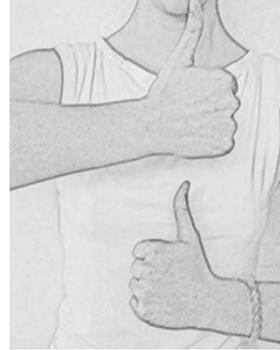




Sit in an Easy Pose, with a light jalandhar bandh.

**Eyes:** The eyelids are 1/10th open with the eyes focused at the Brow Point.

**Mudra:** The hands and arms form a very precise mudra and posture, which is the same for both genders. Hold the right hand 4 to 6 inches (10-15 cm) in front of the body at the level of the throat. Curl the fingers into a fist. Extend the thumb straight up. Hold the left hand directly below the right fist. Curl the fingers of the left hand into a firm fist. Extend the thumb straight up. Adjust the position of the hand so the left thumb tip is about 2 inches from the base of the right fist and the thumbs are aligned with each other. If you do this correctly, the base of the left hand to the top of the right thumb will cover the space from the level of the diaphragm to the mouth. Hold the elbows so that the forearms are parallel to the ground.



**Breath:** Regulate the breath into this pattern: inhale deeply and quickly, then exhale immediately, powerfully, and completely. Lock the breath out. Suspend the chest and keep the neck locked. Keep the thumbs stiff and in perfect position. Hold the breath out for a rhythmical count of 26. With each count gently apply mulbandh and feel the Navel Point squeeze backwards. Visualize as you count: see and feel the energy and awareness going up the spine, vertebra by vertebra. The count of one is the first vertebra at the base of the spine, with the count 26 at the top of the spine into the center of the skull.

**Time:** Continue for 3-11 minutes. 11 minutes is the maximum time for this kriya.



### **Comments:**

This meditation is an advanced practice. It requires the student to hold a demanding posture without distraction. You overcome any concern about the body. Then the concentration must be held and the visualization of the energy perfected. It can be cultivated as a sadhana when you practice at least 120 days. The main effect of the meditation is complete stability of the Pranic Body. This means an increase in the sense of self, increased good judgement, and elimination of "normal insanities." We often have conscious or subconscious fears, which make us jumpy and irregular in our judgement and in our trust of the inner self. This meditation removes the reactions to fears and makes you steady.