

MEDITATION KRIYA TO KNOW THROUGH INTUITION

Yogi Bhajan • March 10, 1993

This *kriya* develops your ability to open to the Unknown through intuition and sensitivity. The first exercise done with the one minute breath links the heart center, the arc line and your projection. Feel your magnetic field and aura as you meditate. Just as in the *Meditation to Learn to Pray*, establish an open, sensitive and unlimited field. In exercise two the sixth chakra is stimulated into action with the sound of the high pitched whistle. The sound relaxes and opens. The hand lock enhances neutrality. The third exercise is the fulcrum. You create a polarity between the fixed hand position, like antennae, and the relaxed cells of the rest of the body. You welcome and receive the information and intuition from the known and Unknown. It is an excellent *kriya* to prepare for powerful prayer and to develop intuition.

1) Sit in Easy Pose. The left elbow is bent, hand in front of the heart center, and the palm flat, facing the floor. The right arm is extended out to the front at a 60 degree angle. Close the eyes and breathe slowly and honestly. (Work up to breathing only one breath per minute.) Feel the Divine Presence around you. **11 minutes**.

To finish: Stay in the position, inhale deep, hold the breath 10 seconds as you tighten all the muscles of the body. Exhale. Repeat 2 more times. Relax, roll your shoulders, stretch your arms and rib cage.

2) In Easy Pose, your arms are extended straight out in front of your chest with the palms touching and the thumbs locked over each other. Close the eyes and whistle a song of your choice. **7 minutes**. This posture affects the parathyroid and you may feel a pressure in your neck.



3) Sit in Easy Pose, put your hands in a lotus mudra at eye level. Relax the entire body but hold the hand position strongly. Close your eyes for **3 minutes**. This is an intertwined action when one part of the body in a confined posture becomes the antenna and the rest of the body is relaxed to receive.

4) Inhale and clasp your hands in front of your heart center and press as hard as you can. Exhale and repeat 2 more times. Then relax, talk, and ground yourself for a few moments.

