

Allgemein: Sonne in Krebs Trigon Jupiter in Fische (kurz bevor Retrograde)

Grosse Gefühle, aber introvertiert

Widder:

11 Haus und Cheiron

Gemeinschaft und Heilen

Zeit um zu heilen in der Gemeinschaft mit Gleichgesinnten

Group Solidarity Meditation

Stier:

12. Haus und Uranus Opposition Mond

Sollte sich ändern, loslassen

Wahe Guru Wahe Jio

Zwillinge:

Nordmondknote Konjunkt Merkur

Durch reden und beraten dienen

Coach Meditation

Krebs:

Venus und zweites Haus

Azendent

Hochwertige Liebe

Kriya für Schönheit

Löwe:

Mars und drittes Haus

Körperlich herausforderndes Lernprogramm

Amen Meditation für das Gedächtnis

Jungfrau:

4. Haus leer

Möchte nicht zuhause sein.

Organisiere oder besuche ein gemütliche Yoga-Ferien

3 Minute Kriya for a meditative mind

Skorpion:

Mond und 6. Haus

Sorge für deine Mutter

Ma Meditation

Schütze:

Süd-Mondknoten, kein Haus Teil des 6. Haus

Clearing the emotions of the past

Steinbock:

7. Haus, 8. Haus und Pluto in 8

Leidenschaftliche Beziehung

Meditation to love without attachment

Wassermann:

Saturn in 9. Haus

Gehe in ein buddhistisches Kloster oder Yoga Ashram

Saturn Meditation

Fische:

Jupiter und Neptun und zehnte Haus

Spiritual Teacher

MEDITATION - Rip Off the Cause and Effect of Karma

Sit straight in a cross-legged position. Bring the hands into Prayer Mudra in front of your chest. Eyes are closed. Chant "Sat Naam Sat Naam Sat Naam Jee, Wah-hay Guroo, Wah-hay Guroo, Wah-hay Guroo Jee" with the instrumental tape "Duni," and slide the hands up and down across the mounds of the hands in rhythm with the mantra. Be constant and consistent. Continue for 11 minutes. To end, inhale deeply, hold, press the hands together as tightly as you can, and stretch the spine upwards. Exhale. Repeat 2 more times. On the last inhale move the energy from the base of the spine to your crown and from the crown to your base 3 times. Relax.

You can do this simple meditation every day. It will rip off the evil cause and effect of your karmas by balancing you. In the middle of the meditation you may freak out, as the rubbing of the hands kicks out your monster energy. At that time you must classify yourself and stick with it.

STRESS RELIEF AND CLEARING THE EMOTIONS OF THE PAST

NOVEMBER 18, 1991

POSTURE: Sit in Easy Pose with a straight spine.

MUDRA: Place the hands at the center of the chest with the tips of the thumbs touching each other and each of the fingers touching the corresponding fingers on the opposite hand. Leave space between the palms. The fingertips are pointing upward.

EYE FOCUS: Look at the tip of the nose.

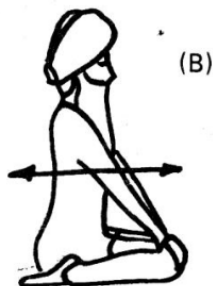
BREATH PATTERN: Breathe 4 times per minute:
inhale 5 seconds, hold 5 seconds, exhale 5 seconds.

TIME: Continue for 11 minutes or until you feel relief from the stress.



SHORT KRIYA TO SEE THE INNER BEAUTY

Yogi Bhajan 2/9/1970



A) Sit in easy pose with a straight spine and place the palms together, pressing the thumbs on the center of the chest. Fingers point straight up. (A) Apply the chin lock and press the eyes down to see the thumbs without bending the neck. Begin long deep breathing for 6 minutes gradually building the time to 11 minutes.

B) Sit in celibate pose so the buttocks are on the ground. Spread the knees wide and grasp the knees firmly with elbows straight. (B) Vibrate the lower spine so the buttocks rock back and forth on the ground. Vibrate as rapidly as you can with grace. Continue for 3 minutes. Inhale deeply and mentally circulate the energy throughout the body.

C) Stretch the legs out straight and bend forward, grasping the toes. (C) Completely relax. Let all the outside vibrations go. Merge into the infinite peace and light within. Continue for 5 minutes.

D) Sitting in easy pose, chant to the infinite ecstasy using any mantra that stirs your heart.

Three Minute Kriya to Develop a Meditative Mind

December 1, 1977



POSTURE:

Rock Pose, sit on the heels with a straight spine.

MUDRA:

Press the palms together, with the fingers and thumbs pressed together, and stretch the arms straight up over the head with the elbows locked and the upper arms pressed against the ears; apply about 15 pounds of pressure against the ears.

BREATH:

Deeply inhale, suspend the breath, and completely exhale. The inhalation and retention, together, should last **60 seconds**; quickly exhale and repeat. Repeat the series for a total of 3 repetitions.

EYES:

1/10th open.

MANTRA:

Mentally vibrate any mantra you wish.

TIME:

3 minutes.

COMMENTS:

A meditative mind gives one the intuitive ability to realize the consequences of a sequence of actions and therefore gives one a guideline for dealing with cause and effect and minimizing karma.

MEDITATION FOR LOVE WITHOUT ATTACHMENT,
FOR KINDNESS, FORGIVENESS, SWEETNESS,
AND KNOWING GOD IS YOU

Comments

You can be upside down. I don't care. Neither should you care, because you are you. You are a unit where God is. God is in each one of us. You are not without God. Remember one thing. Don't go on this feeling that I am making you God, that you are working toward God. You are God, but there is a layer, a thick layer around you that has to be washed off. And that light must come and that light must go to others.

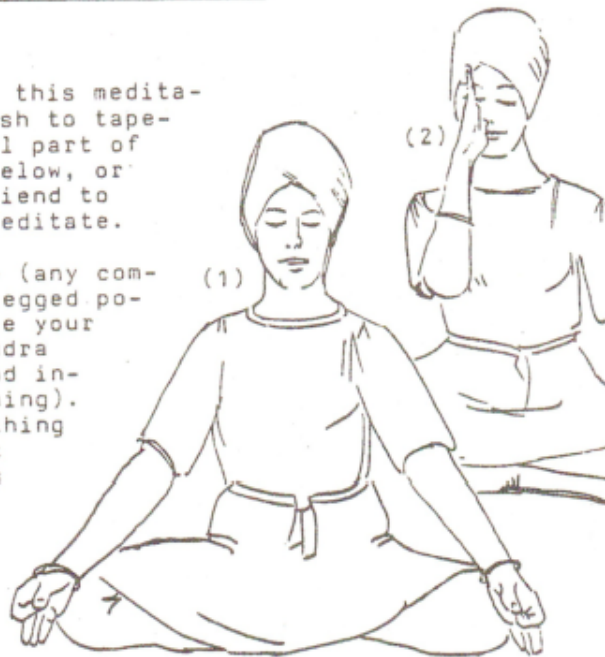
How to Do It

Before you begin this meditation, you may wish to tape-record the verbal part of the meditation below, or arrange for a friend to read it as you meditate.

Sit in easy pose (any comfortable cross-legged position) and place your hands in gyan mudra (tip of thumb and index finger touching). Begin deep breathing through the left nostril. Elbows straight(1).

If left-right nostril breathing is not under conscious control, use your right thumb to block the right nostril. Fingers of the right hand point up like antennae (2).

Concentrate on the top of your head. Take a vow: After this day, if I have had any negativity toward any conscious soul, consciously or unconsciously, I now forgive and I am kind to the whole universe. I am I am and I



SHORT MEDITATIONS

Opening the Root Chakra

Saturn Meditation

March 28, 1977



POSTURE:

Sit in a comfortable meditative posture with a straight spine.

MUDRA:

Bring the hands in front of the chest and interlock the middle fingers at the second knuckle. The left palm faces down, and the right palm faces the body; the other fingers are in relaxed fists. Make sure that no other

fingers of the left hand touch any fingers of the right hand. The forearms are parallel to the ground. Pull on the middle fingers with maximum force but keep them firmly locked in place.

BREATH:

Slowly and deeply inhale and slowly and completely exhale.

EYES:

1/10th open.

TIME:

Begin with only **3 minutes** and slowly build to **11 minutes**.

TO END:

Immediately relax the arms down but keep the spine perfectly straight. Hold for **2-3 minutes** and then completely relax.

Meditation to Develop the Mature, Elevated Caliber of a Spiritual Teacher

Part I:

Mudra: Sit in Easy Pose with a straight spine. Bend the elbows near the sides, and bring the flattened hands to either side of the shoulders. The palms are facing forward, fingers straight and side by side, pointing towards the ceiling. Extend the thumbs out away from the hands so they are parallel to the ground and point back towards the body. Hands are flat and tight. Continue to keep the spine straight throughout the exercise.



Eyes: Look at the tip of the nose.

Mantra: *Har Haray Haree Waa-Hay Guroo.* Chanted in very distinct syllables, in a spoken monotone, with a brief pause after each syllable.

Movement: Pull in on the navel point as you recite each syllable.

Time: 31 minutes.

End: Inhale, and move directly to Part II.

Comments/Effects: This meditation will develop in you a mature, elevated caliber—a caliber with endurance, courage, patience, manners, rhythm, and communication. Caliber is the main power of the person.

Every person is afraid to identify himself or herself because they don't have caliber. So caliber is the capacity of an individual to identify the inner self, and project one's identity. Caliber is the total capacity of an individual to communicate and to project one's identity. With a well-developed caliber, you can project and lodge yourself into the memory of every person you come across. A Teacher has a caliber standardized with grace, dignity, and the character of a sage—full of tolerance, daring intelligence, and the power to sacrifice.

There are six houses of knowledge, six gurus of that knowledge, and six systems to reach that knowledge. And a mastery of those six areas can qualify you to be a Master of Self, which is called the Seventh Self or the Seventh Ray of the Master. The six sounds which represent the six houses of knowledge, are: *Har Haray Haree Waa-Hay Guroo.*"

This meditation also helps to open up the navel. Powerfully get into the rhythm and the sound current to make it most effective.

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