

Kundalini Yoga: The Joy of Effective Action

This meditation works on an aspect of the mind that gives the ability to enhance and utilize anything that enters your domain so that you are inspired by the bliss of intending an action and having it happen. The joy of intelligent effective action is all around you.

If this aspect is too strong, you can leap before you check the downsides. You assume if it comes into your domain, you should do something with it. It is hard to let go of things even if they are not your task. "I am worthy if I work" is a common theme.

If this aspect is too weak, you have many ideas but lack a practical sense of how to do it, or you feel insecure about whether it can really happen. The insecurity is, "Will I succeed?"

When this aspect is balanced, you put things in to sequences that lead to desired consequences. You organize resources in yourself and others to deliver a project, goal, and creation. You can be very serious and focused. You quickly discern what is your task and what is not.



Posture: Sit in a meditative pose with spine erect. Arms are by the sides with the elbows bent to 90 degrees and palms facing each other at the level of the navel.

Eyes: Eyes are 1/10th open or looking down the nose.

Mantra & Movement: Chant the mantra:

Har har har har gobinday
Har har har har mukanday
Har har har har udaaray
Har har har har apaaray
Har har har har hareeang
Har har har har kareeang
Har har har har nirnaamay
Har har har har akaamay

Translation:

God God God God Sustainer
God God God God Liberator
God God God God Uplifter
God God God God Carrying Through
God God God God Destroyer of All
God God God God Creator of All
God God God God Beyond Category
God God God God Beyond Desire

With each chant of the sound *Har* pulse the hands in toward each other, then back out. The width of the movement is about 6 inches. It is quick, forceful, and precise. Hold the hands still for the other sounds such as *Gobinday*.

Time: Continue for 31 minutes.

To End: Inhale deeply, tighten the forearms, hands, and fingers. Focus at the brow. Exhale powerfully through the mouth. Do this three times. Relax.

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This meditation can be found in *The Mind: Its Projections and Multiple Facets*, available through **KRI**.