

The Ong Namō Meditation

1. Sit in Easy Pose, gaze through the third eye, spine straight, and sense the meridian's and energy flows in your fingertips. (*Sit and sense as long as needed*)
2. Raise your arms to 60 degrees, hands slightly cupped as if to receive something.
3. Elongate your neck and incline your head back (as if your third eye is directed towards and seeing the heavens above). This should feel as if your lengthening the front of the neck to follow the natural curve of the spine. Project energy and intention through the brow. Be aware of the energy which flows in through the channels of your hands.
4. Chant **Ong Namō Guru Dev Namō**. Let energy come in and fill your body with light and healing. You can chant with or without music.



COMMENTS:

This meditation was taught by Yogi Bhajan in NYC in the early 90's.

This posture will test you. Project pure will through your discomfort and increase your capacity for happiness. You have to use your mind, your grit, and an awareness of the proper angles to go through this.

When we raise our hands above our heads we automatically trigger an adjustment in the psyche. Tilting the head back allows the thyroid and parathyroid to secrete and negativity is transformed. This increases our self-esteem and our ability to live, and act, gracefully.

The pressure on our shoulders helps the lymph system and digestion. As a result of practicing this, your thoughts will become more intuitive and clear. Your problem solving ability will improve.

The suggested length of time for practice is 11min.

Eleven minutes is to prove our sincerity, devotion, and worthiness to receive these teachings. This is a symbolic pose. Be creative in your approach to move through it with meaning and depth.

*It helps to feel the strength of you back during this pose. Feel as though you are bringing the shoulder blades together and draw them down.

