

## Kriya to Create Miracles

One day in April of 1985 I was standing with the Siri Singh Sahib Yogi Bhajan in front of Guru Ram Das Ashram in Los Angeles. He turned to me and said “Hey nut, you want to create miracles?”

Of course I said, “Yes Sir!”

“Then do this,” he said. And he taught this kriya.

- Sit in easy pose (or lotus if you prefer), hands in gyan mudra. Eyes are 1/10 open, 9/10 closed, focused at the tip of the nose. or meditate on the tantric tratakam photo. Pull back on the navel and apply a slight mulbhand.
- Inhale deeply through the nostrils. Make it a full, deep breath all the way down to the navel.
- From the navel push the energy down to the first chakra and mentally recite *Har Harey Hari Wahe Guru* at the first chakra.
- Move through up each chakra, silently reciting the mantra at each center as you continue to hold the breath.
- After you have recited *Har Harey Hari Wahe Guru* at each of the 8 chakras, exhale completely and apply maha bhanda. Maha Bhanda is when you apply the root lock, mul bhanda; the diaphragm lock, uddyana bhanda; and the neck lock, jalandara bhanda together.
- Keeping the breath out, begin from the heart center and mentally recite *Har Harey Hari Wahe Guru* from the heart chakra, to the throat chakra, to the ajna or 3rd eye, to the shashra or crown chakra, through the aura or 8<sup>th</sup> chakra.
- Inhale and repeat.

He told me to do it for 62 minutes. However, you can begin with 11 minutes and increase steadily to 22 minutes, 31 minutes, 44 minutes, then 62 minutes.

The results were miraculous!