

MEDITATION FOR MENTAL CONTROL BRAHM KALAA KRIYA

POSTURE: Sit in Easy Pose with a straight spine, and a light Neck Lock.

EYE FOCUS: Eyes are closed.

MUDRA: Cross the arms in front of the chest. Elbows bent at 90 degrees, arms parallel to the ground. Place the right palm on top of the left upper arm. The top of the left hand rests under the right upper arm. Fingers are together and straight. Balance this posture, and stretch the arms out from the shoulders as much possible.

BREATH: The breath will become very slow.

TIME: Begin with 3 minutes and gradually increase to 11 minutes.



About This Meditation

Kalaa is another name for Kundalini. In this kriya, it's as though you were extending your Self out into the Universe. The practice of Brahm Kalaa can give you control over your own death.