**Meditation for Release of Cold Depression**

as taught by Yogi Bhajan October 17, 2000

 Interlace your fingers so that the finger tips press into the cavities between fingers on the back of each hand. The index fingers are straight up, pressed together along their length. Thumbs cross each other comfortably. Hands are held at chest level. Eyes are open, focused at the tip of the nose.

 Play the CD, Wahe Guru, Wahe Jio, by Sangeet Kaur. (This is the same version on the Raag Sadhana CD). Chant the mantra from your navel point, creating a mental focus in this way: At the sound of

Wha focus at the navel point

 He focus at the chest

 Guru focus at the lips

 Continue for 3 to 31 minutes.

 To end, inhale and hold. Listen to the sound of the mantra. Exhale. Inhale, hold and give back all the cold depression to God. Exhale. Inhale, hold, and feel the preciousness of life. Let it go through your exhalation, so that at the end of life, you may give it with ease. Relax.

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 Chant the mantra Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio from your navel point, creating a mental focus in this way: At the sound of

Wha focus at the navel point

 He focus at the chest

 Guru focus at the lips

 You may chant along with the CD, Wahe Guru, Wahe Jio, by Sangeet Kaur (this is the same version on the Raag Sadhana CD) or just your own voice without accompaniment. Continue for 3 to 31 minutes.

 To end, inhale and hold. Listen to the sound of the mantra. Exhale. Inhale, hold and give back all the cold depression to God. Exhale. Inhale, hold, and feel the preciousness of life. Let it go through your exhalation, so that at the end of life, you may give it with ease. Relax.

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