

BANDHANA KRIYA

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Sit in Easy Pose with a straight spine. Press your hands together in Prayer Mudra. “When both palms meet and neutralize the pranic energy, it is called Bandhana (locked in) Kriya.” The hands must be exactly pressed together, the fingers must be exactly fitted against each other, the thumbs fully connected, and the palms must be perfectly pressed together.

The eyes are nine-tenths closed with a line of vision paralleling the nose. Inhale deeply, hold the breath in, and mentally chant **Whahe Guruu** eight times. Then exhale completely, hold the breath out, and mentally chant **Whahe Guruu** eight times at the same rhythm and rate. **Continue 31 Minutes.**

COMMENTS:

This is the simplest kriya, but it is so powerful. Just do it for 31 minutes, keeping the rhythm while you chant the mantra. It will give you a splendid experience. Be careful that the lock of the hands does not come loose.
