

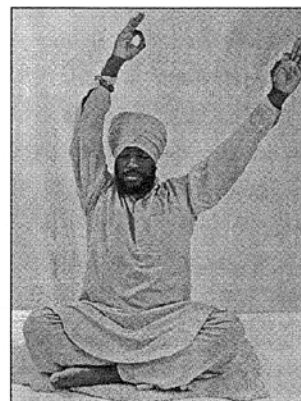
GYAN CHAKRA KRIYA MEDITATION

Yogi Bhajan • February 19, 1996

Gyan Chakra Kriya Meditation is one of the most sacred *kriyas* in Kundalini Yoga. It was practiced so miracles could happen. There is a story associated with it: Over 2,000 years ago Rishi Anand saw with his intuitive eye that a great weather shift and famine would strike the country and create much hardship and death. He asked all the monks in his ashram to practice this every day, selflessly. After three years, the famine struck hard. The monks had attracted opportunity, wealth and prosperity and had stored a lot of food. So they opened free kitchens and distributed their food, and brought more in from great distances. They saved humanity for two full years until the effects of the famine had passed.

POSTURE: Sit in Easy Pose. It is important to sit with a straight spine.

MUDRA: Hands are in Gyan Mudra (the tip of the thumb and the tip of the index finger together). Keep the other three fingers straight and pressed together side by side. Stretch your arms over your head. Create a steady movement: Begin making large alternate circles of the arms. The right arm swoops in a large counterclockwise circle over the head, back behind the body and then out to the right as low as the heart center. The left arm moves in a large clockwise circle over the head, back behind the body and out to the left. Stagger the movement of the two arms. As the left arm comes over the head, the right arm is circling out to the right of the body. As the right arm moves towards the head, the left arm moves out to the left of the body. This way the arms won't collide with one another. Keep the arms circling up and around and move forcefully in rhythm with the mantra, one revolution per second.



MANTRA: Chant clearly and forcefully from the Navel Point to the tape of *Sat Nam Wahe Guru*, Indian Version #2, with this mantra:

Sat naam, sat naam, wha-hay guroo, wha-hay guroo

TIME: Continue for **11 minutes**. For the last 30 seconds, move as fast as possible.

TO END: Inhale, stretch the arms straight up to hug the ears and stretch the spine as much as possible. Hold 10 seconds, exhale and repeat two more times. During the last inhale and stretch, twist the body first left then right seven times then come to center and exhale.

COMMENTS/BENEFITS: This meditation is fantastic for healing. It helps the heart and joints. It lowers stored anger. It increases intuition. In 120 days of steady practice you will change and your capacity to realize change changes.

Its primary effect is that it brightens your halo. It builds the aura. It activates the arcline, which taps the knowledge from the aura and *akasha*. That is why arcline is called the seal of knowledge. Life becomes different. You realize your reality and much prosperity runs to you. Your radiance and presence communicates and elevates your life.

As a personal practice, do it regularly for 120 days.