

## Meditation: For Mastering the Second Body

Taught by Yogi Bhajan January 19, 1976

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Sit in easy pose with your fingers interlaced at your diaphragm in venuslock, your elbows relaxed against your sides. Inhale in 4 segments, mentally projecting the mantra “*Sa Ta Na Ma.*” Then hold your breath and internally hear the mantra “*WAHE GURU wahe guru,*” first loud then soft. Pulse the sound internally from loud to soft for a total of 16 times:

*WAHE GURU wahe guru*  
*WAHE GURU wahe guru*  
*WAHE GURU wahe guru*  
*WAHE GURU wahe guru*  
*WAHE GURU wahe guru*  
*WAHE GURU wahe guru*  
*WAHE GURU wahe guru*  
*WAHE GURU wahe guru*

Exhale in 4 strokes “*Sa Ta Na Ma.*” Your eyes are unfocused, looking down to the ground. Continue for 11 to 31 minutes. Follow with deep relaxation.

Comments: It is best to practice this meditation with an observer present or in a group. Breathe through your left nostril if you want to heal yourself and your right nostril if you want to heal others. The benefits of this meditation include conquering sickness, becoming a spiritual healer and perfecting the power of prayer. This meditation will give you mastery of the second body, as it can balance the bladder and kidney meridians and create a deep connection to the True Self.