



# Yogamint

## Meditation for Headaches Taught by Yogi Bhajan

**Mudra:** Sit in easy pose. Raise your arms up overhead and spread them out to a 60 degree angle. Hands are in gian mudra (index finger touching the thumb). Close your eyes and focus at the hairline.

Hold the posture and breathe normally for at least 11 minutes.

At the end of 11 minutes, relax the hands down onto the knees and chant in a monotone, "We are the love" for 1-2 minutes.

**End:** Inhale, hold the breath and circulate the energy. Relax the breath.

**Comments:** Pain in the back and behind the shoulders is a sign of poor blood circulation.

### More Headache Tips:

If someone has a headache, massage their temples. Just pressure them and then let them go. This area, these temples control the prana in your inflow of life. So we create a pressure at the base of your arcline, the lifeline of the aura.

Sit in easy pose. Bend forward, touch your forehead to the floor, then come sitting back up. Repeat this motion for 3-11 minutes. This is very good for circulation. It is the best face lift. And, it avoids headaches.

Posture for Headaches: Lie down on your back. Raise your head off the floor and do long deep breathing for 1-3 minutes.

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