Meditation for Second Chakra

Yogi Bhajan · January 29-30, 1991

" If there is a purpose other than compassion in the relationshlps in your life, you will also find pain in those relationshlps." - Yogi Bhajan

Posture: Sit in a comfortable sitting position such as easy pose, making sure that your spine is straight.

Starting Position: Your arms are out to the sides, elbows bent with the palms of the hands facing each other about shoulder width apart. The palms are angled in toward each other at a 60 degree angle. (To put the hands in the correct position, begin by holding them with the palms facing downward. Tilt the inner edge of each hand up 60 degrees so that the thumbs and forefingers are the highest part of the tilled plane of the hands).

Mantra: The meditation is done to the music of "Ek Ong Kar, Sat Gur Prasad'' by Nirirjan Kaur and Guru Prem Singh. There is no chanting but the movement of the meditation is done with the rhythm of the music.

Focus: The eyes are focused at the tip of the nose.

Meditation: From the starting position bring the hands towards each other at the center of the body, but do not let them touch. This movement is strong and sharp, something like a clap without touching the hands.

As the hands move inward, tighten the sex organ and release it as the hands move back to the starting position. For men the tightening is centered at the base of the sex organ and for women. the contraction includes the clitoris. This is not a Mul Bhand, the anus and navel point are not contracted with the sex organ.

Time: Begin with 11 minutes and slowly work up to 31 minutes.

To Finish: Inhale and hold the breath and tighten and tense every muscle in the body'. Hold for 15 seconds and then relax. Repeat the inhaling, holding the breath tensing the body and exhaling 2 more times. Then relax.

Comment: If there is a purpose other than compassion in the relationshlps in your life, you will also find pain in those relationshlps.