

KUNDALINI YOGA MEDITATION

LOVE IS LOVE

POSTURE: Sit in an easy cross-legged position, or sit in a chair with a straight spine and both feet flat on the floor.

MUDRA: Place your hands in Gyan Mudra, thumb and index finger touching each other with the other fingers straight. With the hands in this position, cross the right hand over the left at the heart center, but not touching the chest. The right palm is against the back of the left hand.

EYES: Closed.

MANTRA: Love is Love. Repeat the affirmation with Yogi Bhajan using *Destiny* CD from Kundalini Research Institute.

TIME: 11-31 Minutes.

