

# Meditation for Healing Addictions & Breaking Bad Habits

This meditation helps to regulate the pineal and pituitary glands. It is excellent for everyone, but particularly effective for rehabilitation efforts in drug dependence, mental illness, and phobic conditions or simply to break negative thought patterns or habits.

**MANTRA: SA TA NA MA - Silently vibrate the five primal sounds—the Panj Shabd: Sa Ta Na Ma—at the brow point.**

**How To:**

**Posture:**

Sit in an Easy Pose (legs crossed or you can sit in a chair). Straighten the spine and pull a light root lock (engage pelvic floor muscles)

**Mudra:**

Make fists of both hands and extend the thumbs straight. Place the thumbs on the temples and find the niche where the thumbs just fit. This is the lower anterior portion of the frontal bone above the temporal-sphenoidal suture.

Lock the back molars together and keep the lips closed. Keeping the teeth pressed together throughout, alternately squeeze the molars tightly and then release the pressure. A muscle will move in rhythm under the thumbs. Feel it massage the thumbs and apply a firm pressure with the hands.

**Eye Gaze:**

Keep the eyes closed and focus at the Brow Point.

**Breath:**

Breathe slowly and deeply into the belly.

**Time:**

3mins (you can build up to 31mins for this practice)

**To Finish:**

Remains sitting and inhale deeply, hold the posture and hold the breath while squeezing your root lock (squeeze your pelvic floor muscles). Then release the breath and relax the posture.



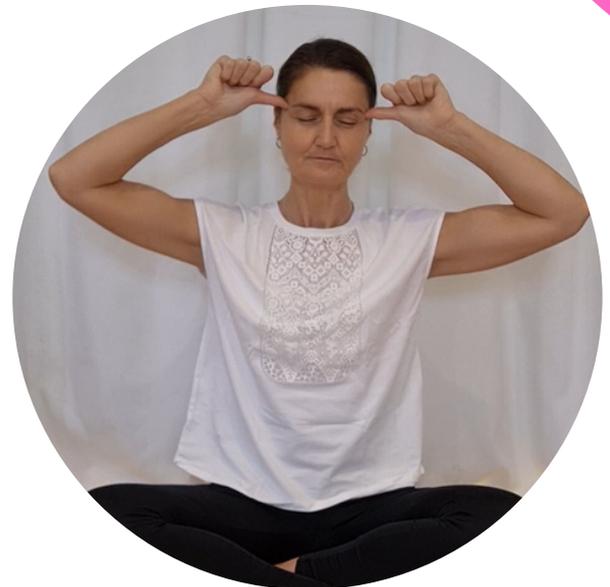
# Meditation for Healing Addictions & Breaking Bad Habits contd.

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## Comments:

With practice, the time of this meditation can be increased from 5-7 minutes to 20 minutes and ultimately to 31 minutes.

In our modern culture, addictive behavior is everywhere. We may be addicted to smoking, eating, drinking, or drugs; or we can be addicted subconsciously to acceptance, advancement, rejection, emotional love, etc. All of these lead us to insecure and neurotic behavior patterns. Yogic science asserts that human habit patterns are set or broken in 40-day cycles. More deeply ingrained patterns may take longer to correct. An imbalance in the pineal area of the brain can make mental and physical addictions seem unbreakable. Balancing the glands in this area helps to break those patterns.



## How to make your meditation more effective:

### Setting your Intention:

Before you begin this practice, take a moment to set a clear intention on what exactly you want to heal. This will amplify the effectiveness of the meditation.

At the end of your practice say the following:

**I BLESS YOU WITH LOVE, I RELEASE YOU AND LET YOU GO (x3 times)**

Repeat this anytime you feel the habit triggering.