



**Santhika
Retreat
Center**

Meditation to Switch Channels and for Emotional Balance

Yogi Bhajan

www.santhikaretreatcenter.com

*"You can't stop the waves, but you can learn to surf." -
Jon Kabat-Zinn*

Yogi Bhajan says that it is good to do this meditation when one is worried or upset and doesn't know what to do, or when one feels like screaming, yelling or misbehaving.

This exercise will produce quick release of stress, foster emotional balance and help create a quiet space within. It will help you switch channels, or tune into the channel of peace and silence – the neutral mind. Use it:

- ☸ to access the cosmic channel,
- ☸ distinguish between the "peace zone" and the rational mind or "conflict zone", and
- ☸ to train yourself to choose the "peace zone."

Before practicing this meditation, drink a glass of water. Water imbalance in the system, which creates pressure in the kidneys, can cause worry and upset. When out of focus or emotional, attention should be given to the body's water balance and breath rate. Humans are approximately 70-90 % water. Our behavior depends upon the relation of water and earth, air and ether.

Breath represents air and ether and is the rhythm of life. Normally we breathe 15 times a minute, but when we are able to rhythmically slow down the breath to 4 (or less) breaths per minute, we have indirect control over our mind. Calm, slow breathing eliminates unbalanced behavior and promotes a calm mind regardless of the state of affairs.

Sit in Easy Pose or full lotus if you can comfortably. Place your arms across the chest and lock hands under the armpits, palms open and against the body. Raise the shoulders up tight reaching toward the earlobes Apply Neck Lock by tucking the neck in toward the chest with the spine straight. Eyes are closed. This position may be uncomfortable, but it does not hurt. Concentrate on how the breath changes automatically in this position.

The breath will automatically become slow. Continue for 3-5 minutes. You can gradually increase the time to 11 minutes.

