



"I Am What I Am" Celestial Communication Meditation

Sit in easy pose with a straight and elongated spine. The eyes are open.

Mudra & Movements: The first series of movements goes along with the "I am...what I am" part of the song and will repeat six times. Begin with the hands in prayer pose at the heart. Follow along with the video and lift the hands straight up in prayer pose, moving from the heart, through the throat chakra and third eye point, all the way above the crown of the head. Once the arms have reached their maximum stretch above the head with the palms pressed together, let your hands separate and float down to the ground, while keeping the palms up and the arms straight.

Next, turn the palms facing down and, leading with the wrists, sweep the arms up, with the wrists nearly meeting above the crown of the head, then let the arms sweep back down again, leading with the wrists. Before the hands reach the ground, bring them together just below the heart, palms facing down, thumb and index finger touching. Now, open up your hands as though you are opening a book. The fingertips will touch as you open the hands. End with the palms facing up, the pinky fingers touching.

The next movement series coordinates with the lyrics, "that's alright...that's alright." Begin with your hands in prayer pose at the heart. The hands will move forward this time, with the hands pressed against each other for as long as possible. The force between the hands will help propel the hands forward in a horizontal circle, ending back in prayer pose. Repeat this movement. From here, press the palms together, but this time propel the hands upwards, finger tips pointing up, making a vertical circle, again ending in prayer pose. Repeat this movement, and then repeat the whole section for "that's alright...that's alright". As you do this movement series, utilize the shoulders and fully extend the arms.

As you end the last movement of the second series, instead of bringing the hands back into prayer pose, you will bring your hands into gyan mudra (tip of the first finger touching the tip of the thumb) near the heart center, the left above the right (vice versa if you are leading). You will hold this posture for a couple of counts - follow along with the video to see the exact timing. Next, you will keep your hands in gyan mudra, and reach your left fingertips towards your right elbow. Extend the arm fully as it stretches

across your body and then sweep the arm up, as though your fingertips are tracing a half circle in the air. When the left arm is parallel to the ground allow the hand to continue sweeping, so that the palm is face up, just under your right hand. Repeat this same movement with your right arm moving and ending under the left hand. To complete the series, bring both hands back into prayer pose.

End: Inhale and suspend the breath. Feel that each cell in your body is singing and vibrating "I am what I am." Exhale and relax.

Mantra: The song used for this meditation uses the English mantra "I am what I am." In Celestial Communication your body is the instrument, chanting and singing these words with the movement you create. You may also sing along if you like. It is a beautiful song.

Comments: If you have the complete song, the entire sequence repeats three times. You can even play the song two or three times in a row, to create a longer meditation for yourself or your class. There is no time limit for this meditation. The most important thing is to breathe and relax. Follow along with the video and enjoy!

Celestial Communication

Language of the Heavens

as taught by Yogi Bhajan

Celestial Communication is a technology to uplift. It relieves stress that accumulates deep in the brain. By moving the body with the mantra and music, a harmony is created between the body, mind and spirit. The effect is one of relaxation and a natural state of creativity and prosperity.

The focus of the movement is on the use of the arms and hands, and only the upper body is used. The movements are "choreographed" and repetitive so that the movement becomes meditative. If practiced in a group the individuals will follow, and mirror, a leader or teacher.

Celestial Communication is a moving meditation that is part of Kundalini Yoga as taught by Yogi Bhajan. It is unique in that he did not specify exact mantras, mudras or movements to use for this type of meditation. Instead, a teacher or practitioner is free to create the movements to a mantra or inspirational song.

For more information on Kundalini Yoga as taught by [Yogi Bhajan](#)© visit the [Kundalini Research Institute](#).