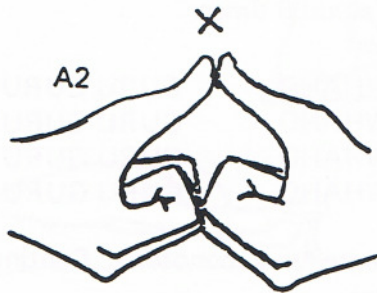
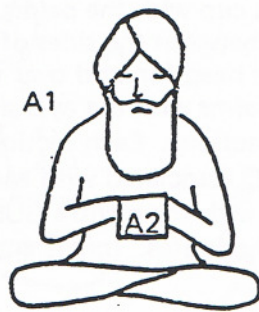


MEDITATION OF CHANGE
Yogi Bhajan 10/22/1971



A) Sit with a very straight spine. Lift the chest. Curl the fingers in as if making a fist. The finger tips will be on the pads of the hands. Then bring the two hands together at the center of the chest. The hands will touch lightly in two places only: The knuckles of the middle (Saturn) fingers and the pads of the thumbs. The thumbs are extended toward the heart center and are pressed together. (A1 & 2) Hold this position as you feel the energy across the thumbs and knuckles. Begin long, deep and full breathing. Follow the flow of the breath. Continue for 31 minutes. Then inhale deeply and relax for 5 minutes. After practicing and mastering this time for the kriya, you can extend the time to another 31 minutes after the rest period.

COMMENTS:

The law of the universe is change. Everything changes. However, with every change in our life, one thing seems not to change: the attachment to our own ego. You change but your ego does not let you see your own maturity or potential. This creates a condition of constant hassle in the mind. The difference between your reality and your perception of it through the ego creates doubts and doubts create misery. Doubt steals 3 feet of your auric radiance. But the ego will not let you change easily. It blocks communication. You must assess yourself to come out of the darkness. A man fortunate enough to have a Guru can assess himself. Ultimately, to be happy through all change and to have the full radiance of your soul, there must be surrender of your self to your higher self. To aid the process of self-evaluation and to probe the ego to change and unblock subconscious communication, practice this meditation each day.