



Two Meditations for Opening the Higher Centers

2 exercises 12 min - 17 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

When the thyroid and parathyroid secretions are stimulated to a certain level, the praanic 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.

1. Meditation for Opening the Higher Centers I

Meditation for Opening the Higher Centers I (6 minutes to 11 minutes)

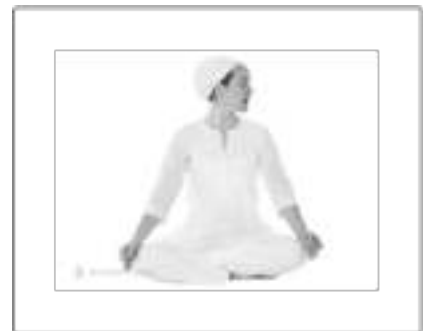
1. Sit with a straight spine.
2. Lift the chest and concentrate at the Brow Point.
3. Arms stay straight with the hands resting on the knees in Gyan Mudra, thumb and index finger tips touching.
4. Begin with the head facing forward, then turn the head to the right and chant Sat Naam, repeat 4 times. Then turn to the left shoulder and say Whaa-hay Guroo; repeat a total of 4 times.
5. The mantra will be a rhythmic and continuous Sat Naam, Sat Naam, Sat Naam, Sat Naam, Whaa-hay Guroo, Whaa- hay Guroo, Whaa-hay Guroo, Whaa-hay Guroo. A single repetition lasts about 7 seconds.
6. Continue in a regular rhythm.

Eye Focus Brow Point

Mudra Gyan Mudra

Mantra

Sat Naam Sat Naam Sat Naam Sat Naam Wahe Guru Wahe Guru
Wahe Guru Wahe Guru



2. Meditation for Opening the Higher Centers II

Meditation for Opening the Higher Centers II (6 minutes)

1. Sit with a straight spine.
2. Extend the arms out to the sides parallel to the ground. Palms are flat and face up.
3. Concentrate on the top of the head, right at the crown, and at the same time be aware of the energy in the palms.
4. Do the same head motion described in Meditation I above, but use the mantra *Whaaho Whaaho Whaaho Whaaho* when the head goes left and use the mantra *Guroo Guroo Guroo Guroo* when turning to the right.
5. Continue in a regular rhythm.



To End

1. Inhale deeply, relax the breath and the arms and meditate within the Self for a few minutes.

Eye Focus Tenth Gate

Mantra

Whaaho Guru

