

# Meditacija za podporo v težkih časih

## Challenging Times

Guru Dev Singh, founder and director of Sat Nam Rasayan School, recommends two meditations for practicing during the challenging times of the coronavirus. One practice is the **Third Chakra Meditation**.



### THIRD CHAKRA KRIYA

**(11 min or 16-17 min)**

Sit with a straight spine, chin in, chest out. Eyes are focused at the tip of the nose. Hands are in Prayer Pose; every part of the hand meets in balance, the palms and the fingers meet exactly; feel every part of the hand. The base of the mudra is in front of the Solar Plexus, not touching the chest; the forearms are parallel to the floor.

Chant "*Humee Hum Brahm Hum*" (meaning "We are We, We are God") using the tip of the tongue. The hands pulse like the heartbeat; that is, they press together as the Navel Point is pulled in. Two pulses of the Navel Point for every repetition of the mantra; pull the Navel Point on *Humee Hum* and a second time on *Brahm Hum*.

**To End.** Inhale and pull the navel up and in; press the tip of the tongue to the upper palate and concentrate. Exhale. Repeat twice more.

*Eye Focus:* Tip of the Nose

*Mudra:* Prayer Pose

*Mantra:* Humee Hum Brahm Hum

*Music:* Nirinjan Kaur's "*Humee Hum*" available on Musical Affirmations Volume 2.

*Time:* 11 minutes or 16-17 minutes

*"That Infinity, that God, that purity, that power, that pure power is in your Navel Point. You can't buy it, and you can't sell it; and I cannot give you, and you cannot take it. But I will give you the technological knowledge through which you can initiate it so that it will start working for you. What will that mean ultimately? I am not saying that there will be no problems, I am not saying that there will be no rush, I am not saying that there will not be scandals, I am not saying anything, but you will be untouched. You can sit like a lotus, in the muddy waters, and enjoy life—that is the power of the Third Chakra." YB*

*"I suggest we practice these 2 meditations for the coronavirus crisis we are facing. We should keep this practice until the crisis has passed. Specially the people living in countries where the situation is becoming more complicated."*  
Guru Dev Singh



## **THE BREATH OF LIFE**

*Time: Total of 25 minutes*

### **First Part (11 min)**

Sit straight in a cross-legged position. Hold your hands in Sarab Gyan Mudra, in front of the heart, fingers interlocked with the index fingers pressed very tightly together, extending upwards. Eyes are closed. Meditate on your breath as you do Long Deep Breathing, inhaling and exhaling so deeply and completely that you can hear your own breath. Each breath should be a voluntary, mechanical breath.

### **Second Part (11 min)**

Same posture. Do Long Deep Breathing in rhythm with the mantra: *"Sat Naraayan Wah-hay Guroo, Haree Naraayan Sat Naam"* by Matamandir Singh. Inhaling during 1 complete sound cycle (2 repetitions of the mantra, about 20 secs) and exhaling during 1 complete sound cycle (2 repetitions of the mantra).

### **Third Part (3 min)**

Same posture. Do a powerful Breath of Fire. Continue for 3 minutes, doing your best during the last minute.

To End. Inhale deeply, suspend and exhale.

Repeat one more time. Relax.

Comments:

In this meditation you must concentrate on your breath. The moment it starts affecting your metabolism, you start feeling light, then knowledgeable and then your sense of security starts increasing. You should breathe, not your body!

Meditate deeply on your breath and increase your self-control.

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