



# 5 Meditations for the Grey Period

**Each works on specific aspects of the psyche, nervous system, and subtle body.**

## What Is the "Grey Period"?

The Grey Period is a term Yogi Bhajan used to describe the transition phase between the Piscean Age and the Aquarian Age. It refers to a turbulent and confusing in-between time, full of upheaval, uncertainty, and rapid transformation.

## Timeline Overview:

- Piscean Age (~last 2000 years): Focused on hierarchy, power, external knowledge, secrecy, materialism.
- Aquarian Age (starting ~2011–2012): Focused on consciousness, inner authority, transparency, collective awareness, and spiritual sovereignty.
- Grey Period (~1991–2038): A 47-year transition window Yogi Bhajan spoke about, during which: Old systems crumble. Mental and emotional pressure increases. Technology accelerates but doesn't guarantee wisdom. People are forced to choose between fear and consciousness. Many experience spiritual crisis, identity confusion, and overwhelm.

## Characteristics of the Grey Period

The Grey Period is marked by:

- Information overload (the rise of the internet, social media, AI, etc.)
- Mental instability (stress, anxiety, depression on the rise)
- Collapse of institutions (loss of trust in governments, churches, schools)
- Loss of identity (gender, roles, jobs, family structures all in flux)
- Spiritual longing (a deep yearning for meaning and truth)



Yogi Bhajan warned that people without a strong nervous system and trained mind would not be able to cope. He said, "Every person will need a spiritual practice just to stay sane." Hence, the urgency of Kundalini Yoga.

### **What Does This Have to Do with the Aquarian Age?**

The Aquarian Age is not simply an era of peace and harmony — it's a vibrational upgrade that requires us to shift:

Piscean Age vs Aquarian Age

"I want to know" vs "I want to experience"

Authority is outside vs Authority is inside

Accumulate knowledge vs Develop intuition

Competition vs Collaboration

Secrecy vs Transparency

But to get there, we must pass through the chaos of the Grey Period. It's a kind of collective purification.

To support us during and beyond the Grey Period, Yogi Bhajan gave these five guiding principles — the Five Sutras for the Aquarian Age:

### **The Five Sutras of the Aquarian Age**

Yogi Bhajan gave these five guiding principles to support us through the Grey Period:

1. Recognize that the other person is you.
2. There is a way through every block.
3. When the time is on you, start, and the pressure will be off.
4. Understand through compassion or you will misunderstand the times.
5. Vibrate the cosmos and the cosmos shall clear the path.



These are compass points for Aquarian consciousness — not just ideas, but energetic tools for navigating intensity.

### **The Five Meditations for the Grey Period**

These were specifically given by Yogi Bhanan to develop the energetic and mental resilience needed during this transition.

Each works on specific aspects of the psyche, nervous system, and subtle body.

Five Meditations Given Specifically "to Prepare for the Gray Period of the Planet and to Bring Mental Balance":

- Meditation to Become Sharpwitted.
- Meditation to Do When Nothing Else Works.
- Meditation for Strong Nerves.
- Meditation to Make You Feel Cozy and Contented.
- Meditation to Prevent Aging.

### **Why These Five Meditations?**

Yogi Bhanan gave these five meditations not randomly, but because they:

- Train different aspects of the mind (reactive, projective, neutral).
- Build a foundation of identity and intuition.
- Create the inner structure needed to withstand outer chaos.
- Serve as daily “mental hygiene” during this time of global shift.

*"These meditations are not luxuries — they are essential survival tools for those who want to stay human in the Aquarian Age."*



## Meditation to Become Sharpwitted.

MEDITATION TO BECOME SHARPWITTED

9/29/75

### What It Will Do for You

This meditation neutralizes the central part of the brain and makes you sharpwitted. It is the answer to abnormal conditions we don't understand.

### How to Do It

Sit anywhere, any place. Hold the left hand up as though to clap; then, with the index and middle fingers of the right hand, slowly and with strong pressure, walk up the center of the left palm to the very tips of the middle and ring fingers.

The left fingers should give in -- bend a little under the pressure, and it should hurt. Walk up and down. The eyes are 1/10 open.

Note: This is one of five meditations given specifically "to prepare for the gray period of the planet and to bring mental balance."





## Meditation to Do When Nothing Else Works.

MEDITATION TO DO WHEN NOTHING ELSE WORKS

9/29/75

### What It Will Do for You

When you're at your wits' end,  
when you don't know what to do,  
when nothing else works, this  
meditation does!

### How to Do It

Make an inverted venus lock--  
fingers interlaced backwards.  
Hold at the solar plexus, palms  
facing up, fingers pointing up,  
thumbs straight. Eyes are 1/10  
open.

Chant the Guru Gaitri Mantra:  
"Gobinday, Mukanday, Udearay,  
Aparay, Hareeng, Kareeng,  
Nirnaamay, Akaamay." It should  
totally turn into a sound current:  
Chant as fast as possible so that  
the words are indistinguishable.

Start with 11 minutes and build  
up to 31.

Note: This is one of five medita-  
tions given specifically "to prepare for the gray period of the  
planet and to bring mental balance."





## Meditation for Strong Nerves.

### MEDITATION FOR STRONG NERVES

9/29/75

#### What It Will Do for You

Practice this meditation to gain a calm mind and strong nerves. It will help protect you from irrationality.

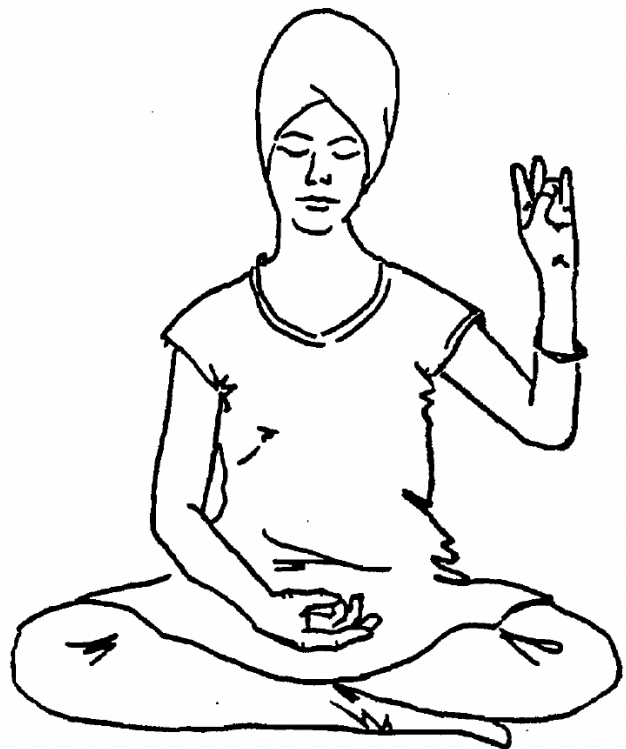
#### How to Do It

Sitting with a straight spine, hold the right hand at ear level with the thumb tip and tip of ring finger touching (fingernails don't touch). Place the left hand in the lap with the thumb tip and tip of the little finger touching. Females should reverse the position so that the left hand has thumb and ring finger touching with hand at ear level, and the right hand is in the lap with the thumb and little finger touching.

The eyes are 1/10 open. Make the breath long and deep but not powerful.

You can practice this meditation anywhere, starting with 11 minutes and working up to 31 minutes. To end the meditation, inhale deeply, open the fingers, raise the hands and shake them rapidly for several minutes. Then relax.

Note: This is one of five meditations given specifically "to prepare for the gray period of the planet and to bring mental balance."





## Meditation to Make You Feel Cozy and Contented.

MEDITATION TO MAKE YOU FEEL COZY AND CONTENTED

9/29/75

### What It Will Do for You

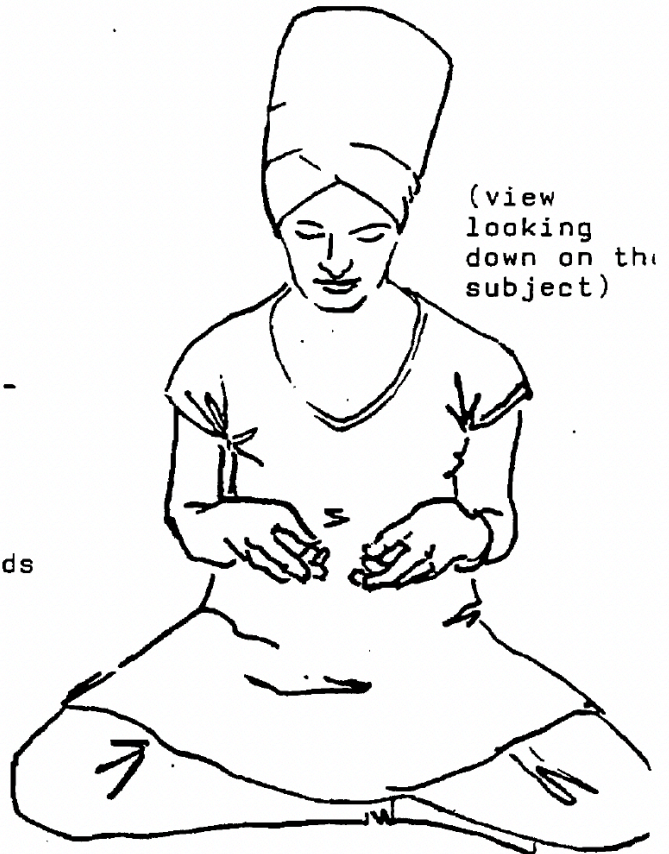
This meditation will make you feel cozy and contented. It works to balance the brain by reinforcing your inner ability to be in continual touch with your higher self.

### How to Do It

Connect the thumb and middle fingertips of the right hand and the tip of the thumb and little finger of the left. Fingernails don't touch. Females should hold the same positions with opposite hands. With the shoulders hanging, hold the hands 7-8 inches apart, fingers pointing forward, a little in front of the nipples. The eyes are 1/10 open.

Breathe normally and meditate for 11 minutes, then inhale, make tight fists with both hands for a few moments, and relax.

Note: This is one of five meditations given specifically "to prepare for the gray period of the planet and to bring mental balance."





## Meditation to Prevent Aging.

MEDITATION TO PREVENT AGING

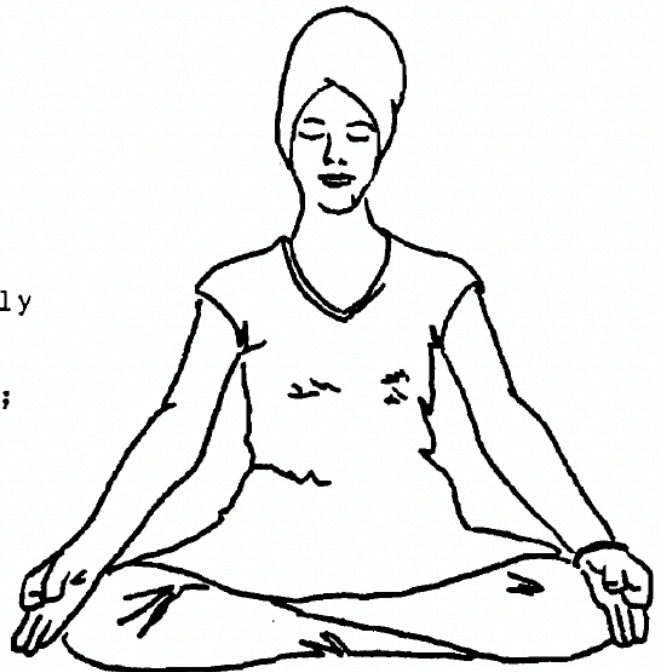
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### What It Will Do for You

To brighten your auric light, have a radiant face and prevent yourself from aging, practice this meditation.

### How to Do It

Sit straight in easy pose. Chant the Mul Mantra, inhaling completely before each phrase: EK ONG KAR; SAT NAAM; KARTAA POORKH (let the whole breath go through the nose); NIR BHAD; NIR VAIR; AKAAL MOORT; AJDNEE; SAIBHUNG; GUR PARSAAD; JAP (let the whole breath go through the nose); AAD SACHSHHH (release breath with a hiss); JUGAAD SACHSHHH (release breath with a hiss); HAI BHEE SACHSHHH (release breath with a hiss); NAANAK HOSEE BHEE SACHSHHH (release breath with a hiss).



Each time you inhale you must do so to your maximum capacity and each phrase must use up the entire breath. On words like AKAAL MOORT, where the sound isn't really extended, release the breath through the mouth with a light "uhh..." sound. On KARTAA POORKH and JAP, release the breath through the nose. This is the whole secret: the last 4 phrases are ended with the breath released through the mouth like the sound of a hissing snake.

Chant for a minimum of 11 times a day for 40 days. Since each person has a different lung capacity, this meditation should be done individually instead of in a group.

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