

## Meditation to Increase Your Energy (Sat Nam Ji)

This meditation opens energy channels and takes you to new heights.

### Mantra

Sat Nam Sat Nam Sat Nam Ji Wahe Guru Wahe Guru Wahe Guru Ji Sat Nam means “Truth is My Identity.” Wahe Guru means “I am in Ecstasy when I Experience the Indescribable Wisdom”. Ji is a term of endearment that refers to one’s soul. This mantra can be translated to mean “The identity of my soul is Truth, and the Awareness of this Wisdom brings me Ecstasy”. It is a very balancing and awakening mantra.

### Posture

Sit in easy pose with a straight spine. Your pinkie is bent into the palm, touch the pinkie tip to the tip of the thumb, and extend your other three fingers straight up, palms facing forward. Your wrists should be at the level of your shoulders. Keep your hands positioned slightly in front and to the sides of your shoulders, but press back on your shoulders, hands and elbows. Apply a slight neck lock and imagine that you are trying to get the blades of the shoulders to touch, which will expand your chest out. Press as hard as you can and hold.

### Practice

Close your eyes and begin chanting the mantra “Sat Nam Sat Nam Sat Nam Ji, Wahe Guru Wahe Guru Wahe Guru Ji”. Chant with the tip of the tongue striking the upper palate of your mouth. Pull in your navel on each “Sat Nam” and “Wahe Guru”.

### Time

10 1/2 minutes.

### To End

Inhale deeply, hold for 10 seconds, and press the hand position as hard as you can. Cannon fire your breath out (forcefully expelling the breath quickly through a rounded mouth, like a cannon) and repeat 2 more times.

### Note

At first holding the posture with such pressure in the shoulders and back may be difficult, but it will get easier. This is necessary to open the energy channels in the spine.