

So Darshan Chakra Kriya

Of all the 20 types of yoga, including Kundalini Yoga, So Darshan Chakra Kriya 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 is in a very bad state, techniques imposed from the outside will not work. The pressure has to be stimulated from within. 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.

Mudra: Sit with a straight spine:

- 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 can also be used) to block off the left nostril, and exhale slowly and deeply through the right nostril.
- c. Continue.

Eyes: At the tip of the nose. (So Darshan Chakra Kriya is not to be done with the eyes closed.)

End of Meditation: 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.

Time Constraints: There is no time, no place, no space, no condition attached to this mantra. Each garbage pit has its own time to clear. If you are going to clean up your own garbage, you must estimate and clean it as fast as you can, or as slow as you want. You have to decide how much time you have to clean up your garbage pit, but 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.