



The power of Kundalini Yoga: LAYA YOGA MEDITATION

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This extraordinary meditation connects you with your essence and lets your actions serve your purpose. It ignites creativity, helps you focus on your real priorities, and let go of what is needed to accomplish them.

(EN ESPAÑOL)

Esta extraordinaria meditación te conecta con tu esencia y permite que tus acciones sirvan a tu propósito. Despierta la creatividad, te ayuda a concentrarte en tus verdaderas prioridades y a dejar de lado lo que se necesita para llevarlas a cabo.



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The word Laya refers to suspension from the ordinary world. Laya Yoga fixes your attention and energy on your essence and higher consciousness without distractions and attachments, having power over the tendency to react.

(EN ESPAÑOL)

La palabra Laya se refiere a la suspensión del mundo ordinario. Laya Yoga fija tu atención y energía en tu esencia y conciencia superior sin distracciones ni apegos, teniendo poder sobre la tendencia a reaccionar.



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The mantra we use for this practice enables us to consciously remember and experience the link between ourselves and the Higher Consciousness.

EK ONG KAAR-UH
SA TA NA MA-UH
SIREE WA-UH
HAY GURU

(EN ESPAÑOL)

El mantra que usamos para esta práctica nos permite recordar y experimentar conscientemente el vínculo entre nosotros mismos y la Conciencia Superior.



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Do this meditation to reconnect with the Infinite and your place in it. As you align with your inner truth you will enjoy the strength of integrity and the harmony of connecting with yourself and the Universe.

(EN ESPAÑOL)

**Haz esta meditación para reconectar con el Infinito y tu lugar en él.
A medida que te alinees con tu verdad interior, disfrutarás de la fuerza de la integridad y la armonía de conectar contigo mismo y con el Universo.**





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Posture:

Sit in Easy Pose, elongating the spine.

Mudra & focus:

Put the palms together in Prayer Mudra at the center of the chest. Focus through the brow point.



Mantra:

- **Ek Ong Kaar-uh**
- **Saa Taa Naa Maa-uh**
- **Siri Wahaa-uh**
- **Hey Gu-Ruu**

One Creator-Creation, True Identity, Great Indescribable Wisdom

Chant:

- On Ek pull the Navel Point in lightly, and hold.
- Lift the diaphragm up firmly as you chant each line of the mantra.
- The “uh” sound is created as the diaphragm powerfully moves up. It is not another pronounced word.
- Relax the Navel Point and abdomen on Hay Guroo.
- With the breath, visualize the sound or energy spiraling up from the base of the spine out the top of the head spinning in 3-1/2 spins. (The spin is counterclockwise as though you are looking down at a clock on the floor.)

Duration:

Begin with 3-7 minutes and slowly build up to 11-31 minutes.

Comments:

The mantra has a structure of 3½ cycles in its spin. Each “uh” sound lifts the diaphragm, which moves the energy of prana and apana across the heart area. That transformation is one cycle. A single repetition of the mantra completes three of these cycles, plus the half cycle that is

the “hay guru” at the end. The 3½ cycle is said to be the pulse rhythm of the kundalini itself, and kundalini energy is often represented as coiled 3½ times.

We recommend this version of the mantra to practice:

Laya Yoga Chant from Paramjeet Singh - [Link to Spotify](#).



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