

Sodarshan Chakra Kriya

Sit in Easy Pose, spine straight.

EYE POSITION:

The eyes are slightly open and focused at the tip of the nose.

MANTRA:

WHA-HAY GUROO (silent)

MUDRA and BREATH PATTERN:

a) Block the right nostril with the right thumb.

Inhale slowly and deeply through the left nostril.

Suspend the breath.

Mentally chant the mantra WHA-HAY GUROO 16 times.

Pump the Navel Point 3 times with each repetition, once on WHA; once on HAY, and once on GUROO, for a total of 48 unbroken pumps.

b) After the 16 repetitions, unblock the right nostril.

Block off the left nostril with the right pinkie,

and exhale slowly and completely through the right nostril.

c) Continue repeating a and b.

TIME:

for 11-31 minutes. Advanced practitioners may extend the time to 62 minutes.

TO END:

Inhale, hold the breath 5-10 seconds, then exhale.

Stretch the arms up and shake every part of your body for 1 minute.

COMMENTS

"Of all the 20 types of yoga, including Kundalini Yoga, this is the highest Kriya. This meditation cuts through all darkness. It will give you a new start. It is the simplest kriya, but at the same time the hardest.

It cuts through all barriers of the neurotic or psychotic inside-nature.

When a person is in a very bad state, techniques imposed from the outside will not work. The pressure has to be stimulated from within.

The tragedy of life is when the subconscious releases garbage into the conscious mind. This kriya invokes the Kundalini to give you the necessary vitality and intuition to combat the negative effects of the subconscious mind. There is no time, no place, no space, and no condition attached to this mantra.

Each garbage point has its own time to clear. If you are going to clean your own garbage, you must estimate and clean it as fast as you can, or as slow as you want. Start practicing slowly - the slower the better. Start with five minutes a day and gradually build the time to either 31 or 62 minutes.

Maximum time is 2-1/2 hours for practice of this meditation."

- Yogi Bhajan

