

Meditation for Release of Cold Depression

“Cold Depression is when the external demand is greater than the internal capacity to deliver and we have spent our reserves. We are depressed but we are so numb and insensitive to our own self, we do not feel it. The depression is therefore “cold.” This leads us to inner anger and isolation from our soul. Cold Depression challenges us as we enter the Aquarian Age through 2038. It affects the vitality of our spirit.”

– Dr. Shanti Shanti Kaur

Posture: Sit in easy pose with a straight spine.

Mudra: Interlace your fingers so that the finger tips press into the cavities between the fingers on the back of each hand. The index fingers are straight up, pressed together along their length. Thumbs cross each other comfortably. hands are held at chest level.

Eyes: Eyes are open, focused at the tip of the nose.



Mantra: Chant Wahe Guru Wahe Jio* from your navel point, creating a mental focus in this way. At the sound of Wha focus at the navel point; Hey focus at the chest; Gu (as in 'good') - roo (as in 'true') focus at the lips. Follow the same sequence and rhythm for Wahe Jio ('ji' as in 'gee;' 'o' as in 'go').

Continue for 3 minutes building up to 31 minutes. To end, inhale and hold. Listen to the sound of the mantra. Exhale. Inhale, hold and give back all the cold depression to God. Exhale. Inhale, hold and feel the preciousness of life. Let it go through your exhalation. Relax.

