

Mantra:

Chant the following mantra in a monotone voice:

GOBINDA

There is a strong emphasis on the first syllable.

Chant in a continuous unbroken rhythm at a fast rate.

Chant only with the lips and not the mouth. Proper pronunciation of the mantra is vitally important to experience the effects of this meditation.

EXTEND AND PUCKER THE LIPS ON "GO," SMILE ON "BIND (A)."

Locks or other conditions:

Lock the hands into the mudra and keep them locked throughout the meditation.

Mental Focus:

Focus on the mantra and make sure the lips and tongue are pronouncing it correctly at all times.

Mental images:

Practice Conditions:

Length of time:

Begin with seven minutes and build to 31 minutes.

Comments:

This meditation stirs up the kundalini. It gives immunity from death and power over life.

K.R.I.Y.A.S.

Meditation No. 1/23/78

#09

TRISHOUL KRIYA

General Position:

Sit in easy pose with a straight spine.

Hands:

Bend the Saturn and Sun fingers of each hand straight down to a 90° angle from the second knuckle. Press the bent fingers of the opposite hands together at the bent knuckles. Interlace the other fingers, pressing the thumbs against the nearest Jupiter finger. Hold the mudra in front of the heart chakra.

Arms:

Bend at the elbows, raising the forearms up and in toward each other until the hands meet at the center of the chest at the level of the heart.

Legs:

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

Breath:

Breathe only when necessary and in quick, short breaths in order to maintain the continuous rhythm of the mantra.

Eyes:

The eyes are 1/10 open.

Figure No.

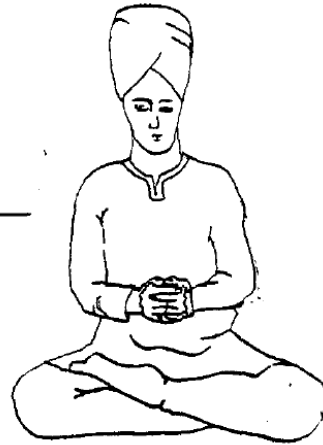


Figure No.

