

From Winter Lectures, 1977

Sit in a comfortable meditative position with a straight spine.

Interlock all the fingers except the ring fingers. Point the ring fingers down and between the palms. Cross the ring fingers and press them against each other with the fingernails on the outside. Close the palms together and squeeze. Place the hand position at the level of the heart.

Rest the arms at the sides of the body. Bend the elbows and bring the forearms up and in toward each other until the hands meet at the level of the heart. Keep the elbows pressed into the sides of the body.

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

Completely inhale in four equal parts. Exhale all the breath from the lungs in four equal parts.

The eyes are 1/10 open.

As the breath is inhaled, mentally vibrate SO, SO, SO, SO (one "SO" for each part of the breath) and as the breath is exhaled, mentally vibrate "HUNG HUNG, HUNG, HUNG" (one "HUNG" for each part of the breath).

Lock the palms together and maintain pressure on the lock throughout the meditation.

Focus on the mental vibration of the mantra and on the breath.

Start by doing this meditation for only three minutes. Add one minute a week until eleven minutes has been reached. Then continue for eleven minutes.

From prana pranee pranayam:

Before you do this kriya, please take off any rings you may be wearing. Sit in Easy Pose with chin in and chest out. Interlock all of your fingers except the Sun (ring) fingers. The Sun fingers point down inside the clasped hands and cross each other so that the pads of those fingers touch. Squeeze the palms together and hold the mudra at the heart center (center of the chest). Your elbows are pressed against the ribs.

Interlock the fingers except for the Sun (ring) fingers. The Sun fingers point downward and the pads press against each other.

Squeeze the palms together

"The mudra creates the contact of the flow of life energy (the touching of the two Sun fingers) which happens right under the rest of the energy (the interlocking of the other fingers in the mudra)."

Relax your eyelids down over your eyes, leaving your eyes 1/10 th open. Inhale through your nose in four strokes, silently meditating "Saa-Saa-Saa-Saa." The four stroke inhale takes about 2 seconds to complete. Exhale through the nose in four strokes, silently meditating "Hung-Hung-Hung-Hung." The four stroke exhale also takes about 2 seconds to complete. Focus on the sound of the breath and the mantra.

Start -with 3 Minutes of practice. If you wish to do more, you may add one minute of practice time each week up to a total of 11 Minutes. Do not do this kriya for more than eleven minutes.

"The sage said, 'Whosoever shall do this meditation shall achieve the reciprocal strength to go through time and space with righteousness.' This is Karam Sambhavanl Kriya. It is a very powerful life-giving kriya. It opens up every capillary and every little cell in the lungs and cleans you out. It gives you a lot of power because the left and right hemispheres of the brain are inter-locked (in the mudra) and these hemispheres work according to Ida and PingaUi. It creates an equilibrium, a balance, a correlation of energy. It will prevent brain fatigue."

\*When this meditation was taught, Yogi Bhajan paced the students by chanting aloud. For the inhalation, he used the variation "Saa" for the more commonly used "So" in the mantra So Hung. Both "So" and "Saa" carry the meaning of "Infinity," but in this particular meditation, we mentally vibrate "Saa."

