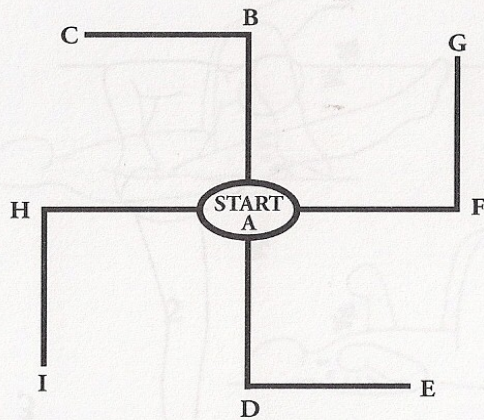


The Sun Wheel Meditation

A Salutation to God for the Purification of the Psyche

January 8, 1986

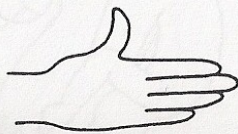
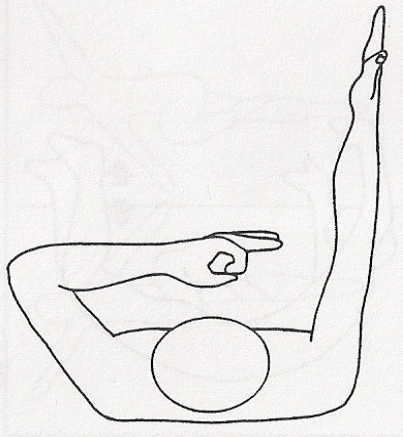


Swastika is a Sanskrit word meaning “well-being” or “good fortune”. The symbol itself is also known as the Sun Wheel, and has been used as a mystical symbol since pre-historic times. The positive form of this symbol revolves in a counter-clockwise manner and means “toward God”. The negative form revolves in a clockwise manner and means “away from God”. The negative form was adopted by the Nazis, and, to the Western mind, both forms have come to symbolize evil and ill-will. This is unfortunate because, as you will experience in the following meditation, the positive form of this symbol has great power to uplift and purify.

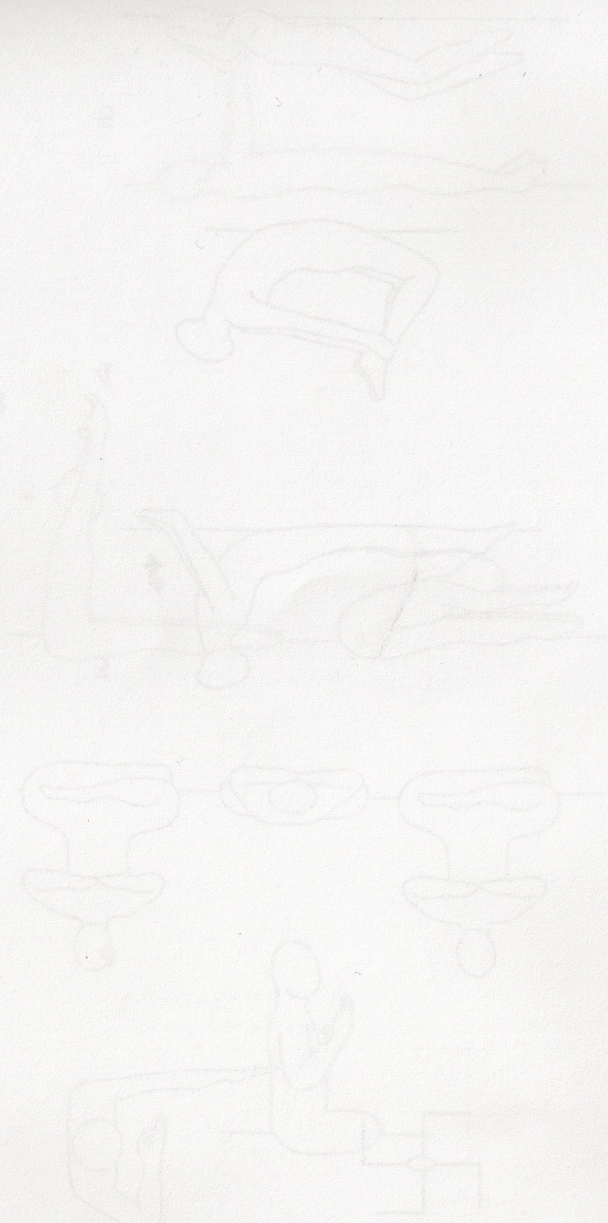
1. Sit in Easy Pose and put your left hand in Gyan Mudra, keeping the Saturn, Sun, and Mercury fingers straight. Your left palm faces the chest at the heart center. Your left forearm is parallel to the floor. Your right arm is extended at shoulder level with the palm facing to the left and the thumb pointing upward. There is no bend in the right elbow during the movements. Sit straight, with your chin in and chest out.

Arm Movement: Pretend that the diagram illustration is painted on the wall in front of you and then use your arm to trace the pattern of the diagram in the air. You will be using your right arm to draw a counter-clockwise Sun Wheel in the air in front of your body.

To do this you will move your right arm in specific horizontal and vertical movements. Each movement is approximately 8”. When the movement is horizontal, the palm of the hand faces downward. When the movement is vertical, the palm of the hand faces to the left.



Right Hand



Moving your right arm: From the starting position A, turn your palm to the left, and move your arm vertically 8" to B. Turn your palm down and move horizontally 8" to the left to C. Move your arm horizontally back to the right to B. Turn your palm to the left and move vertically back to the starting point A.

From A, move your arm down vertically 8" to D. Turn your palm down and move horizontally 8" to the right to E. Move your arm back horizontally to the left to D. Turn the palm to the left and move vertically back up to A.

From A, turn your palm down and move horizontally 8" to the right to F. Turn your palm to the left and move vertically 8" up to G. Move vertically back down to F. Turn your palm down and move horizontally back to the starting position A.

From A, move horizontally to the left 8" to H. Turn your palm to the left and move vertically down 8" to I. Move vertically back up to H. Turn your palm down and move horizontally back to the starting position A.

Continue this sequence, breathing slowly and deeply. Begin with 3 minutes using the right arm to make the Sun Wheel and then do the same movement using the left arm for 3 minutes. Gradually work up to 31 minutes on each side. It is permissible to do one side of the meditation in the morning and the other side in the evening.

When you change to the left arm, it is very important that the Sun Wheel is still in the same pattern you made with the right arm. In other words, the symbol still revolves counter-clockwise. The arm changes but the pattern of the Sun Wheel remains the same as the diagram.

When you change to the left arm, the palm will face to the right when the movement is vertical.

"The beauty of Kundalini Yoga is that it is a technique to move the psyche through a physical force."
YB