

MEDITATION FOR FIGHTING COLD DEPRESSION

Yogi Bhanan has told us that the years between now and 2012, when the Age of Aquarius has set in, will place many people in a state of confusion & emptiness, due to the change of the times. He let us know that many people will hit the stage of "Cold Depression" - becoming frozen and unable to move, do, engage. This 'epidemic' will increase as we near the dawning of the Aquarian Age.

This meditation will help you to find the pockets of internal conflict, open them up, and transform this stored energy into ecstasy & intuition.

Position: Sit with a straight spine. Interlace the hands in Venus lock in front of the chest, with the Jupiter fingers (index) pointed straight up.

Eyes: Closed.

Mantra: *Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio. (This mantra is on all sadhana CD's and the version by Sangeet Kaur was used during class.)*

Focus:

- On 'Wah' chant from the navel.
- On 'Hey' chant from the heart
- On 'Guru/Jeeo' chant from the lips.

Time: 11 minutes.

End:

- Inhale deeply, hold, and concentrate on the sound at the navel, heart & lips. Exhale.
- Inhale a 2nd time, and hold, giving your cold depression to 'Wahe Guru.'
- On the 3^d inhale, hold and give your life to God, and let it merge with the Universal Force

Comments: *Take the curse off and place it around God's neck. Free yourself. Purify yourself and be free.*