

Kundalini Yoga Meditation Techniques for the Treatment of Anxiety, Stress & Mental Tension

taught by Certified KRI instructor Prem Siri Kaur

1. To Induce a Meditative State, "Tuning In"

Sit with a straight spine and with the feet flat on the floor, if sitting in a chair. Put the hands together at the chest in "prayer pose"—the palms are pressed together with 10 to 15 lbs. of pressure between the hands. The area where the sides of the thumbs touch rests on the sternum with the thumbs pointing up (along the sternum); the fingers are together and point up and out at a 60-degree angle to the ground. The eyes are closed and are focused at the "third eye" (imagine a sun rising on the horizon). A mantra is chanted out loud in a one-and-a-half breath cycle. Inhale first through the nose and chant "Ong Namō," with an equal emphasis on the Ong and the Namō. Then immediately follow with a half breath inhalation through the mouth and chant "Guru Dev Namō," with approximately equal emphasis on each word. The practitioner should experience the vibrations that these sounds create on the upper palate and throughout the cranium while letting the mind be carried by the sounds. This exercise should be repeated a minimum of 3 times; it was employed in therapy for about 10 to 12 times. This technique helps create a "meditative state of mind" and is highly recommended as a precursor to the other techniques.

2. Spine Flexing for Vitality

This technique can be practiced either while sitting in a chair or on the floor, in a cross-legged position. If you are in a chair, hold the knees with both hands for support and leverage. If you are sitting cross-legged, grasp the ankles in front with both hands. Begin by pulling the chest up and forward, inhaling deep at the same time; then exhale as you relax the spine down into a slouching position. Keep the head up straight without allowing it to move much with the flexing action of the spine. This position helps prevent a whip action of the cervical vertebrae. All breathing should only be through the nose—both the inhale and exhale. The eyes are closed, as if you were looking at a central point on the horizon, the "third eye," otherwise described as the notch region on the nose exactly midway between the eyes. The mental focus is kept on the sound of the breath while listening to the fluid movement of the inhalation and exhalation. Begin the technique slowly while loosening up the spine. Eventually, a very rapid movement can be achieved with practice, reaching a rate of 1 to 2 times per second for the entire movement. A few minutes are sufficient in the beginning. Later, there is no time limit. Food should be avoided just before this exercise. If an unpleasant feeling of light-headedness develops, stop momentarily and then continue. Be careful; flex the spine slowly in the beginning. Relax for 1 to 2 min when finished.

Kundalini Yoga Meditation Techniques for the Treatment of Anxiety, Stress & Mental Tension

taught by Certified KRI instructor Prem Siri Kaur

3. Shoulder Shrugs for Vitality

While keeping the spine straight, rest the hands on the knees if sitting in a cross-legged position or with hands on the thighs if on a chair. Inhale and raise the shoulders up toward the ears; then exhale, letting them down. All breathing is done through the nose. Eyes should be kept closed and focused at the third eye. Mentally listen to the sound of the inhalation and exhalation. Continue this action rapidly, building to three times per second for a maximum of 2 min. This technique should not be practiced by individuals who are hyperactive.

4. Meditation Technique for Insanity—Technique for Reducing Anxiety, Stress, and Mental Tension

Sit and maintain a straight spine. Relax the arms and the hands in the lap. Focus the eyes on the tip of the nose. You cannot see the end, just the sides of the nose, as they appear blurred while focusing on the tip. Open the mouth as wide as possible, slightly stressing the temporal mandibular joint; touch the tongue tip to the upper palate where it is hard and smooth in the center. Breathe continuously through the nose only, making the respiration slow and deep. Let the mental focus be on the sound of the breath; listen to the sound of the inhale and exhale. Maintain this pattern for at least 3 to 5 min with a maximum of 8 min on the first trial. With practice it can be built up to 31 min, maximum. This technique was originally taught as a meditation for insanity; it curbs a restless mind, it brings stillness and mental quiet.

5. Meditation for Patience, Tolerance and Self

Sit straight in a cross-legged position. Bring the right knee up to the chest, lock it with both hands, and pull it as close to you as possible. Eyes are focused at the tip of the nose. Form an “o” with the mouth and breathe powerfully through it in rhythm with the mantra, Har, Har, Har, Har... by Simran Kaur and Guru Prem Singh (Tantric Har). Continue for 31 minutes. To end, inhale deeply, hold, and bring both hands to the chest and press hard. Tighten yourself and stretch your spine from the base to the top. Exhale. Repeat one more time. Then inhale again, hold, and stretch both arms up over the head, keep your right knee near the chest without pressure, stretch the spine and every muscle of the body. The harder you stretch, the better it will be. Relax.

6. Technique for Reducing Anxiety, Stress, and Mental Tension

Sit and maintain a straight spine. The hands are in front of the chest at heart level. The left hand is 2 inches from the chest, and the right is about 2 inches behind the left (4 inches from the chest); the left fingers point to the right. The right palm faces the back of the left hand with fingers pointing to the

Kundalini Yoga Meditation Techniques for the Treatment of Anxiety, Stress & Mental Tension

taught by Certified KRI instructor Prem Siri Kaur

left. The thumbs of both hands point up straight but are not pulled back tightly. The thumbs are in a relaxed upward posture. The eyes are open and focused on the tip of the nose. The breathing pattern is through the nose only. Inhale, then keep the breath in as long as possible; then exhale and keep the breath out as long as possible, without creating undo discomfort at any stage. When finished, inhale maintaining the eye and hand posture; then tense every muscle in the body for about 10 sec, exhale and repeat two times. Build the capacity for this technique to a maximum time of 15 min. Avoid this exercise if you have high blood pressure or are pregnant. This technique was taught for relaxing the mind in response to emotional stress and mental tension, and the following technique was taught to be complementary to its practice.

6. Technique for Anxiety & OCD

Sit with a straight spine in a comfortable position, either with the legs crossed while sitting on the floor or in a straight back chair with both feet flat on the floor. Close the eyes. Use the right thumb tip to block the end of the right nostril; the other fingers point up straight; allow the arm to relax (elbow should not be creating unnecessary tension by sticking up and out to the side). A secure plug can also be used for the right nostril. Inhale slow and deep through the left nostril; hold in long; exhale slowly and completely through the same nostril (left nostril); hold out long. The mental focus should be on the sound of the breath. Continue this pattern with a maximum time of 31 min for each sitting. Initially, begin with a comfortable rate and time, but graduate to one where the effort presents a fair challenge for each phase of the breath. Deciding how long to hold the breath in or out varies from person to person. Ideal time per complete breath cycle is 1 minute, where each section of the cycle lasts exactly 15 sec. With daily discipline, this rate of respiration can be achieved within 5 to 6 months for the full 31 min.

Please visit www.premsirikundalini.com to contact me and be added to the exclusive email list. Your name/email etc. is kept private and confidential and only used by Prem Siri Kaur for the Kundalini Shakti email updates.