

Meditation Toolkit

FOR: Irritability, agitation, rage

Fists of Anger

Sit cross-legged, eyes are closed.

Touch each thumb to the base of the Mercury (pinky) fingers. Close the rest of the fingers over the thumbs to form fists. Raising the arms, begin a backstroke type movement over the head, alternating each side (right/left) as you swing up, over and back around again, just like you are doing the backstroke in a swimming pool.

Through O-shaped mouth, begin strong, rhythmic inhale/exhale in sync with arm movements. The breath becomes a breath of fire through the mouth. Keep the lips in an O shape throughout the meditation.

The mudra, movement and breathing are continuous and strong.

Intentionally think about anything and everything that makes you angry, weird, negative, or commotional. Continue this focus on bringing up the anger and negativity throughout the meditation, increasing the movement and breath.

Continue this movement for 3 minutes.

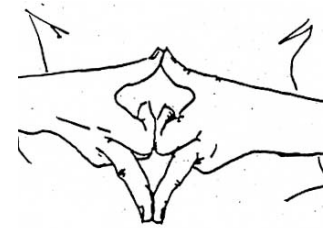
FOR: Anxiety, worry, racing thoughts

Meditation to Tranquilize the Mind

Sit cross-legged, eyes are closed.

With the elbows bent, bring the hands up to meet in front of the body at the level of the heart. The elbows are held up almost to the level of the hands. Bend the Jupiter (index) fingers of each hand in toward the palms, and press them together along the second joint. The Saturn (middle) fingers are extended and meet at the fingertips. The other fingers are curled into the hand.

The thumb tips are joined and pointing toward the body. Hold the mudra about 4 inches from the body with the extended fingers pointing away from the body. [Reference this image.](#)



Focus your eyes on the tip of your nose.

Inhale completely and hold the breath while repeating the mantra of your choice (Wahe Guru or Sat Nam are good choices) 11-21 times. Exhale, hold the breath out, and repeat the mantra an equal number of times.

Continue for 3 minutes.

FOR: Fatigue, brain fog

Meditation for Cognitive Function

This simple, relaxing meditation enhances mental focus and physical coordination by rebooting the nervous system. The specific combination of breath, posture, and hand positions (called mudras), changes the biofeedback loop between body and brain, setting the stage for powerful healing experiences. You only need to do it for 3 minutes to benefit.

Easy Medical Meditation for Cognitive Function

Sitting tall in easy pose (gently crossed legs and a straight spine), place your gaze at the third eye point between your brows. Bend the elbows and place hands at shoulder height with palms facing away from the body (like you're saying "Stop"). Begin moving your forearms in quick, outward circles, allowing the thumbs to touch lightly when they meet at the center of the chest. Complete one breath per circle. (In my experience, the breath becomes like a [breath of fire](#).) Continue for 3-11 minutes.

This, and other medical meditations can be found in Dharma Singh Khalsa's book, [Meditation as Medicine](#).