



Sven Butz

Schule für Yoga und Heilung
Sat Nam Rasayan

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Here is a meditation described in Siri Guru Granth Sahib on page 1106 by Bhagat Jai Dev ji that was taught by SSS Harbhajan Singh Khalsa Yogi ji on August 1991.

This is one of those meditations that can create a lot of change in you if you practice it every day consistently. The meditation is not really a "beginners" meditation and does take some practice, but anyone can do it. This is a powerful meditation and should not be changed or altered. It's very important to make sure you are doing this kriya correctly, so review all the details below.

"Now, most powerful and beautiful is **Sodarshan Chakra Kriya**. I thought that I have taught for so many years, now people are ready for it. We didn't start teaching it the first day. For me (I do not know about anyone else) it took 30 years to be able to control my left and right nostrils without holding them with my fingers. And I still do that sometimes when I feel very weak - I use my hand and fingers. Somebody can say, "Switching nostrils is not needed since the air coming through the right nostril and the left nostril meets." We shall not take any responsibility for such wrong practices! What the hell is one creating? Disturbing the pituitary, the master command gland? These kinds of jokes will end by themselves, but it will be dangerous for those who practice it wrong. There is nothing in the teachings which are not clearly stated and which have not worked accurately"

"The Teachings are the Teachings, and have no one's personality in them. I never edit them; you should not edit them. It is a Golden Chain. My own prayer is that you can perfect what it is, and go with it. It is a funny thing. It is a three thousand year old proven path - it's not going to stop. Why do you want to add or subtract something - to satisfy your ego or convince students? It is very deceitful on the part of a teacher to teach teachings to please people. So honestly give people what we have. Teach like me. Teach exactly as it is. If you are not going to teach Kundalini Yoga purely, then don't teach it at all. With Kundalini Yoga you are dealing with the life force of the atom. Don't play with the pranic energy"

Meditation Instructions

Posture: Sit with a straight spine. During the meditation if you

Focus: The eyes are looking at the tip of the nose and 9/10ths closed. (So Darshan Chakra Kriya is not to be done with the eyes all the way closed) Mudra - The left hand is in Gyan Mudra resting on the left knee (and can be used to keep track of the counting). The right hand uses the thumb and index finger or little finger to block off the alternate nostrils.

Mantra: Wahe Guru (pronounced, "Wha-Hay-Guroo").



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Breath

- a. Block off the right nostril with the right thumb. Inhale slowly and deeply through the left nostril. Hold the breath. Mentally chant "Wha Hay Guroo" 16 times. Pump the navel point 3 times with each repetition, once on "Wha", once on "Hay", and once on "Guroo" - for a total of 48 unbroken pumps.
- b. Unblock the right nostril. Place the right index finger (pinkie finger can also be used) to block off the left nostril, and exhale slowly and deeply through the right nostril.
- c. Continue repeating steps a & b Time - Do the meditation for 11-31 minutes. Master practitioners may extend this practice to 62 minutes, then to 2-1/2 hours a day. If you are having difficulty starting out doing the meditation for 11 minutes then pick a shorter time that that you are able to do and increase the time after you get more practice.

To End: Inhale, hold 5-10 seconds, and exhale. Then stretch and shake every part of your body for about 1 minute, so that the energy can spread throughout your body.

Here is a short video clip of my friend Deva Singh demonstrating the meditation, so you can visually see it being practiced.

Comments:

This is one of the greatest meditations you can practice. It has considerable transformational powers. The personal identity is rebuilt, giving the individual a new perspective on the Self. It retrains the mind. It can purify your past karma and the subconscious impulses that may block you from fulfilling you. It balances all the 27 facets of life and mental projection and gives you the pranic power of health and healing. It establishes inner happiness and a state of flow and ecstasy in life. It opens your inner universe to relate, co-create and complete the external universe.

To gain these benefits requires different efforts from different people. Each mind has stored up its own pile of negative thought and energy. So each pit is cleaned on its own time and scale. You decide how much time you have and you need to invest in this practice. Treat the practice with reverence and increase your depth, dimensions, caliber, and happiness. It gives you a new start against all odds.

Of all the 20 types of yoga, including Kundalini Yoga, this is the highest Kriya. This meditation cuts through all darkness. It will give you a new start. It is the simplest kriya, but at the same time the hardest. It cuts through all barriers of the neurotic or psychotic inside-nature. When a person in a very bad state, techniques imposed from the outside will not work. The pressure has to be stimulated from within. The tragedy of life is when the subconscious releases garbage into the conscious mind. This kriya invokes the Kundalini to give you the necessary vitality and intuition to combat the negative effects of the subconscious mind.

There is no time, no place, no space, and no condition attached to this mantra. Each garbage point has its own time to clear. If you are going to clean your own garbage, you must estimate and clean it as fast as you can, or as slow as you want. Start practicing slowly; the slower the better. Start with five minutes a day, and gradually build the time to either 31 or 62 minutes. Maximum time is 2-1/2 hours for practice of this meditation." – SSS Harbhajan Singh Khalsa (aka: Yogi Bhajan)