



Meditation for Stress or Sudden Shock

1 exercise 11 min - 31 min *KRI International Teacher Training Manual Level 1*

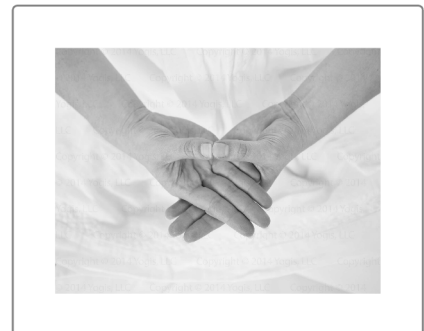
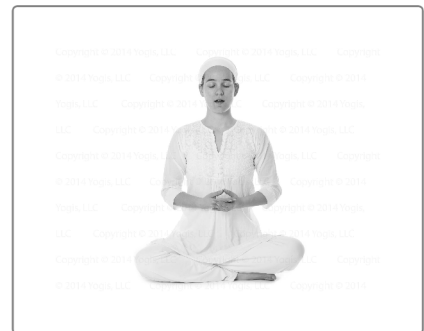
This meditation balances the left hemisphere of the brain with the base of the right hemisphere. This enables the brain to maintain its equilibrium under stress or the weight of a sudden shock. It also keeps the nerves from being shattered under those circumstances.

Mantra Pronunciation: Sat Naam Sat Naam Sat Naam Sat Naam Sat Naam Sat Naam Whaa-hay Guroo

1. Meditation for Stress or Sudden Shock

Meditation for Stress or Sudden Shock (11 minutes to 31 minutes)

1. Sit in an Easy Pose, with a light jalandhar bandh.
2. Relax the arms down with the elbows bent. Draw the forearms in toward each other until the hands meet in front of the body about 1 inch (2.5 cm) above the navel.
3. Place the palms up, and rest the right hand in the palm of the left hand. Place the thumbtips together, and pull the thumbs toward the body.
4. Look at the tip of the nose, the Lotus Point.
5. Deeply inhale and completely exhale as you chant the mantra "Sat Naam Sat Naam Sat Naam Sat Naam Sat Naam Sat Naam Wahe Guru" three times.
6. The entire mantra must be chanted on only one breath. Use the tip of the tongue to pronounce each word exactly, and chant in a monotone. The rhythm must also be exact.



To End

1. Inhale and completely exhale 5 times.
2. Deeply inhale, hold the breath and stretch the arms up over the head as high as possible.
3. Stretch with every ounce that you can muster.
4. Exhale and relax down.
5. Repeat twice.

Eye Focus Tip of the Nose

Mantra

Sat Naam Sat Naam Sat Naam Sat Naam Sat Naam Sat Naam
Wahe Guru



