

K.R.I.Y.A.S.

Meditation No.

2-21-77

Kharam Sambhahaumi Kriya

General Position:

Sit in a comfortable meditative position with a straight spine.

Figure No.

1



Hands:

Interlock all the fingers except the ring fingers. Point the ring fingers down and between the palms. Cross the ring fingers and press them against each other with the fingernails on the outside. Close the palms together and squeeze. Place the hand position at the level of the heart.

Arms:

Rest the arms at the sides of the body. Bend the elbows and bring the forearms up and in toward each other until the hands meet at the level of the heart. Keep the elbows touching the sides of the body.

Figure No. 2



Legs:

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground.

Breath:

Completely inhale through the nose in four equal parts, Exhale all the breath from the lungs in four equal parts.

Eyes:

The eyes are 1/10th open.

Mantra:

As the breath is inhaled, mentally vibrate "SO, SO, SO, SO" (one "SO" for each part of the breath) and as the breath is exhaled, mentally vibrate "HUNG, HUNG, HUNG, HUNG" (one "HUNG" for each part of the breath).

Locks or other conditions:

Lock the palms together and maintain pressure on the lock throughout the meditation.

Mental Focus:

Focus on the mental vibration of the mantra and on the breath.

Mental images:

Practice Conditions:

Length of time:

Start by doing this meditation for only three minutes. Add one minute a week until eleven minutes has been reached. Then continue for eleven minutes.

Comments:

This meditation is a very powerful, life-giving experience. Its benefits are manifold. It can open up every capillary and every cell in the lungs; it cleans you out, gives you lots of power. By creating a balance in the correlative energy in the hemispheres of the brain, it prevents brain fatigue.