# “Listen Inside” - Meditation for Emotional Balance

as taught by Yogi Bhajan (7/26/1996)

Before practicing this meditation drink a glass of water and tune in with “Ong Namo Guru Dev Namo.”

**Posture:** Sit in Easy Pose.

**Mudra:** Place the arms across the chest and lock hands under the armpits, with palms open and against the body. Raise the shoulders up tightly against the earlobes, without cramping the neck muscles. Apply Neck Lock (lift the chest and sternum up while lengthening the back of the neck by pulling the chin toward the back of the neck. The neck, throat and face muscles remain relaxed.)

**Eyes:** Close the eyes.

**Breath:** The breath will automatically become slow.

**Time:** Continue for 3 minutes, gradually increasing to 11 minutes.

**Comments:** Use this simple technique to calm yourself when upset and to listen to and learn from your thoughts and feelings at any time. The posture calms the nervous system and the body language evokes strength while letting emotion flow. Thus, you control the emotions by safely allowing them to speak. Your meditative self-awareness returns you to conscious control. When emotions are observed in this way, rather than repressed or allowed to take over, they can serve their intended purpose, to help you adjust to life’s challenges.

Continue until you feel relief, then relax and sit still with hands in your lap to observe and enjoy feeling better. Allow any flourishing emotions to flow. Remember that emotions arise to help you understand what is off and bring you energy and information so you can adjust and return to peace and well-being. So “listen inside” when emotions call.

For more information on Kundalini Yoga as taught by Yogi Bhajan©
visit the Kundalini Research Institute.