

## Experience The Feeling Meditation

ASANA  
(POSITION OF THE BODY)

**Easy Pose.** Sit with a straight spine.



ASANA  
(HANDS AND ARMS)

**Hands**  
The right hand is on top of the left hand with the right thumb on the left, held a little above the heart center.

**Arms**  
Bring the arms in so that the mudra is a little above the heart center, a few inches out from the chest.

PRANAYAM  
(BREATH)

Full breathing at normal rate. The body will make automatic adjustment to the meditation.

EYES

The eyes are slightly open (1/10 open, 9/10 closed).

"Qualify yourself in a meditative mood. Keep the neck and spine very straight. Be a yogi - don't be an ordinary person.

Experience the spirit - that is the way to enter the realms of experiencing the experiencer, the being, the inner self.

If the mudra is held too high above the heart center, it can be taxing on the lungs. The posture must be comfortable and facilitate a full breath." - *Yogi Bhajan*

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PRACTICE CONDITIONS

No specific time is given for this meditation. You may start out with 11 minutes and build up to 31 minutes.

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TIME

"This is where you start feeling from where the feeling comes. When you cannot deliver experience, you cannot live by a philosophy - Philosophy must deliver experience for your personal growth.

This kriya can give you the experience of the very existence of fiber - the very center.

Take new values; leave behind a legend to be followed by those who follow you." - *Yogi Bhajan*

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COMMENTS