

# 2023 Year End Gift



## OVERCOME COLD DEPRESSION

Support others in  
regaining connection  
to their spirit, purpose  
and destiny.



# Meditation to Overcome Cold Depression

Interlace your fingers so that the fingertips press into the cavities between fingers on the back of each hand. The index fingers are straight up, pressed together along their length. Thumbs cross each other comfortably. Hands are held at chest level. Eyes are open, focused at the tip of the nose, or closed, with no focus.

Chant along with Wahe Guru, Wahe Jio, by Sangeet Kaur (the version on the Raag Sadhana CD). Chant the mantra from your navel point, creating a mental focus in this way: At the sound of

<b>Wha</b>	focus at the navel point
<b>He</b>	focus at the chest
<b>Guru</b>	focus at the lips
<b>Jio</b>	

Continue for 3 to 31 minutes.

2024 Year End Gift: [Access the video here](#)

## Meditation to Overcome Cold Depression *Continued*

To end, inhale and retain your breath. Listen to the sound of the mantra. Exhale. Inhale, retain your breath and gather all the cold depression from your being. As you exhale, release the cold depression to the Infinite. Inhale, retain your breath, and feel the preciousness, the sacredness, of your life. Release through your exhalation, so that at the end of life, you may be with ease.

Allow your breath to find its own pace. Relax your eye focus. Relax your mudra. You may want to open and close your hands, roll your wrists, or shake out your hands.

When you are complete with your movements, sit still with awareness for another minute.

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## Learn More:

***Overcoming Cold Depression*** is offered as a 4 day online course for Kundalini Yoga teachers. It includes a curriculum for teaching KY to Overcome Cold Depression.

*Foundations of Kundalini Yoga Therapy: Principles & Practices* is required first.

Find these courses and more at:  
<https://www.grdcenter.org/events/>