

# Haumei Bandhana Kriya

*September 1, 1978*



**POSTURE:** Sit in Easy Pose or other meditative posture, with a straight spine, and apply Neck Lock.

**MUDRA:** Make the hands into fists and extend the thumbs up. Bring the hands, palms facing the body, in front of the Solar Plexus. Relax the elbows. Press the pads of the thumbs together with a steady strong force.

**EYES:** Closed

**MANTRA:** Take a deep inhale and exhale completely as you chant, **Whaa-hay Whaa-hay Whaa-hay Guroo**, 4 times on the breath, in a steady monotone:

**Whaa-hay Whaa-hay Whaa-hay Guroo**

**Whaa-hay Whaa-hay Whaa-hay Guroo**

**Whaa-hay Whaa-hay Whaa-hay Guroo**

**Whaa-hay Whaa-hay Whaa-hay Guroo**

The repetitions are chanted on one breath. With practice this can be extended to 8 repetitions. We are using 4 repetitions as our base, which makes a rhythm of 16 pulses. To practice this meditation most effectively, listen to the sound as you chant it. Be conscious of the fact of speaking and listening. Speak each word distinctly so the lips move on the “Whaa” and “Gu” sounds. The pace is moderately fast: the inhalation and four repetitions take about 10-12 seconds. As your energy shifts and expands, inhale intentionally and remain alert; keep the rhythm and pace steady, with precision.

**TIME:** 22 minutes. In practice this can be extended to 31 minutes.

**TO END:** Inhale deeply, suspend the breath and mentally repeat the mantra. Then exhale. Repeat. Then inhale and stretch the arms up, open and close the fists. Exhale. Shake the arms and hands until the fingers relax.