

# 10 Steps to Peace

“This meditation takes care of phobias, fears and neurosis. It can remove unsettling thoughts from the past that surface into the present. It can take difficult situations in the present and release them into the hands of Infinity. All this can be done in just 40 seconds!” –

**Yogi Bhajan (master of Kundalini Yoga)**

# 10 Steps to Peace



1

Sit in easy pose with a straight spine

Gaze at the Tip of your Nose with eyes open 1/10

2

Inhale and remember an encounter or memory that happened to you.

3

EXHALE : Mentally say Wahe Guru (Wah-hay-g'roo) in the following manner

*Wah - focus on right eye*

*hay- focus on the left eye*

*G'roo - focus on the tip of the nose*

4

Inhale and visualize and relive the actual feeling of the encounter

5

EXHALE : Mentally say Wahe Guru (Wah-hay-g'roo) in the following manner

*Wah - focus on right eye*

*hay- focus on the left eye*

*G'roo - focus on the tip of the nose*

6

Inhale and reverse the roles in the encounter you are remembering. Become the other person and experience their perspective.

7

EXHALE : Mentally say Wahe Guru (Wah-hay-g'roo) in the following manner

*Wah - focus on right eye*

*hay- focus on the left eye*

*G'roo - focus on the tip of the nose*

8

Inhale. Forgive the other person and forgive yourself.

9

EXHALE : Mentally say Wahe Guru (Wah-hay-g'roo) in the following manner

*Wah - focus on right eye*

*hay- focus on the left eye*

*G'roo - focus on the tip of the nose*

10

Inhale. Let go of the incident and release it into the Universe.