

# K.R.I.Y.A.S N.61

# P. 121

LA027 780413 AJUNI KRIYA

This Kriya works very powerfully on the **glandular system**. The person who practices this meditation will **develop the ability to fly**

## **General Position:**

Sit in easy pose with a straight spine, or in any meditative pose.

## **Hands:**

Cross the right thumb over the left thumb. Close the hands over the thumbs with the fingers straight. Push the thumbs as deep as possible into the closed hands. The sides of the hands where the little fingers are, remain firmly pressed together from the tip of the lit the fingers to the heel of the hand. The index fingers are pressing at the tips. Point the hand position straight up with the tips of the fingers level with the lips.

## **Arms:**

Hold the arms in such a way that the elbows are extended out to the sides of the body and the forearms are parallel to the ground.

## **Legs:**

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

## **Breath:**

Deeply inhale and completely exhale as the mantra is chanted. Be sure that there is no breath left in the lungs after the mantra has been chanted.

## **Mantra:**

Chant the following mantra in a monotone voice as the breath is exhaled:  
"EK ONG KAR SAT HARI"

Be sure that all of the breath has been exhaled from the lungs by the time each repetition of the mantra has been completed. There are seven beats to the mantra. "KAR" gets three beats. All other words get one. Each repetition takes 6-8 seconds. Be sure that all the breath has been exhaled from the lungs by the time the mantra has been completed. Emphasize "HAR".

## **Locks or other conditions:**

lock the right thumb over the left thumb.

## **Mental Focus:**

Focus on the breath and on the mantra and be sure to exhale all the breath as the mantra is chanted.

## **Practice Conditions:**

The scriptures say that this meditation should be practiced in a very lonely place but Yogi Bhajan practiced it in a public place.

## **Length of time:**

Begin with 11 minutes and slowly build to as long as desirable.

## **Comments:**

This meditation works very powerfully on the glandular system. It can take you to the third blue ether. It can put a person to sleep so precautions to stay awake should be made. The person who practices this meditation will develop the ability to fly through the air. Do not use this power for negative purposes. Once you start, you can't stop, and it will eat you alive.

