

K.R.I.Y.A.S

771130 Personality

General Position:

Sit in a cross-legged meditative pose. Hold the spine straight and pull in the lower back (fourth, fifth, and sixth vertebrae).

Hands:

Hold the palms together with the right thumb crossed over the left thumbs

Arms:

Rest the hands in the lap so that the heels of the hands are near the navel point. Elbows are relaxed at the sides. Shoulders are hung loose.

Legs:

Crossed in an easy sitting posture.

Breath:

Inhale deeply and completely between each cycle of the mantra as it is chanted out loud. During the second part breathe slowly and long, but normally. Bringh the breathing ratio to eight breaths per minute. For the third part inhale and chant the mantra eight times on each breath.



Eyes:

Look straight and then close the eyes nine-tenths of the way.

Mantra:

The mantra is from the **17th Slok of Sukhmani Sahib**. It is chanted in a monotone. **11 minutes**

"AD SACH JUGAAD SACH HEBHAY SACH NANAK HOSIBHAY SACH"

3 ½ minutes chant it mentally.

1 minute: Then begin to **chant WAHE GURU eight times per minute** in a monotone for one minute.

Locks or other conditions:

Keep the impact proper. Don't try to relax. Participate fully and do your best. Move no fiber of your body during the silent part. Apply the strictest control.

Length of time:

Part I - 11 minutes chant (Ad sach)

Part II - about 3 ½ minutes mentally chant (Ad sach)

Part III - One minute WAHE GURU eight times for minutes

Comments:

The lower back hurts us because that is where the breathing control is. The breath is not controlled in the lungs. It is governed by the eighth vertebrae of the top which is the base of the neck and also at the fourth and fifth vertebrae in between the disc nerve center.