



Sodarshan Chakra Kriya

1 exercise 5 min - 2 hrs 30 min KRI International Teacher Training Manual Level 1I am a Woman - Creative, Sacred, Invincible

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."-Yogi Bhajan

1. Sodarshan Chakra Kriya

Comments: Master practitioners may extend this practice to 62 minutes, then to 2-1/2 hours a day.

Sodarshan Chakra Kriya (5 minutes to 2 hours 30 minutes)

1. Sit in Easy Pose with a straight spine, and a light Neck Lock.
2. The eyes are fixed at the tip of the nose. (This meditation is not to be done with the eyes closed.)
3. Block the right nostril with the right thumb. Inhale slowly and deeply through the left nostril. Suspend the breath and pump the navel point 16 times while mentally chanting the mantra: WHAA-HAY GUROO
4. Each of the 16 pumps of WHAA-HAY-GUROO contain 3 progressively deeper pulls on the navel. Pull the navel in 1/3 of the way on WHA, 1/3 farther in on HAY, and all the way in on GUROO.
5. 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.
6. Continue repeating the set of 16 pumps with the breath hold and

To End

1. Inhale, hold the breath 5-10 seconds, then exhale.
2. Stretch the arms up and shake every part of your body for 1 minute, so the energy can spread.

Eye Focus Tip of the Nose

Mantra

Wahe Guru

