

MEDITATION FOR STRESS RELIEF AND CLEARING THE EMOTIONS OF THE PAST

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This meditation is specially useful for dealing with stressful situations and relationships and with past family issues.

How to do it:

- Form a teepee with your hands in front of your chest, with the tips of the thumbs and the rest of the fingers touching the corresponding fingers on the opposite hand.
- There is space between the palms and the fingertips are pointing upward.
- Look at the tip of your nose and begin to inhale 5 seconds, hold 5 seconds and exhale 5 seconds.
- Continue for 11 Minutes or until you feel relief from the stress.