

Raising the Kundalini & Giving a Bandhan

Begin and end your meditation with these movements. They help to maintain the meditative state.

1. Raising the Kundalini

- Place the left hand in front of your lower abdomen, palm facing the body.
- Raise the hand up vertically, until it is a few inches above the top of your head.
- While the left hand is moving up, the right hand rotates around it — up the inside, over the top, and down the outside, until both hands are above the head.
- Use both hands to tie a knot.
- Repeat three times. The third time, tie the knot three times.



2. The Bandhan

Giving a bandhan to yourself gives protection to the subtle system from attention disturbances and also protects the aura.

- Hold the left hand out on your lap, palm upwards.
- Place your right hand over your left hip and slowly raise your right hand up the left side, over your head and down the right side of your body to your right hip.
- Then raise the right hand up the right side, over your head and down the left side back to your left hip. This is one bandhan.
- Repeat seven times (one for each Chakra).



3. How do you feel?

1. Raise your right hand a few inches over your head, palm down. Slowly move your hand up and down until you feel an energy, warmth, or coolness in your palm. If you are uncertain what you are feeling in your hand, simply observe what you are feeling inside. Now try with your left hand.
2. Sit quietly for 5 to 10 minutes. Without effort, notice the mental silence — how your thoughts have calmed. If a thought does come into your head, let it rise and fall away, or say, "I forgive."
3. At the end of your meditation, slowly open your eyes and observe.
4. Do you feel better? Did you feel a change? Are you more relaxed? Are you quieter inside?

