



Kundalini Meditation for Eliminating Deep, Long-Lasting Inner Anger from [Kundalini Yoga Meditation](#) by David S. Shannahoff-Khalsa

Sit with a straight and erect spine. Both hands are made into fists and the starting posture is with the forearms parallel to the ground at the elbow level. The left fist moves with force toward the center of the chest area near the heart center and the right fist moves with force toward the center of the chest also, but under the left fist. They stop abruptly in front of the chest without touching the chest or touching each other.

The movement is a hard-hitting motion using full strength, hands moving toward each other, but not hitting. The elbows are out to the sides and the arms move in and out with the elbows, with the elbows remaining at the level of the fists.

Chant the mantra “Har” (pronounced “hud”) with each hard-hitting motion, loudly and with force from the navel point. Repeat the sound and action at the rate of once every 2 seconds.

Eyes remain closed. Continue for 6 1/2 minutes.

To end, inhale deeply and squeeze the hands and arms tightly, near the chest like iron rods, making the whole body stiff. Exhale explosively through the mouth. Repeat the inhale, tensing and powerfully exhaling twice more.

Place both hands with palms at the heart center, left under, right on top. Close the eyes and go into a state of “non-existence” as you imagine and feel you don’t exist, a state of no thoughts, and continue for 8 more minutes. Then relax.