

Prosperity Meditation for Interdependence

相互依存的豐足冥想

2017年12月21日由Siri Singh Sahib Ji發佈，歸檔於Publications (著作) 下的 Prosperity Meditations (豐足冥想) 下的Prosperity (豐足) 。
出自Siri Singh Sahib Yogi Bhajan於1990年11月6日所教授的課程

姿勢：

輕鬆坐姿，雙手呈放鬆姿勢隨意擺放，以舌頭敲打上顎並離開來發出巨大的咯咯聲。舌頭抵住上顎並用力移開。以大約每秒兩個咯咯聲的速度大力地拉扯上顎。

時間：

不超過3分鐘。

備註：

「試著證明自己很獨立的人，其實是最像奴隸的人——因為生命完全是相互依存的。沒有人承受得起獨立這個念頭，因為即使是我們的生命也要依靠呼吸才得以維持。依存正始於這個身體所賴以維生的東西。那麼你怎可能有多獨立？

生命仰賴中耳。有三塊骨頭，其中一塊錘骨敲打另一塊骨頭，如果那塊骨頭不再錘打了，你也完蛋了。你的整個聽覺系統就依靠兩個耳朵，你的整個宇宙就依靠兩隻眼睛，不管你看不看到。如果你的兩個鼻孔停止呼吸，你也死翹翹了。我們內心深處常會說：『我想要獨立，我要證明給所有人看。』你到底想證明什麼，又證明給

誰看？我們的內在擁有某種真實、某種深度、某種自我。如果將其放大，我們就可以克服。

生命的宗旨在於豐足。豐足並不意味著你坐擁家財萬貫，美麗不只是你看來年輕、貌美、迷人、豐滿、性感。美是多面向的：舉止美善、行為美善、個性美善，處事待人皆美善。各個方面都美好且超越美好就是美，每個人努力以完美的直接或間接方式回應職責所在，就是與該行動有關的最美善的人。人生就是這樣，我們就是該如此好好活一回。

藉由這個練習來刺激你的下視丘，但請不要做超過三分鐘。多於三分鐘就不再是練習，而是上癮了。我要公開聲明，並警告你們，這個練習你們只能做三分鐘。」
——Siri Singh Sahib, Yogi Bhajan · 1990年11月6日

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From a lecture taught on November 6, 1990 by Siri Singh Sahib Yogi Bhajan

POSTURE:

Sit in Easy Pose, hands in any relaxed position, make a strong clucking sound with your tongue striking and releasing against the upper palate. The tongue presses the upper palate and breaks from it with a force. It pulls forcefully on the upper palate at the rate of approximately 2 clucks per second.

TIME:

NOT MORE THAN 3 minutes.

COMMENTS:

“The person most slave-like is the one who is trying to prove he is independent— because life is totally interdependent. Nobody can afford the thought to be independent because even our life is dependent on our breath. Dependency starts on that which this body lives. How independent can you be?”

Your life depends upon the central ear. There are three bones. One hammer bone strikes the other bone. If that bone stops hammering, you’re done. Your whole world of listening depends on your two ears. Your whole universe depends on your two eyes, whether you see or not. If your two nostrils stop breathing, you are dead. Within us still we say, “I want to be independent. I want to prove it to everybody.” Prove what and to whom? There is a certain reality in us, a certain depth in us, a certain self in us. If we enlarge that then we can overcome.

The idea of life is prosperity. Prosperity does not mean that you have a lot of money and you sit on it. Beauty is not just that you look young and beautiful and charming and sensual and sexual. Beauty is many things: beauty in manners, beauty in behavior, beauty in personality, and beauty in making the deals and dealing with people. Every aspect that is wonderful and beyond wonderful is beautiful. Every human that acts to answer the call of duty in a perfectly direct or indirect manner is the most beautiful human in relationship to that act. That is how life is and that is how we have to live life.

Stimulate your hypothalamus by doing this exercise, but please don’t do it more than three minutes. More than three minutes and it’s no longer an exercise; it becomes an addiction. I’d like to go on record and warn you that you are entitled to do it for three minutes only.” ~ Siri Singh Sahib, Yogi Bhajan November 6th, 1990

See the video of this lecture here

Meditation for Increased Energy and Working in Groups—the 4/4 Breath

增加能量及團體活動的冥想 ——4/4呼吸法

此冥想帶來能量，讓你可以全力參與並活力十足地工作，還可以恢復協調力和精神。如果感到疲勞，就可以做這個冥想，然後背部平躺放鬆2分鐘，把身體的每個部位都放鬆。若想要醒來，就做幾次深呼吸，伸展身體，你就可隨時準備好再次上陣！

姿勢：脊椎挺直舒適地坐著，手掌在胸前心輪位置合十呈祈禱勢，指尖向上。

專注：專注於眉心，也就是鼻根處、眉毛中間略為偏高那個點的位置。這是第六脈輪的所在，是你精微的直覺力和腺體系統的指揮中心。

呼吸：吸氣時把氣息分解成等長的四段（吸氣）。屏息幾秒鐘，吐氣時再把氣息分解成等長的四段。外屏息幾秒鐘。在每一段吸氣和吐氣時，稍微把丹田（肚子）向脊椎拉攏。一個完整的呼吸循環約需7-8秒鐘。

如果你焦慮不安或心神不寧，就在吸氣和吐氣時加上 *Sa Ta Na Ma* 這個 mantra。 *Sa* 是無限， *Ta* 是生命， *Na* 是死亡， *Ma* 是重生。這個 mantra 幫你專注心神，且 *Sa Ta Na Ma* 的振動力量會刺激你與真實自我的連結。

時間：強而有力地做3-5分鐘。

結束：深吸氣，用最大力量將手掌貼合在一起10秒鐘。放鬆15-30秒鐘，再重複兩次這個結束動作，然後完全放鬆。

Meditation for Increased Energy and Working in Groups —the 4/4 Breath



This meditation can bring you the energy to participate fully and work with energy. It can rejuvenate coordination and spirit. If you are tired, do this meditation and then take a 2-minute relaxation on your back, relaxing every part of your body. To awaken, take a few deep breaths, stretch your body, and you will be ready to act!

Posture: Sit comfortably with your spine erect. Place your palms together in prayer pose at the center of the chest with the fingers pointing up.

Focus: Focus at the brow point, which is the point between your eyebrows and up a bit, at the root of your nose. This is the location of the 6th chakra, the command center of both your subtle intuition and your glandular system.

Breath: As you inhale, divide the breath into four equal segments (sniffs). Hold a few seconds. Exhale, breaking the outgoing breath again into four equal segments. Hold out a few seconds. On each segment or sniff of the inhale and exhale, pull your navel point (belly) toward your spine slightly. One full breath cycle takes about 7-8 seconds.

If your mind is anxious, or your thoughts are distracting you, add the mantra *Sa Ta Na Ma* on both the inhale and exhale. *Sa* is infinity, *Ta* is life, *Na* is death, and *Ma* is rebirth. The mantra will help focus your mind, and the power of the vibration of *Sa Ta Na Ma* stimulates connection with the true self.

Time: Continue powerfully for 3-5 minutes.

To end: Inhale deeply and press your palms together with maximum force for 10 seconds. Relax for 15-30 seconds. Repeat this ending two more times. Relax completely.