



Community Unity Service
社群 團結 一 服務

International Kundalini Yoga Teachers Association Taiwan
臺灣昆達里尼瑜伽教師協會
為服務人群的你服務

Kundalini Yoga as taught by Yogi Bhajan ©
傳授自Yogi Bhajan的昆達里尼瑜伽©

<https://www.3ho.org/bringing-mental-balance>

These are five meditations taught by Yogi Bhajan specifically to prepare for "the gray period of the planet and to bring mental balance." Yogi Bhajan described a period of brain disorientation that occurs in times of great transition, when the axis of the Earth has shifted and the magnetic field changes. When this happens, our biological systems undergo great stress. Many people become depressed and many brains cease to function well, make good judgments, or keep a sense of self. It is a natural phenomenon. This meditation is a legacy from those sages that experimented in those times in the past and found a way to counter the inner cold depression and existential disconnectedness.

這五個冥想是由 Yogi Bhajan 大師所傳授，讓我們能面對「地球的灰暗期和帶來心理平衡」。Yogi Bhajan 描述過一段大腦迷失方向的時期，通常發生在巨變的過渡期，此時地球的軸線已經移動，且磁場也發生了變化。發生這種情況時，我們的生物系統將承受巨大壓力。許多人變得沮喪，大腦也停止運作，無法做出良好判斷或保持自我意識。這是自然現象。這種冥想傳承自那些過去曾經歷過這些時期的聖賢，他們發現了一種方法來應對內在的冷漠抑鬱和與生存脫節。

<https://www.3ho.org/3ho-lifestyle/aquarian-age/aquarian-shift-what-will-be-different>

By Santokh Singh Khalsa, D.C.

I first heard of the Age of Aquarius from a song in the musical "Hair." I was a teenager in the 60's and it sounded really cool. I then started hearing about it again from my teacher, Yogi Bhajan. He came to this country in 1969 and started teaching Kundalini Yoga, a type of yoga that had never been publicly taught before.

He could see that many changes were coming that were associated with the shift to the Aquarian Age, and it was time for people to have the tools they would need to transition from the Piscean Age that we had been in for 2000 years, into this new age.

What are these ages? Astronomers will tell you that the Earth rotates on an axis and that this line going through the center of the earth has a slight wobble to it. It goes through a little circular wobble about once every 24,000 years. This cycle has been broken into 12 parts associated with the 12 astrological signs, based on which constellation the axis is wobbling towards. From around 2000 B.C. to 0 A.D. we were in the Age of Aries. From 0 A.D. to the present we have been in the Age of Pisces.

For the next 2000 years we will be in the Aquarian Age. We have been in the transition from the Piscean Age to the Aquarian Age for the last 50 years. The official beginning of the Aquarian Age is November 11, 2011 or 11/11/11. Some people have set this date as December 21, 2012.[...]

我最初是從音樂劇《毛髮》(Hair)中的一首歌得知寶瓶時代的。60年代的我還是個青少年，當時覺得寶瓶時代聽起來很酷。後來我又從我的老師 Yogi Bhajan 那裡聽到了這個詞。他於 1969 年來到這個國家，開始教授昆達里尼瑜伽，這是一種以前從未公開教授過的瑜伽。

他可以看到與向寶瓶時代轉移有關的許多變化即將到來，我們身處雙魚時代已經有 2000 年，現在是時候讓人們擁有所需的工具，從雙魚過渡到這個新時代了。

這些時代是什麼意思？天文學家會告訴您，地球沿軸線旋轉，且穿過地球中心的這條線略有擺動。它大約每 24,000 年經歷一次輕微的圓形擺動。基於此軸線向哪個星座擺動，該週期已被分解為 12 個部分，各與 12 個星象符號相關聯。從西元前 2000 年左右到西元元年，我們處於白羊時代。從西元元年至今，我們一直處於雙魚時代。

在接下來的 2000 年裡，我們將進入寶瓶時代。過去的 50 年中，我們一直處於從雙魚時代到寶瓶時代的過渡。寶瓶時代的正式開始是 2011 年 11 月 11 日，或寫作 11/11/11。有人將此日期設定為 2012 年 12 月 21 日。

1. Bringing Mental Balance 帶來心理平衡



This meditation is also known as the meditation to do 'When Nothing Else Works.' When you're at your wits' end, when you don't know what to do, when nothing else works, this meditation does!

這個冥想最適合「諸事不順」時做。當你感到窮途末路、不知道該怎麼辦、諸事皆不順時，這個冥想最有用！

Posture: Sit with a straight spine.

姿勢：脊椎打直坐定。

Mudra: Interlace the fingers with the palms facing up; fingers point up at a gentle 60° angle; thumbs are straight. Hold the inverted Venus Lock

at the solar plexus. 手印：手掌朝上手指相扣，指尖輕輕抬起約 60 度角，大拇指伸直。在太陽神經叢做倒轉的金星鎖。

Eyes: The eyes are one-tenth open.

眼睛：眼睛十分之一開。

Mantra: Chant the Guru Gaitri Mantra:

Mantra: 唱誦 Guru Gaitri Mantra。

Gobinday, Mukanday, Udaaray, Apaaray, Hareeang, Kareeang, Nirnaamay, Akaamay

These are the eight aspects of God: Sustainer, Liberator, Enlightener, Infinite, Destroyer, Creator, Nameless, Desireless.

這是神的八個面向：維繫者、解脫者、覺悟者、無限的、毀壞者、創造者、無名的、無慾的。

It should totally turn into a sound current. Chant as fast as possible so that the words are indistinguishable.

唱誦應該要完全轉為一種音流，盡可能快速地唱，讓這些詞聽起來難以辨別。

Time: Start with 11 minutes and over time build up to 31 minutes.

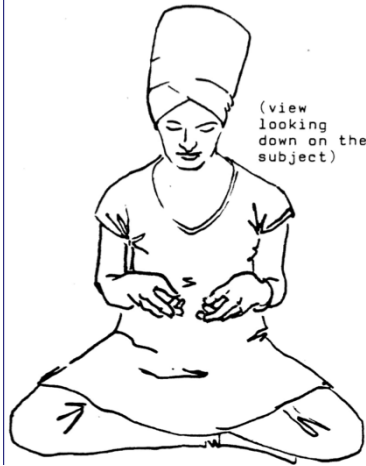
時間：從 11 分鐘開始，慢慢增加到 31 分鐘。

-Aquarian Teacher Level 2 Vitality and Stress Manual

《寶瓶教師二級活力與壓力手冊》

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2. KY meditation to make you feel cozy and contented



What It Will Do for You

This meditation will make you feel cozy and contented. It works to balance the brain by reinforcing your inner ability to be in continual touch with your higher self.

How to Do It

Connect the thumb and middle finger tips of the right hand and the tip of the thumb and little finger of the left. Fingernails don't touch. Females should hold the same position with opposite hands. With the shoulders hanging, hold the hands 7 - 8 inches apart, fingers pointing forward, a little in front of the nipples. The eyes are 1/10 open.

Breathe normally and meditate for 11 minutes, then inhale, make tight fists with both hands for a few moments, and relax.

Note: This is one of five meditations given specifically "to prepare for the gray period of the planet and to bring mental balance."

<https://www.libraryofteachings.com/lecture.xqy?id=ae4e429-9b11-c94f-22be-68a49ffb9d30&title=5-Meditations-for-Mental-Balance>

(1975, Sep. 29th)

- 1- Meditation for Strong Nerves
- 2- Meditation to Make You Feel Cozy and Contented
- 3- Meditation to Prevent Aging
- 4- Meditation to Become Sharpwitted
- 5- Meditation to Do When Nothing Else Works

[...] Can't we train our own children in these little meditations? Give them as a gift, become yourself Maha Rishi. Be kind to your children because you are a mankind and this is the greatest gift you can give to the infinite little one.

Teach him to meditate so that he can meditate on anything and he can get to the root of everything. So that the person must not suffer. Give your children something which they need the most that is give them the gift to be. [...]

This Earth is very temporary my friend we are here to go, we have come to go we go to come, it's a joke, it's not very important. All we are building here is a dust. Once the Earth trembles, the dust have no meaning, your walls will go crooked, crack up and whole thing will fall. What was protecting us from weather, wind and rain and all that may cause our own death. So it is not a very big thing to relate to but one thing is very huge in you, that's the power of yourself. You have a physical body, you have a mental body, you have a spiritual body over these three bodies you preside. You are not physical, you are not mental, you are not totally spiritual you are the President of these three corporations. [...]

-Yogi Bhajan



40天冥想 關心彼此 強化 Sangat 之間的關係

國際昆達里尼瑜伽教師協會

IKYTA 總部協調人 *Jai Gopal Kaur* 也會加入我們!

讓你感受溫馨與知足的冥想 1975年 9月29日

這會幫助你...

這個冥想可以让你備感溫馨與知足。

強化你跟高我保持聯繫的內在能力，藉此平衡腦部。



女性的手印示範

該如何做：

將右手的大拇指和中指互觸；
將左手的大拇指和小拇指互觸。
不要讓指甲相觸。

女性則是：

將左手的大拇指和中指互觸；
將右手的大拇指和小拇指互觸。

肩膀放鬆，雙手距離約 18-20 公分，
手指朝向前方，手印來到乳尖的高度，稍微遠離胸口。
眼睛十分之一開。

自然地呼吸，冥想 11 分鐘。

最後深深地吸氣，雙手緊緊握拳一小段時間，放鬆。

關於這個冥想：

這是五個特別的冥想之一，讓我們能面對這個星球的灰暗期，平衡你的心智。



3. Meditation for a Calm Mind and Strong Nerves 冷靜心智及強化神經的冥想



By practicing this meditation you will gain a calm mind and strong nerves. It will help protect you from irrationality.

練習這個冥想可以冷靜心智並強化神經，可以協助你免於不理智。

How to Do It: Sitting with a straight spine, hold the right hand at ear level with the thumb tip and tip of ring finger touching (fingernails don't touch). Place the left hand in the lap with the thumb tip and tip of the little finger touching. Females should reverse the position so that the left hand has thumb and ring finger touching with the hand at ear level, and the right hand is in the lap with the thumb and little finger touching. The eyes are 1/10 open. Make the breath long and deep but not powerful.

該如何做：脊椎打直坐定，右手與耳同高，將大拇指指尖和無名指指尖互觸（不要讓指甲相觸）。左手置於腿上，將大拇指指尖和小指指尖互觸。女性的姿勢應該相反，也就是左手的大拇指和無名指與耳同高互觸，右手置於腿上並將大拇指和小指互觸。眼睛十分之一開，讓呼吸既深且長但不要太用力。

You can practice this meditation anywhere, starting with 11 minutes and working up to 31 minutes. To end the meditation, inhale deeply, open the fingers, raise the hands and shake them rapidly for several minutes. Then relax.

這個冥想隨處都可以做，從 11 分鐘開始慢慢增加到 31 分鐘。若要結束冥想，深吸氣，放開手指，舉起雙手並快速地搖晃幾分鐘，然後放鬆。

Note: This is one of five meditations given specifically “to prepare for the gray period of the planet and to bring mental balance.”

注意：這是五個特別的冥想之一，讓我們能面對地球的灰暗期並為我們帶來心理平衡。

Kundalini Yoga as taught by Yogi Bhajan, September 29, 1975 ©The Teachings of Yogi Bhajan (“I AM A WOMAN”)

傳承自 Yogi Bhajan 的昆達里尼瑜伽，1975 年 9 月 29 日。©The Teachings of Yogi Bhajan (「我是女人」)

4. Get Stable—Anywhere 沉穩應對—隨處皆然



Stress can break our basic, inner rhythms. The brain depends on rhythms, as do all our organ systems. The meridians move in rhythm with each other, like a series of tidal pools. Our electrical patterns are nothing but synchronized rhythms. When these get out of 'synch', everything seems a little muddled. Choices are not as clear we become a bit dim-witted compared to our normal brilliance. This little technique helps you find answers under abnormal, stressful conditions; it's especially helpful when nothing makes sense. Take your fingers for a stroll and find your path forward.

壓力會破壞我們內在基本的節奏。大腦要依靠節奏，我們所有的器官系統也是。經脈間彼此有節奏地移動，就像一連串的潮水潭。我們的電流模式也都是同步的節奏，當不同步時，一切都變得混亂模糊。對比起我們平時的精明能幹，我們會變得有些愚蠢，抉擇也不如往常清晰了。這個小技巧幫助你在不正常、備感壓力的情況下找到答案，當事事都顯得沒道理時，這個冥想尤其有效。讓你的手指也散散步，你就會找到前行的道路。

Posture: Sit anywhere, any place. Sit with a straight spine.

姿勢：隨處就坐，什麼地方都好，脊椎打直坐定。

Mudra & Movement: Hold the left hand up as though to clap. With the Jupiter (index) and Saturn (middle) fingers of the right hand, slowly and with strong pressure, walk up the center of the left palm to the very tips of the ring and middle fingers. The left fingers should give in—bend a little under the pressure, and it should hurt. Walk up and down the palm.

手印及動作：舉起左手像要鼓掌的樣子，把右手的木星手指（食指）和土星手指（中指），慢慢並用力地從左手掌的掌心移步到無名指和中指的指尖頂端。左手手指應該放鬆—隨著壓力稍微彎曲，應該會有些許疼痛。讓手指在手掌心上下移動。

Eyes: The eyes are one-tenth open.

眼睛：眼睛十分之一開。

Time: 3-11 minutes.

時間：3-11 分鐘。

Comments 備註

This meditation neutralizes the central part of the brain and makes you sharp-witted. It is the answer to abnormal conditions we don't understand. 這個冥想可以中和大腦中部，讓你精明醒目。這是解決我們無法理解的不正常情況時最有效的答案。

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Source: [Vitality and Stress KRI Level 2 Manual](#) 出處：《活力與壓力昆達里尼研究學院二級手冊》



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5. KY meditation to prevent aging 預防老化的昆達里尼瑜伽冥想



What It Will Do for You 這會幫助你...

To brighten your auric light, have a radiant face and prevent yourself from aging, practice this meditation.

要讓你的光環更明亮，容光滿面，預防老化，就做這個冥想。

How to Do It 該如何做：

Sit straight in easy pose. Chant the Mul Mantra, inhaling completely before each phrase:

輕鬆坐姿脊椎打直，唱誦 Mul Mantra，唱每個短句前要徹底吸氣。

EK ONG KAR; SAT NAAM; KARTA POORKH (let the whole breath go through the nose); NIR BHAO; NIR VAIR; AKAL MOORT; AJOONEE; SAIBHUNG; GUR PRASAAD; JAP (let the whole breath go through the nose); AAD SASHSHHH (releases breath with a hiss); JUGAAD SACHSHHH (releases breath with a hiss); HAI BHEE SACHSHHH (releases breath with a hiss); NAANAK HOSEE BHEE SACHSHHH (releases breath with a hiss).

EK ONG KAR; SAT NAAM; KARTA POORKH (讓整個氣息流經鼻孔)；NIR BHAO; NIR VAIR; AKAL MOORT; AJOONEE; SAIBHUNG; GUR PRASAAD; JAP (讓整個氣息流經鼻孔)；AAD SASHSHHH (以嘶嘶聲釋放氣息)；JUGAAD SACHSHHH (以嘶嘶聲釋放氣息)；HAI BHEE SACHSHHH (以嘶嘶聲釋放氣息)；NAANAK HOSEE BHEE SACHSHHH (以嘶嘶聲釋放氣息)。

Each time you inhale you must do so to your maximum capacity and each phrase must use the entire breath. On words like AKAAL MOORT, where the sound isn't really extended, release the breath through the mouth with a light "uhh..." sound. On KARTA POORKH and JAP, release the breath through the nose. This is the whole secret: the last 4 phrases are ended with the breath released through the mouth like the sound of a hissing snake.

每次吸氣時要盡全力徹底吸滿，唱誦每個短句要用到完整的氣息。遇到像 AKAAL MOORT 這樣聲音沒辦法真正延長的詞時，輕輕地以「啊」的音從嘴巴釋放氣息。唱到 KARTA POORKH 和 JAP 時，經由鼻子釋放氣息。這正是祕訣所在：唱最後四個短句時，用嘴巴發出蛇一樣的嘶嘶聲來釋放氣息。

Chant for a minimum of 11 minutes a day for 40 days. Since each person has a different lung capacity, this meditation should be done individually instead of in a group. 每天至少唱誦 11 分鐘，連續唱 40 天。由於每個人的肺活量不同，這個冥想應該單獨做而非團體進行。

Note: This is one of five meditations given specifically "to prepare for the gray period of the planet and to bring mental balance." 注意：這是五個特別的冥想之一，讓我們能面對地球的灰暗期並為我們帶來心理平衡。