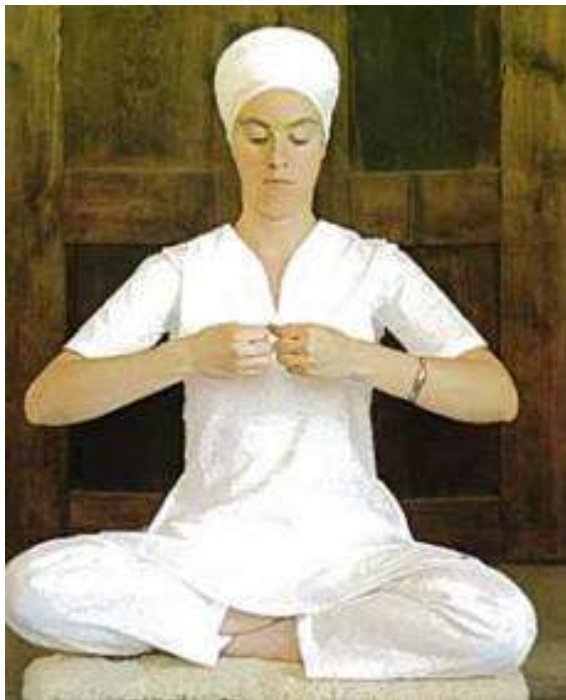


Meditation of Change



Taught on October 22, 1971

The law of the Universe is change. Everything changes. However, with every change in our lives, one thing seems not to change: the attachment to our own ego. You change but your ego does not let you see your own maturity or potential. This creates a condition of constant hassle in the mind. The difference between your reality and your perception of it through the ego creates doubts, and doubts create misery. Doubt steals three feet of your auric radiance.

The ego will not let you change easily. It blocks communication. To come out of the darkness, you must assess yourself. A man fortunate enough to have a Guru can assess himself. Ultimately, to be happy through all change and to have the full radiance of your soul, there must be surrender of your self to your higher self. To aid the process of self-evaluation and to probe the ego to change and unblock subconscious communication, practice this meditation each day.

Posture: Sit with a very straight spine in Easy Pose. Lift the chest.



Mudra: Curl the fingers in as if making a fist. Place the fingertips on the pads of the hands, just below the fingers. Then bring the two hands together at the center of the chest. The hands touch lightly in two places only: the knuckles of the middle (Saturn) fingers and the pads of the thumbs. The thumbs are extended toward the heart center and are pressed together.

Hold this position and feel the energy across the thumbs and knuckles.

Between your two thumbs, heat will start passing. You can watch it very peacefully. It is a functional meditation. Yogi Bhajan

Eyes: Closed.

Breath: Begin Long Deep Breathing. Follow the flow of the breath.

Time: Continue for 31 minutes.

To end: Inhale deeply, exhale, and relax for 5 minutes.

After practicing and mastering this kriya for 31 minutes, you can extend the time to another 31 minutes after the rest period.

This meditation can be found in the *Kundalini Meditation Manual*, available at www.a-healing.com.

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