

## Meditating at Home



You have received your self realization. The mothering, healing energy called Kundalini has been awakened in your subtle system.

The Kundalini is a subtle, nurturing energy that resides in the sacrum bone at the base of the spinal column in three and a half coils. In the same way that a power cord connects a lamp to the household current, the awakened Kundalini connects human awareness to the all-pervading power of divine love.

You may have felt this as a cool breeze on top of your head or on your hands. You will certainly feel the results of this experience over the next few days or weeks — physically, emotionally, and spiritually.

This experience can be enhanced and strengthened by taking a little time each day to sit and meditate.



### How to meditate at home

1. Choose a place where you can sit quietly and undisturbed for about 10 minutes each morning and/or evening.
2. Sit on the floor or on a chair. Sit comfortably with both hands open, palms up, on your lap.
3. Take a few deep breaths, then breathe in a quiet, relaxed way.
4. Raise your kundalini and give yourself a bandhan.
5. See if your attention is settled at the top of your head. Let thoughts go without following them. See if you become completely quiet inside.
6. If thoughts continue, say within yourself, "Not this thought" or "I forgive myself, I forgive everyone."
7. When you are peaceful, see if you can feel a gentle cool breeze in your hands or above your head.
8. Rest both hands on your lap. Enjoy the peace and silence.