



## Naad Meditation to Communicate your Honest Self

*"Kundalini Yoga is... a practice of experience of a person's own excellence  
which is dormant and which is awakened." – Yogi Bhajan 7/26/96*

### Part I

Sit in an Easy Pose, with a light jalandhar bandh.

**Eyes:** The eyes are closed. Concentrate at the Brow Point.

**Mudra:** Bend the arms and raise the hands next to the shoulders. The wrists are straight and the palms face forward. Begin to alternate pressing the thumb tip on the index finger tip and then on the ring finger tip. Press with about 5 pounds of pressure.

**Mantra:** As you rhythmically alternate the fingers, chant these sounds:

SAA – pressing the index finger

RAY – pressing the ring finger

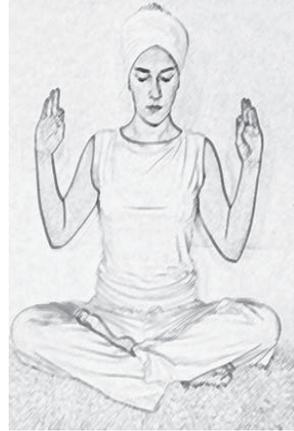
The sound of the chant is a monotone. Feel the pulse of the sound and the energy changing in the body.

**Time:** Continue in a steady pace for 31 minutes.

**To End:** Inhale and hold as long as it is comfortable. Exhale through the mouth and keep it out with the mouth open. Inhale through the nose again. Hold the breath in for 30 seconds, exhale through the mouth and keep it open for 20 seconds. Inhale deeply and hold the breath for 30 seconds and relax as you exhale through the mouth.

### Part II - with Partner

Turn to your partner and discuss honestly the topic: "Why don't you believe me?" Discuss this for 3-15 minutes. Then assess yourself: "Am I satisfied or disappointed in this communication?" Then, use the right hand with the palm open to slap the hand of your partner. You both try to slap the hands. As you do this, look at each other's eyes and speak obnoxiously for 3 minutes. Immediately put a giant smile on your face. Keep the smile there. Shake the hand of your partner in a simple friendly rhythm for 3 minutes. Then thank your partner and relax.





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### Comments:

This meditation changes the chemistry of the brain. All communication is based on the chemistry and interchange within the brain. The fingertips are points of stimulation for the different areas of the brain. The naad rhythm opens creativity and sensitivity to speak from the heart. Good communication expresses the real you. It projects the whole self. It discharges your honest self. Clear communication is fearless and does not need anything from the person to whom you are speaking. When you speak out of neediness you distort the real message of your heart. This meditation lets you know where your heart is and what is in it.