

KUNDALINI YOGA MEDITATION STRESS BACKPACK MEDITATION No. 3

Yogi Bhajan • September 29, 1975

Sit with a straight spine.

MUDRA: Hold the right hand at ear level with the thumb tip and ring finger touching (fingernails don't touch). Place the left hand in the lap with the thumb tip and the little finger touching.

Females reverse the position: The left hand has thumb and ring finger touching with the hand at ear level, and the right hand is in the lap with the thumb and little finger touching.

EYES: The eyes are one-tenth open.

BREATH: Breathe long and deep with a relaxed, rhythmic breath.

TIME: You can practice this meditation anywhere, starting with **11 minutes** and working up to **31 minutes**.

TO END: Inhale deeply, open the fingers, raise the hands and shake them rapidly for several minutes. Then relax.

COMMENTS: Practice this meditation to gain a calm mind and strong nerves. It will help protect you from irrationality.

