



## **Tershula Kriya p.1 “Thunderbolt of Shiva”**

*“Kundalini Yoga is... a practice of experience of a person's own excellence  
which is dormant and which is awakened.” – Yogi Bhajan 7/26/96*

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

**Eyes:** The eyes are closed looking at the back of the eyelids.

**Mantra & Mudra:** Mentally chant the mantra:  
HAR HAR WHA-HAY GU-ROO.

Bring the elbows next to the ribs, forearms extended in front of you, with the hands in front of the heart, right over left, palms up. The hands are approximately 10 degrees higher than the elbows. There is no bend in the wrists. The arms from the fingertips to the elbows form a straight line. The thumbs are extended out to the sides of the hands, the fingertips and palms are slightly offset.

**Breath:** Inhale through the nostrils, pull back on the navel, and suspend the breath. Mentally chant the mantra for as long as you are able while retaining the breath. While chanting, visualize your hands surrounded by white light. Exhale through the nostrils and visualize lightning shooting out from your fingertips. When you have completely exhaled, hold the breath out, pull mulbandh, and again mentally recite the mantra as long as you are able. Inhale deeply and continue.

**Time:** Recommended time of practice is 31-62 minutes.





**Comments:** Tershula is the thunderbolt of Shiva (one of the Hindu Trinity of gods): Brahma, Vishnu and Shiva, Shiva is the destroyer or regenerator. Tershula can activate the self-healing process. This meditation balances the three gunas—the three qualities that permeate all creation: rajas, tamas, and sattva. It brings the three nervous systems together. It gives you the ability to heal at a distance, through your touch or through your projection. Many psychological disorders or imbalances in the personality can be cured through practice of this kriya, and it is helpful in getting rid of phobias, especially father phobia. It is suggested that this meditation be done in a cool room, or at night when the temperature is cooler, since it directly stimulates the kundalini and generates a great deal of heat in the body.