



Healing Meditation for Acute Depression

as taught by [Yogi Bhajan Ph.D](#)

What It Will Do for You

This meditation can cure the worst depression in just 11 minutes. When someone comes to you with a story of depression, don't get out of it by telling them you have your own problems. Instead, help them out of their depressed state with this meditation. That is one of the best ways to cure that emptiness within yourself.

How to Do It

Sit in a comfortable meditative posture. Place your hands back to back with your fingers pointing away from your body at a level between the heart center and the throat center. Be sure that your knuckles touch. Your wrists are about 6 inches away from your body. Your forearms are as parallel to the ground as possible. Your thumbs point straight down parallel to each other. This position creates a great deal of tension on the back part of the hand.

Eyes focus on the tip of the nose or on the upper lip. Inhale deeply and chant *Wah-hay Gu-Roo* 16 times on the exhale. One complete cycle takes about 20-25 seconds.

Begin practice with 11 minutes. You may gradually increase the time to 31 minutes.



From the [Kundalini Research Institute](#) Survival Manual