



## **Meditation When You Don't Know What to Do**

Source: [Survival Kit](#) (03.02.79) by Yogi Bhajan Ph.D

**Posture:** [Easy Pose](#) or sit in a chair with both feet flat on the floor.

**Mantra:** There is no mantra with this meditation.

**Breath Pattern:** Inhale through the nose, then exhale through the nose.

Inhale through the mouth, then exhale through the mouth.

Inhale through the nose and exhale through the mouth.

Inhale through the mouth and exhale through the nose.

Continue this sequence. All breaths should be deep, complete and powerful. When breathing through the mouth, purse the lips almost as if to whistle.



**Mudra:** Bend the elbows and raise the hands up and in until they meet at the level of the chest. The fingers of each hand are extended and joined in a relaxed way. Cross the hands with both palms facing toward the chest. One palm rests in the other and the thumbs are crossed. The fingers point up at a comfortable angle. (The position of the left and right hands is interchangeable for this exercise.)

**Eye Focus:** Look at the [third eye point](#) then bring the eyes to the tip of the nose.

**Time:** Start with 11 minutes and gradually increase the time to a half-hour.

**Comments:** When you don't know what to do, try this meditation. It is very simple, but very powerful if done correctly. It coordinates both areas of the brain, gives you powerful insight and coordinates the mystery of spiritual phenomena into the mastery of the three bodies (physical, mental and spiritual). It is sometimes called Gyan Mudra Kriya.