



# KUNDALINI YOGA SERIE FOR THE PINEAL GLAND

BY PEDRO MISLE AND JOAN SENDRA

## 1) Emptiness Meditation:

- Sit in Sukhasana, with your hands in Gyan Mudra.
- Close your eyes and roll them up to focus at the top of the head.
- Inhale and exhale deeply, becoming completely empty.
- Apply Mulbandha and Uddiyana Bandha while you are empty.
- Note: If you don't know Uddiyana Bandha, apply only Mulbandha.
- Remain in Bahya Kumbhaka (with your breath out) for 20 seconds.
- Inhale.
- Repeat the cycle, alternating between 20-second and 10-second retentions.



### Exercise duration:

- Basic: 3 minutes.
- Intermediate: 7 minutes.
- Advanced: 11 minutes.

## 2) Humming Meditation:

- Sit in Dandasana with your open palms on the floor next to your hips, directly under your shoulders.
- Root your sit bones into the floor and extend the crown of your head towards the sky, aiming to lengthen the spine, especially the cervical vertebrae, while you press forward through your heels.
- Begin making a humming sound with the letter "M," something similar to "MMMMMMMM," following the mantra you'll find in the QR code.
- Continue with the "MMMMM" sound and tilt your head back, remembering to maintain the elongation of the cervical spine. Duration: **1 minute.**
- Continue with the "MMMMM" sound and tilt your head forward, placing your chin on your chest. Duration: **1 minute.**



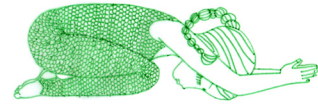
- Keep alternating between these two postures.

**Total Exercise Duration:**

- Basic: 5 minutes.
- Intermediate: 7 minutes.
- Advanced: 11 minutes.

**3) Prostration Meditation:**

- Place yourself in Balasana, with your knees apart so that your chest is comfortably placed between your knees.
- Stretch your arms forward, palms together in Prayer Mudra.
- Continue with the “MMMMM” sound from the previous exercise.



**Total Exercise Duration:**

- Basic: 3:30 minutes.
- Medium: 7 minutes.
- Advanced: 11 minutes.

- 4) Sit in Sukhasana**, with hands in Gyan Mudra, and meditate in silence for as long as you feel appropriate.

