



Sit in Easy Pose.

Mantra: The mantra is:

I AM HAPPY, I AM GOOD,
I AM HAPPY, I AM GOOD.
SAT NAAM SAT NAAM SAT NAAM JEE
WHA-HAY GUROO WHA-HAY GUROO
WHA-HAY GUROO JEE

Mudra: In the rhythm of the mantra, the children shake their index fingers up and down (like their parents might sometimes do when they are reproaching the child).

Comments:

Yogi Bhajan gave this meditation specifically for children to use in times when their parents are fighting and going through a crisis—to give them the experience of remaining stable and unaffected. Of course, the meditation can be done anytime! Children, especially under the age of six, have a much shorter attention span than adults. All meditations with movement and variation work well. They like simple celestial communication.

