



Meditation to Heal Someone as Taught by Yogi Bhajan

Mudra: Sit in easy pose with your elbows bent into your sides. Hold your open hands in front of the heart center, palms facing each other, about 18 inches apart.

Hand Movement: Move both of your hands in small six inch circles. The left hand moves clockwise while the right hand moves counterclockwise. It is a gentle, medium-paced movement.

Mantra: Chant "Waa-hey Guroo."

Eyes: Closed

Time: 11 minutes

End: Inhale and relax.

Comments: The power of that moment when you conceive the universe, or you conceive somebody in you, then all the animosity, disease, sickness and trouble is gone. That's your power. When you open up your heart and your word becomes the sound of the word of those who know the word – that's mantra. Then you cross the boundary of the ego, and the limit and the smallness; then you understand the vastness and enjoy the warmth of the All-ness. Then you can correct even the beat of the heart.

Yogi Bhajan Quote: "Let us meditate for the health of someone who is ill for a few minutes. He is on extended life and your prayers have done a wonderful thing. Sit down, close your eyes and think of him. And sing for him. Create the magnetic field. Feel him in your hands."

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