

## **THE CALL OF THE SOUL -- LONG SAT NAM'S TO NEUTRALIZE TENSION**

The simplest and most basic meditation in Kundalini yoga is chanting long SAT NAM's.

Sit with a straight spine, either in easy cross-legged easy pose, in your preferred meditation posture or in a chair with the feet on the floor, sit bones carrying the weight of the body.

Bring the hands to the heart, palms facing the chest, left hand on top of right. Place the left thumb in the center of the right palm. The fingers of both hands are together and straight. The hands gently rest against the chest, arms are relaxed on the body.

Eyes are 9/10 closed to begin with. As the meditation progresses, they may close completely.

Inhale with a long deep breath. On the exhale chant out loud

**SAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAT** At the end of the breath say **NAM**.

Notice that your breath gets longer and deeper. You may slow your breath down to 2 per minute.

SAT is the liberator and the cleanser. Let yourself relax and release with the **AAAAAAA**.

**NAM** is like the anchor. Feel the sound anchor you in your body. Then inhale deeply again and continue.

Feel the sound of the **AAAAAAA** come from the heart. Experience your throat as the mouthpiece of your heart. This practice will help you locate, consolidate and open up the fourth (heart) and the fifth (throat) chakras. SAT NAM is the call of the soul. As you chant call out to your soul, sing to your soul. Singing to your soul creates a very peaceful feeling. It takes us out of duality for a moment as our personality and soul merge as one in the sound current of our infinite being. Feel free to express any emotions that come up. This is a good way to release and balance the emotions. The emotional energy will gently merge into soul energy.

At the end of the meditation, inhale deeply, hold the breath as long as you wish. Listen inside and be one with the experience. Do this 3 times. Then sit quietly or lie down and completely relax. Begin with 3 to 5 minutes and build to 11, 15, 22 or 31 minutes.

### **BENEFITS**

This is a very relaxing meditation. It completely neutralizes tension and brings you to a very peaceful state. It is good to do if you feel overwhelmed with your daily activities or have too much intense energy in your body. Do it for 40 days and you can revitalize your glandular system and re-establish your glandular equilibrium. This is a good meditation to do at the end of a busy day. Do it when you get home after work before dinner and you will be able to enjoy your evening. Do it before you go to bed and you will sleep like a baby.