

# GANESHA MEDITATION FÜR FOKUS UND KLARHEIT

Sit with a straight spine and the eyes closed.

**MUDRA:** The left thumb and little finger extend out from the hand. The other fingers are curled into a fist with fingertips on the Moon Mound (the root of the thumb that extends down to the wrist).

1a) The left hand and elbow are parallel to the floor, with the tip of the left thumb pressing on the curved notch of the nose between the eyes.

1b) With the right hand and elbow parallel to the floor, grasp the left little finger with the right hand and close the right hand into a fist around it, so that both hands now extend straight out from your head. Push the notch with the tip of the left thumb to the extent that you feel some soreness as you breathe long and deep. After continued practice, this soreness reduces.

**TIME:** Do this for **3 minutes** and no longer. With practice you can extend this meditation up to **11 minutes**. But if you've mastered it, you only need **3 minutes** for immediate focus and to stop the negative thought that was taking you where you did not want to go.

**TO END:** Maintain the posture with eyes closed, inhale. Push a little more and pull the Navel Point in by tightening the abdominal muscles for **10 seconds**, then exhale. Repeat one more time.



Quelle: Seeds of Change for the Aquarian Age Transformation. 91  
Transformational Kriyas & Meditations. volume 1 Mastering the self.  
Kundalini Research Institute. 2010. Santa Cruz, NM 87567. Sat Prukh Kaur  
Khalsa