

Meditation for Childhood Trauma

Jupiter Finger Chakra Meditation as Taught by Yogi Bhajan

"This meditation was originally taught by Yogi Bhajan as a "children's meditation," but can also be practiced by adolescents and adults. **Anyone with past trauma will benefit from this practice.** Even someone without past trauma can improve the balance of their personality by its use. This meditation helps to balance the chakras and meridians in the body. It is a great meditation to practice with your children. It will evoke many feelings that have stuck with you since you were a child. It will help adults get rid of the "childhood syndrome," a condition where you cling to something that is already finished - a syndrome which can easily ruin and limit your life." - KRI

Please note that this meditation should be taken very seriously as it brings up a lot of old memories. If you choose to do this, start slow and then increase your time.

Mantra: Chant the mantra "Saa-Taa-Naa-Maa" out loud in sequence with the touching of the points.

Mudra: Sit straight with your eyes closed. Place your left hand flat against your chest at the heart center. Use the index (Jupiter) finger of the right hand (Keep the other fingers closed in a relaxed fist with the thumb over the other fingers.) to touch in sequence the following points:

1. The middle of the lower lip. (Chant Saa.)
2. The tip (end) of the nose. (Chant Taa.)
3. The outer edge/corner of the eye socket. (Chant Naa.)
4. A point about three-quarters of an inch above the indent of the nose, just below the forehead. (Chant Maa.)

Since there are two eyes and thus two outer edges of the eye socket, you alternate sides each time as you go through the sequence. Start by touching the right side first. Each round of touching the points and chanting the mantra through takes about four to five seconds.

Time: Eleven to thirty-three minutes. Younger people may practice for eleven minutes or less.

End: Inhale, hold the breath, and feel your inner child by self-hypnosis. Exhale. Inhale a second time, and picture yourself as a child in your heart, where your left hand is. Concentrate. Exhale. Inhale and repeat the picture of yourself, and bless that child and yourself.