautiful interplay of the magnetic field and arc line. Hold the breath out to the maximum so that all the blood can circulate well in the lungs before the oxygen touches it. All membranes are given new life by this exercise. The meditation will get rid of heart attacks and their causes. according to yogic tradition. It will get rid of paranoia, from which all problems, come.

## MEDITATION FOR ATOMIC RADIATION

5/17/78

### What It Will Do for You

Radiation is already affecting people in the United States. If in the event of an atomic war you are not destroyed, radiation alone will not kill you if your gene aura is 1 inch thick.

If your inside is in a turmoil, this meditation will prevent you from dying. It can be done any time, and its effect will be to calm you, to energize you, and to relax you.

### How to Do It

Sit straight. Let your upper arms hug your sides. Hold your lower arms up so the hands are as high as your neck, palms facing away from your body. Hands are in gyan mudra (tip of thumb and forefinger touching).



Chant the following mantra three times on one deep breath:  
PRAANAA APANAA SHUSHMNAA HAREE, HAREE HAR HAREE HAR HAREE HAR HAREE:



PRAANAA is life force corresponding to the electron, APANAA is eliminating force corresponding to the proton, and SHUSHMNAA is the central force corresponding to the neutron. The beauty of this mantra is in the touch of palate and tongue.

You can do this for as long as you want, singly or in a group. If you'd like a little fun, do it for 62 minutes and measure yourself with an electrocardiograph (biofeedback). It is very powerful.

## From 3HO.org ecommunity: on Radiation

*In 1986 when the Chernobyl nuclear disaster occurred we were living in Hamburg, Germany. The winds carried the radiation west. I called Yogi Bajan directly and he gave us this recipe:*

### **Anti-Radiation Juice**

*Drink 3 glasses daily: 1 part pineapple juice, 1 part tomato juice, 1 part apple juice*

*The best foods to eat after radiation exposure are:*

**Seaweed and Miso** in various forms. Also beets, carrots, onions, and garlic. Since the radiation may be on the fresh plants, sprout seeds and beans to replace fresh greens.

*We practiced the Radiation Meditation diligently.*

*It is very important to keep the immune and nervous systems strong. Therefore keep up with yoga and meditation. Some of us were so occupied with helping others that we exhausted ourselves....don't make that mistake. So please also take care of yourselves, stay healthy, and sleep adequately.*

*Our love and prayers are with you.*

---

Therapeutic baths can also be helpful for decreasing radiation levels and eliminating toxins.

### **Therapeutic Baths for Elimination of Radiation, Chemicals, and Metals**

**By Dr. Linda Lancaster**

Therapeutic baths are utilized to cleanse and neutralize many types of pollutants.

- Baths should be taken in water as hot as you can handle without feeling faint.
- During the period of soaking, the toxins are drawn to the surface of the skin.
- As the water cools to slightly below body temperature, osmotic exchange of fluids takes place and the toxins are drawn out of the body and into the tub of water.
- If you have high blood pressure or heart weakness, do not make the bath too hot, and check with your doctor beforehand.

#### **Sea Salt and Baking Soda Bath: For most types of Radiation**

Pour one pound of pure salt and one pound of baking soda into the tub of hot water. Use sea salt or kosher salt—check the label to make sure there are not any additives. Soak in the tub for 20-30 minutes or until the water cools.

#### **Baking Soda Bath: For Man-Made Radiations such as Barium Tests and Ingested Radioactive Isotopes**

Pour two pounds of baking soda into a full tub of hot water. Soak in the tub for 20-30 minutes until the water cools.

#### **Clorox Bath: For Elimination of Chemicals and Metals**

Pour 1/2 cup of Clorox into the full tub of hot water. Soak in the tub for 20-30 minutes or until the water cools. Use only Clorox brand bleach. Do not use Fresh Scent or powdered bleach or any other brand.

#### **Apple Cider Vinegar Bath: For Elimination of Uric Acid Deposits and some Chemicals**

Pour one quart of apple cider vinegar into a tub of hot water. Soak in the tub for 30 minutes. Sweating sometimes occurs.

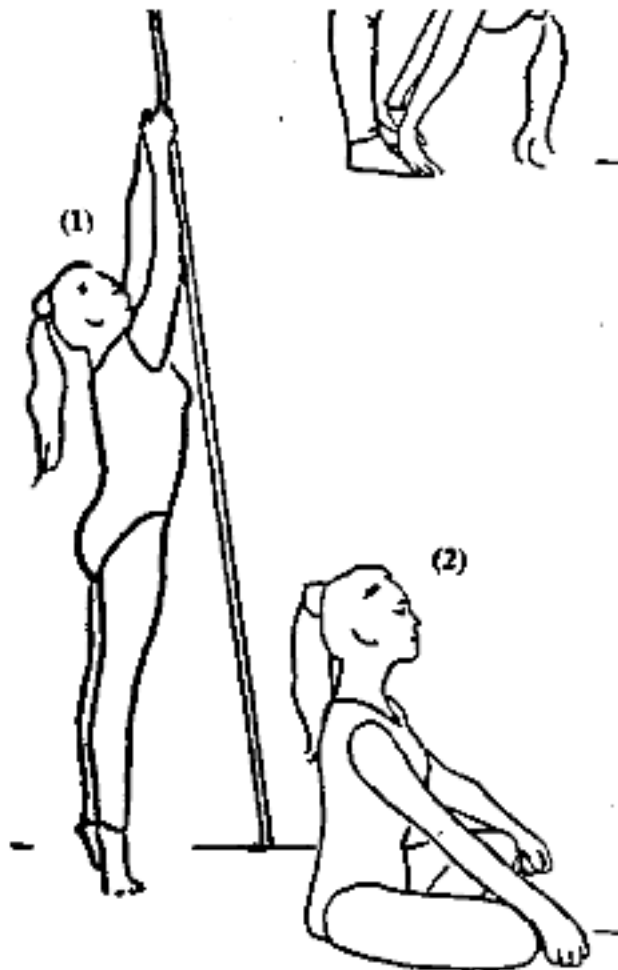
From Healing through Kundalini Yoga Radiation, to Protect Against  
(3 or 11 min)

These are 2 separate exercises:

1. Grab a pole or tree with both arms and stretch yourself. Isometrically tighten your neck muscles - imagine that they are so hard a sword will not cut through them. *Continue for 3 min.*

2. Keeping your teeth together, breathe through a small hole in your mouth. Listen to your breath. *Continue for 3 or 11 min.*

Comments: This meditation strengthens the parathyroid gland, which helps protect us from radiation. The parathyroid will not function properly unless the neck is totally aligned with the spine.



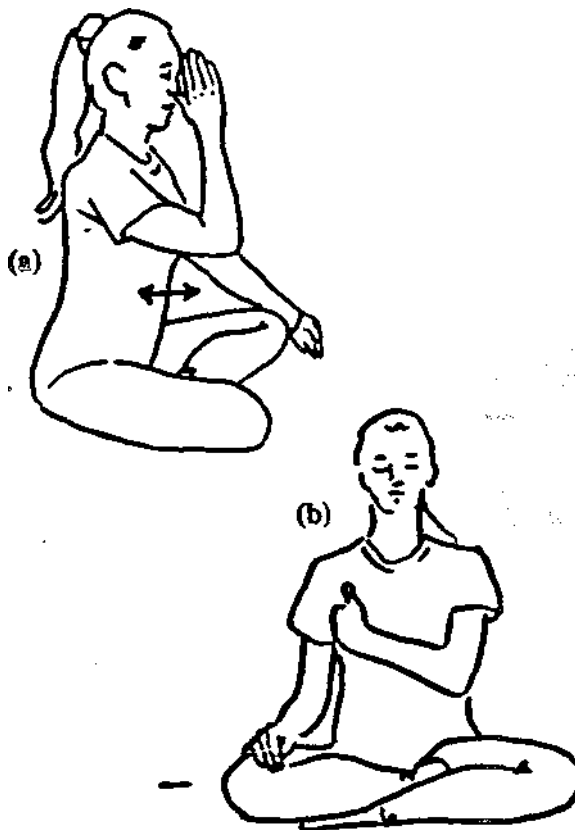


From Healing Through Kundalini Yoga Blood Pressure: Blood Pressure, High (1-3 min or 40 min)

Sit in easy pose. Use the thumb of the right hand to block the right nostril. Fingers of the right hand are together, pointed straight up. Do breath of fire through the left nostril while pumping the navel point in and out (a). The more completely you can pull your abdomen in and push it out, the more effective will be the kriya. Continue for 1-3 min.

For longstanding problems of high blood pressure, do 40 min daily of normal left nostril breathing (without breath of fire or stomach pumping).

Comments: Breath through the left nostril stimulates the cooling, relaxing functions in the body. Your breath, which switches from mainly right-nostril to mainly left-nostril every 2 1/2 hours throughout the day, can be automatically channeled to the left nostril by holding the left hand under the right armpit, with the right arm pressing in on it slightly in its normal relaxed position (b). Try it!



**Blood Pressure, Low (7-5 min or 40 min)**

Sit in easy pose. Use the thumb of the left hand to block the left nostril. Fingers of the left hand are together, pointing straight up. Do breath of fire through the right nostril while pumping the navel point forcefully in and out (a). Continue for 1-3 min. For longstanding problems of low blood pressure, do 40 min daily of normal right nostril breathing (no breath of fire or stomach pumping).

Comments: Breath through the right nostril stimulates the "sun" functions of the body – when you have a lot of sun energy you do not get cold, you are energetic, extroverted, and enthusiastic. It is the energy of purification. It holds the weight down. It aids digestion. It makes the mind clear, analytical, and action-oriented. Your breath, which changes over from mainly right-nostril to mainly left-nostril at intervals during the day, can be automatically channeled to the right nostril by holding the right hand under the left armpit, with the left arm pressing in on it slightly in a normal, relaxed position (b).



## MEDITATION FOR CONCENTRATION IN ACTION

### What It Will Do for You

If you don't know how to meditate or you want to develop this ability of concentration in action, there is a beautiful Kundalini Yoga technique to achieve this. This is a meditation for someone who can't meditate. It allows you to control your own reaction to any situation and can bring sweetness and one-pointedness to the most outrageous and scattered mind.

### How to Do It

Sit in any comfortable pose in which your spine is straight. With the four fingers of the right hand, feel the pulse on the left wrist. Place the fingers in a straight line pressed lightly so that you can feel the pulse in each fingertip. Focus your mind at the point where the nose and eyebrows meet. The eyelids are lightly closed. On each beat of the heart, mentally hear the sound SAT NAAM.

Practice this for 11 minutes. Slowly increase the time to 31 minutes.



## More survival kit selections:

### MEDITATION TO ADJUST YOUR MAGNETIC FIELD AFTER AN EARTHQUAKE



What It Will Do for You: The magnetic relationship of the 2 hemispheres of the brain is readjusted with this meditation.

How to Do It

Sit straight. Slightly cup your left hand and hold it over your left ear. Hold the left arm up in front of you so that the upper arm is parallel to the ground.

Extend your right arm straight out to your side. Bend it so that your fist is by your ear with the hand in conch mudra (see drawing).

Eyes are focused on the tip of the nose. Strike the side of your head with your left hand in time with the mantra SAA TAA NAA MAA to the following melody:



Do the meditation for 11-31 minutes.

## EMERGENCY TREATMENT FOR EMOTIONAL FREAKOUT



This is a set of exercises to do one after the other.

- 1) Stretch pose (sets the navel point): Lie flat. Raise the head, legs and arms 6 inches off the ground. Look at the toes and do breath of fire for 3 minutes.
- 2) Relax on the back for 5 minutes. 3) Repeat stretch pose. 4) Relax on the back for 5 minutes.
- 5) Repeat stretch pose.
- 6) Relax on the back for 5 minutes. 7) 40-50 sit-ups with rhythmic breathing. 8) Walk around with hands and feet on the floor for 3 minutes. 9) Relax on the back.

## MEDITATION FOR ROUGH TIMES AHEAD

11/5/80 #198



What It Will Do for You:

This meditation is given to you because you are going to have a rough time ahead. It is very effective in opening up the fourth, fifth, and sixth lotuses. It is like a snake. The nose is the mouth of the serpent and the inner side is the body of the snake. The secret of this is that it balances the distribution of the red and white blood cells. That's the most difficult to control. It is the area that defends your total health.

How to Do It:

Sit in easy pose with a straight spine. With the right elbow bent and relaxed near the body, raise the right hand up to the side as if taking an oath. Hold the first two fingers straight, joined and pointing up. Curl the other two fingers down into the palm and lock the thumb over them. Hold the left hand in the same mudra with the two outstretched fingers touching the heart wherever you feel the heart center is. Normally, if you draw a line between the nipples and drop a perpendicular line from the nose, the intersection is the heart area or heart lotus. Make the outstretched fingers as straight as possible for a better electromagnetic field around you. Breathe slowly, meditatively, and with control, taking the breath from the nose up to the third eye point and then down to the heart where the fingers are. The breath must go touching the entire area, and you must feel it. Either keep the eyes closed, or look at the tip of the nose. Practice this meditation for 11 minutes. At the end, inhale and exhale deeply three times. Then relax. To perfect this meditation, do it once a day for 40 days.

## **MEDITATION TO DO WHEN NOTHING ELSE WORKS**

9/29/75



What It Will Do for You:

When you're at your wits' end, when you don't know what to do, when nothing else works, this meditation does!

How to Do It:

Make an inverted venus lock-fingers interlaced backwards. Hold at the solar plexus, palms facing up, fingers pointing up, thumbs straight. Eyes are 1/10 open.

Chant the Guru Gaitri Mantra: "Gobinday, Mukanday, Udaaray, Apaaray, Hareeng, Kareeng, Nirnaamay, Akaamay." It should totally turn into a sound current: Chant as fast as possible so that the words are indistinguishable.

Start with 11 minutes and build up to 31.

Note: This is one of five meditations given specifically "to prepare for the gray period of the planet and to bring mental balance."

What It Will Do for You:

## MEDITATION WHEN YOU DON'T KNOW WHAT TO DO

3/2/79



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 hands is interchangeable for this exercise.) Look at the third eye, then bring the eyes to the tip of the nose.

Inhale through the nose, then exhale through the nose. Now, inhale through the mouth, and exhale through the mouth. Next, inhale through the nose, and exhale through the mouth. Finally, 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.

What It Will Do for You:

## **MEDITATION TO HANDLE A GRAVE SITUATION**

10/29/79



This is a very simple and ancient meditation to resolve conflict in us. If you do it, you'll enjoy it. Just see what changes you go through. Just supervise yourself. It is a psychotherapy. The moment the body knows the breath is out, it starts adjusting at the highest rate of efficiency. The theory is that when the breath is out and the prana is not there, the pranic body starts penetrating through the other bodies to create the combination. The computer must figure out how to allow you and your cells, which need x amount of oxygen, to survive. If you have a most grave situation to handle, 5 minutes of this will take care of it.

How to Do It:

Sit with the legs crossed. Press the hands on the breasts, palms in, fingers pointing toward each other. The hands are relaxed with the fingers extended and joined. This is a comfortable position with very little pressure and no tension in the arms and hands.

Close the eyes 9/10 of the way. Deeply inhale for 5 seconds. Completely exhale for 5 seconds, and hold the breath out for 15 seconds.

Begin with 11 minutes and slowly build to 31 minutes.

What It Will Do for You:



## **MEDITATION TO PREPARE FOR AN EARTHQUAKE**

2/16/76



This meditation is for sensitizing yourself to predict and prepare for changes of the earth, such as earthquakes, climatic changes, tidal waves, or any kind of natural phenomenon.

Additional benefits are:

a) to maintain youthfulness of mind and body; b) to bring health and healing ability; c) to fertilize the brain so you can't sink into depression; d) to eliminate fatigue and give a constant flow of energy; and e) to make you intuitive and universally sensitive.

How to Do It:

Sit straight. Hold your hands at the solar plexus level in fists, except for the index fingers, which are straight. Hold the right hand palm down, left hand palm up. Put the right index finger on top of the left index finger, with fingers crossing exactly in the middle of the second segment so that a special meridian contact will take place. Inhale deeply and very slowly through the nose. Each inhale should take 15 seconds. Exhale through the puckered mouth (not whistling) forcefully and completely, directing the breath at the tips of the index fingers. Never do this with a quick breath. Feel the fingertips getting cold or vibrating.

You may yawn or stretch but keep breathing. Meditate on your own prana carried by your breath. Continue for a maximum of 11 minutes. When you finish meditating, lock the fingers and stretch.

## ***The Effects of Breath Frequency***

When we consciously lower the frequency of breaths per minute, we encourage great benefits. Normally, men breathe at a rate of 16-18 cycles per minute: women breathe at 18-20 cycles per minute.

### ***8 cycles per minute***

Feeling more relaxed. Relief from stress and increased mental awareness. Parasympathetic nervous system begins to be influenced. Healing processes are elevated.

### ***4 cycles per minute***

Positive shifts in mental function. Intense feelings of awareness, increased visual clarity, heightened body sensitivity. Pituitary and pineal begin to coordinate at an enhanced level producing a meditative state.

### ***1 cycle per minute ("One-Minute Breath")***

20 seconds to inhale 20 seconds hold 20 seconds to exhale

Gives optimized cooperation between the brain hemispheres, dramatic calming of anxiety, fear, and worry together with openness to feeling one's presence and the presence of spirit. Intuition develops. The whole brain works - especially the old brain and the frontal lobes of the hemispheres.

## MEDITATION TO ADJUST YOUR MAGNETIC FIELD AFTER AN EARTHQUAKE

What It Will Do for You:

The magnetic relationship of the 2 hemispheres of the brain is readjusted with this meditation.



How to Do It

Sit straight. Slightly cup your left hand and hold it over your left ear. Hold the left arm up in front of you so that the upper arm is parallel to the ground.

Extend your right arm straight out to your side. Bend it so that your fist is by your ear with the hand in conch mudra (see drawing).

Eyes are focused on the tip of the nose. Strike the side of your head with your left hand in time with the mantra SAA TAA NAA MAA to the following melody:



Do the meditation for 11-31 minutes.