

Rising Sun Yoga



Be Present

The holiday period can cause us to fall into the trap of doing too much and ignoring our own needs. It might be helpful to devote some time during the festivities to an inner connection through stillness and meditation.

By taking a few minutes each morning to stretch the body, to turn inward and breathe, your approach to the holiday obligations should be more centered. Cultivate the conscious intention to take care of yourself – take some “me” moments every day. Slow down and be present!

Kundalini Meditation for a Calm Heart

What does it do for us?

- Helps to teach us stillness or shuniya
- Creates a still point for the prana or life force, at the heart center
- Opens awareness of the breath and conditions the lungs
- Emotionally, it clarifies your perception in relationship to yourself and others
- Induces a feeling of calmness

Eyes:

Either close the eyes or look straight ahead with the eyes 1/10th open.

Mudra/hand position:

(See photo below).



Place the left hand on the center of the chest at the Heart Center. The palm is flat against the chest and the fingers are parallel to the ground, pointing to the right.

Make Guyan Mudra with the right hand (touch tip of index finger with tip of the thumb). Raise the right hand up to the right side as if giving a pledge. The palm faces forward, the three fingers not in Guyan Mudra point up. The elbow is relaxed near the side with the forearm perpendicular to the ground.

Breath Pattern and Visualization:

Concentrate on the flow of the breath. Regulate each bit of breath consciously. Inhale slowly and deeply through the nose. Then suspend the breath in and raise the chest. Retain the breath as long as possible.

Exhale smoothly, gradually, and completely. When the breath is totally out, lock the breath out for as long as possible.

Time:

Continue this pattern of long deep breathing for 3 minutes or more. You may wish to try it for three periods of 3 minutes each, with one minute rest between them for a total of 11 minutes.

Gradually increase the time to a maximum of 31 minutes.

To End:

Inhale and exhale strongly 3 times. Relax.

Originally taught by Yogi Bhajan in September 1981.

Meditation Tips

Use a block or pillow, lean against a wall or sit on a chair if it is hard for you to sit for an extended period

Keep warm with a blanket or shawl

Even a 3 minute meditation does wonders!