



Gyan Chakra Kriya

1 exercise 11 min - 11 min *Lecture*

"The purpose of life is living in prosperity....Wealth is a different thing. Wealth does not guarantee prosperity....[If you practice this kriya] your psyche will change, your strength of intuition will change, and your capacity to realize will change. If you do this for forty days and then another forty days and then another forty days...you will find out yourself that you know more than you know....Attracting for you the faculty and facility is [in] the power of your arcline, which is from your earlobe to earlobe. A woman also has an arcline from one side of the breast to another, man doesn't have that."—Yogi Bhajan

1. Gyan Chakra Kriya

Comments: *This kriya will make you attractive by enlarging your halo, your arcline. It gives capacity to change your life from pauper to prince. The opportunities will come to you! You don't have to chase after them.*

Gyan Chakra Kriya (11 minutes)

1. Sit in Easy Pose with the spine straight, chest out, chin in.
2. Hands are in Gyan Mudra, forefinger tip touching thumbtip, remaining three fingers extended.
3. The hands move in alternating circles. The mudra circles from heart-level below, rising up in front of the face, palm facing out, continuing above the head and then swinging out and back to the side. The circle is smooth, evenly-paced, and in time with the mantra.
Depending upon the person, the mudra, wrist, or outer forearm can be the part passing in front of the face. That part then extends up and back to move over the crown of the head.
4. Play the music Satnam Satnam Waheguru Waheguru by Jagjit Singh. Chant along with the music.
5. Sing from the navel point, clear and strong.

To End

1. For 10 seconds speed up the arms to maximum.
2. Now inhale and stretch the arms straight over the head. Hold the breath for 10 seconds, reaching with the hands as high as possible. Exhale.
3. Inhale again and stretch the arms straight over the head. Hold the breath for 15 seconds, reaching with the hands as high as possible. Exhale.
4. Inhale once more, stretching the arms straight over the head, and twist through the torso side to side. Hold the breath for 15 seconds while twisting. Exhale and relax.

Mudra Gyan Mudra

Mantra

Satnam Satnam Waheguru Waheguru

