



Meditation to Promote the Parasympathetic Nervous System as taught by Yogi Bhajan

Posture: Sit in Easy Pose with the lower spine flexed forward. Chest is out and chin tucked in.

Position: Bring the arms up above the head at a 60-degree angle. Keep the arms straight and elbows locked. Straighten the fingers and thumbs and press them together. Turn the palms up. Extend the wrists back until there is a 60-degree angle between the back of the hand and the forearm. (You can view a photo of this posture [here](#).)

Eyes: Eyes are 1/10th open.

Mantra: Mentally vibrate the sound of *Saat Naam* as you inhale and again as you exhale.

Breath: Inhale deeply in a long, slow breath. Exhale all of the breath out in a long, slow breath. Lengthen the breath as much as you can. Work up to a 1-minute breath, if possible.

End: Inhale deeply. Exhale all of the breath out and hold for 60 seconds. Inhale, stretch the arms straight up and shake the hands. Exhale and relax. Sit quietly. Feel your body and mind slow down. Be present to the moment.

Time: Start with 3 minutes and slowly build up to as long as you wish—the longer the better.

My Two Cents

This is not an easy meditation. It requires precision in the posture and a commitment to slowing and deepening your breathing beyond what you might consider your limits. This meditation will steady you. It will bring you to a point of stillness and, well let me quote the [Yogi Bhajan Library of Teachings](#) here: *“This meditation is highly relaxing. It promotes the parasympathetic nervous system, but first, it will put every fiber of the body under great tension. This meditation increases understanding of the sympathetic nerve, which gives the virtue of patience and the power of self-control. By just practicing for 3 minutes a day, every misbehavior of the personality can be corrected, but the wrists must be kept at the designated 60-degree angle.”* As in most Kundalini Yoga meditations, a 40-day practice will give you optimum results. So, go ahead and challenge yourself—it’s a wonderful thing to do and the changes you will experience are well worth the effort!