



Meditation Kriya for Communication

6 exercises 58 min - 58 min *Mastery*

"You want to communicate with the whole universe, you got to first learn to talk to you....these are the basic exercise[s] of communication". —Yogi Bhajan

1. Language of the Gypsies

Comments: *The mantra is pronounced "Rah-tee," "Row-tee," "Ray-tee."*

Language of the Gypsies (1 minute)

1. Place the left hand in the lap with the right hand on top, both palms facing down. Press down on the hands like a weight from the elbows and shoulders, keeping the chest lifted.
2. Close the eyes.
3. Speak these three words: RATI, ROTI, RETI. Say RATI and imagine that you are imperial, like a king or queen. Say ROTI and imagine a huge table of 36 edibles and the satisfaction of its beauty. Say RETI and imagine the action of cutting or filing something smooth. One cycle takes 5 seconds.

Eye Focus Closed

Mantra

RATI, ROTI, RETI

2. Flip Flop

Comments: *This is most easily practiced in the classroom with a teacher to guide the sequencing. "When you do this exercise at home mentally speak your own numbers and listen and correct yourself on it." —Yogi Bhajan*

Straight Sequence (3 minutes)

1. Remain in Easy Pose.
2. Bend the elbows, keep them relaxed by the body, forearms forward, palms facing up, fingers together, thumbs relaxed.
- 3.
4. Count out loud in sequence. At the same time as the count, move the hands to the correct position in the sequence. Move from the wrist with precision:
 1. One! - Palms face up.
 2. Two! - Palms face down.
 3. Three! - Palms apart facing each other.
 4. Four! - meet in the center.
 5. Five! - Palms apart facing each other.
 6. Six! - Palms face down.

Random Sequence (11 minutes)

1. Continue counting out loud, but now count in different sequences, randomly, while always moving to the correct position for that number!
2. Correct yourself as needed.

3. Tattva Stimulation

Tattva Stimulation (6 minutes)

1. Remain in Easy Pose with the forearms forward, elbows relaxed, palms face up.
2. Open and close the fingers into the palms as fast as possible. Thumbs are relaxed.
3. Look at the Tip of the Nose.

To End

1. Inhale deep. Immediately move to the next exercise.

Eye Focus Tip of the Nose

4. Tiger Claw

Comments: *Don't be gentle. The faster the motion, the better the result. "Your inherited anger will go away." —Yogi Bhajan*

Tiger Claw (5 minutes)

1. Bend the fingers like claws, move the hands in a small circular motion in front of the body as if scratching at something. Move very fast.
2. Hold the front teeth together firmly. Don't break the teeth!

To End

1. Inhale, then immediately move to the next exercise.

5. Alternate Punch

Comments: *Tremendous pressure on the elbows will take care of the digestive system.*

Alternate Punch (8 minutes)

1. Lock the back molars, keep them tight together. Don't break the teeth!
2. Make fists with both hands and alternately punch straight forward from the shoulders. Move quickly and powerfully.

To End

1. Inhale, immediately move to the next posture.

6. Meditation

Silent (3 minutes)

1. Extend the Jupiter Fingers (index fingers) straight, hold the rest of the fingers down with the thumbs. Palms face forward.
2. Bend the elbows, forearms perpendicular to the ground, parallel to each other. Shoulders back, chest out. Do not let the hands fall forward.
3. Look at the Tip of the Nose.
4. Breathe slowly, 4 breaths a minute. 5 seconds to breathe in, 5 seconds to hold, 5 seconds to breathe out.

With Music (21 minutes)

1. Continue the meditation with music in the background. Play "Heal My World" by Livtar Singh.
2. Continue breathing at 4 breaths per minute. Maintain the posture. Eyes focus on the tip of the nose.

To End

1. Inhale deep, music stops, hold the breath. 10 seconds. Exhale. Inhale, hold 5 seconds. Exhale. Inhale, hold tight, synchronize the body, 10 seconds. Exhale, relax.

Eye Focus Tip of the Nose

Breath 4 Breaths per Minute

