



## Meditation to Become Sharpwitted from [Kundalini Survival Kit](#) by Yogi Bhajan Ph.D

### What It Will Do for You

This meditation neutralizes the central part of the brain and makes you sharpwitted. It is the answer to abnormal conditions we don't understand.

### How to Do It

Sit anywhere, any place. Hold the left hand up as though to clap; then, with the index and middle fingers of the right hand, slowly and with strong pressure, walk up the center of the left palm to the very tips of the middle and ring fingers.

The left fingers should give in - bend a little under the pressure, and it should hurt. Walk up and down. The eyes are 1/10 open.

Note: This is one of five meditations given specifically by Yogi Bhajan "to prepare for the gray period of the planet and to bring mental balance."



For more information on Kundalini Yoga as taught by [Yogi Bhajan](#)© visit the [Kundalini Research Institute](#).