

## Sodarshan Chakra Kriya

Originally taught by Yogi Bhajan in Demember 1990

Sit in an Easy Pose, with a light *jalandhar bandh*.

**EYE POSITION:** The eyes are fixed at the tip of the nose. (This meditation is not to be done with the eyes closed.)

**MANTRA:**

**WHA-HAY GUROO**

**MUDRA & 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 GU-ROO 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. Place the right index finger (pinkie finger can also be used) to block off the left nostril, and exhale slowly and deeply through the right nostril.
- c) Continue repeating a) & b)



**TIME:** for **11-31 minutes**. Master practitioners may extend this practice to **62 minutes**, then to **2-1/2 hours** a day.

**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**, so the energy can spread.

### COMMENTS

This is one of the greatest meditations you can practice. It has considerable transformational powers. The personal identity is rebuilt, giving the individual a new perspective on the Self. It retrains the mind. According to the *tantra shastras*, it can purify your past karma and the subconscious impulses that may block you from fulfilling you. It balances all the 27 facets of life and mental projection, and gives you the *pranic* power of health and healing. It establishes inner happiness and a state of flow and ecstasy in life. It opens your inner universe to relate, co-create, and complete the external universe.

This meditation balances the Teacher aspect of the mind. It acts on all the other aspects like a mirror to reveal their true nature and adds corrections. You act as a human being not just a human doing. If the Teacher aspect is too strong, you risk a spiritual ego, which becomes too attached to the ability to detach and to be "above" normal struggles. When the Teacher aspect is too weak, you can misuse your spiritual and teaching position for personal advantage.

When balanced, the Teacher aspect is impersonally personal. It starts with absolute awareness and a neutral assessment from that awareness. The Teacher uses intuition to know directly what is real and what is a diversion. You respond from the Neutral Mind beyond the positives and negatives. You are clear about the purpose and the laws of each action. A complete Teacher is not an instructor. The Teacher is the expression of Infinity for the benefit of all. You master non-attachment so that you are simultaneously in all your activities and not of them.

Treat the practice with reverence and increase your depth, dimensions, caliber, and happiness. It gives you a new start against all odds.

"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 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." - YOGIBHAJAN