

Shuniya Meditation – March 7, 1995

This meditation brings the mind to a deep, stable, silent, natural state of consciousness that is neutral and non-reactive. It connects the 2nd and 6th Chakras, develops the consciousness and the intuition, so that you can filter truth from untruth. It heals the brain cells, keeps your energy at a youthful level and helps to keep you disease free.

Yogi Bhajan talked of this class being the first step of teaching his **specialty para projection**, "which made me leave India, made me what I am today...some will become master of it and tradition will go on."



Posture:

Sit with a straight spine with a slight chin lock and the chest out. Elbows are held to the lower ribs (remember to keep the pressure throughout the meditation). When the elbows are pressed the arms will naturally angle out from the body at about a 60 degree angle and will be slightly wider than the shoulders.

Mudra:

The hands will be slightly below shoulder level. The hands are relaxed, neither flat nor cupped and the fingers are slightly curved and neither together nor apart. The wrists are bent so that the hands are angled slightly up and slightly out.

Eyes:

Eyes are focused at the tip of the nose. Also imagine that you have eyes at the back of your skull and are looking through them. Yogi Bhajan said it is as though

you have "pupils in the back of your eyeballs" and look back. This is called "mental projection reverse." He says to find the third eye and look from the back of the skull. Here he also says the journey is a 36 inch journey from the 2nd to the 6th chakra.

YB

"When you see from the 3rd Eye, go from the back of the skull. Your mental projection is reversed. You are absolutely in Divinity when you are practicing this. ... This was the first posture man did to pray."

- Yogi Bhajan

Breath:

Long, deep, complete and conscious breath.

"Long breath is long life."

- Yogi Bhajan

Mantra:

Recommended to listen to Singh Kaur's version of *Guru Guru Wahe Guru, Guru Ram Das Guru*. (Refer to Resource Page for options to download this music)

Time:

3 minutes then **18 minutes** with music. 21 minutes was done in original Yogi Bhajan class.

To Finish:

Inhale, suspend the breath; press the hands against the chest as hard as possible for 30 seconds. Exhale. Inhale, suspend the breath and press the hands hard against the navel for 15 seconds. Exhale. Inhale and press hard the palms together in Prayer Pose at Heart Center as hard as possible for 25 seconds to seal the energy in you that you gained today. Exhale. Relax.