

Gyan Chakra Kriya

The Most Sacred Kriya of the Yogis

February 19, 1996—M121—London, United Kingdom

Total Meditation Time: 11 Minutes

Video Time: 24:44 – 37:21, Mudra Shown in Video: 24:18 & 34:04

One-Part Meditation

This is page 128 in the Level Two Conscious Communication manual.

"This will move your arcline."



Posture/Mudra: Sit in easy pose with a straight spine, chin in and chest out. Place both hands in Gyan Mudra (Jupiter, or index, finger touching the thumb). This is the seal of knowledge. Remaining three fingers are straight.

Movement: Alternatively move the hands in large swooping circles over the head.

- 1) The **RIGHT HAND** moves in a **COUNTER-CLOCKWISE** circle over the head, behind the body, and then out to the **RIGHT** side of the body, as low as the Heart Center.
- 2) The **LEFT HAND** moves in a **CLOCKWISE** circle over the head, behind the body, and then out to the **LEFT** side of the body, as low as the Heart Center.
- 3) Stagger the movement of the two arms. As the left hand comes over the head, the right hand is circling out to the right side of the body.
- 4) Keep the hands circling up and around and move forcefully in rhythm with the mantra, one revolution per second.

Breath: Unspecified **Eyes:** Unspecified

Mantra/Music: "Sat Nam Wahe Guru" the Indian version. Chant out loud from the navel point.

Time: 11:00. Move as fast as possible the last 10 seconds.

Comments: "It's called Gyan Chakra Kriya. In the science of yoga it is the most sacred kriya of the yogis, who can produce miracles. The mantra is the Adi mantra and Tresha Guru mantra of Brahma, Vishnu, Mahesh, so I am just explaining the contacts of it. So you can enjoy it and feel good about me when you become prosperous and rich, call me."

**END: 11:00 [Three Inhales/Exhales to End.
Stretch the Arms Up]**

1) 11:00 [Inhale & Stretch the Hands Upward for 10 Seconds] "Inhale. Stretch your hands up please. And stretch your spine all the way. Stretch, stretch."

11:10 [Exhale] "Exhale."

2) 11:13 [Inhale & Stretch the Arms by the Ears. Hold for 13 Seconds] "Inhale again. No cheating this time. Stretch. Stretch your arm by the side of your ear, take them all the way up. Straighten out your spine. Hurry up."

11:26 [Exhale] "Exhale."

3) 11:28 [Inhale & Stretch the Arms by the Ears. Hold for 13 Seconds] "Once more. All the way up."

11:33 [Turn the Body Left & Right 7 Times. Arms remain up] "Turn left, turn right, turn left, turn right, turn left, turn right, turn left, turn right, turn left, right, left, right, left."

11:45 [Exhale] "Exhale."



Effects: This meditation's primary effect is that it brightens your halo and builds the aura to bring prosperity. It activates the arcline, which taps the knowledge from the aura and akasha. Yogi Bhajan said, "This will get for you all what you need in the planet and what your longitude and latitude. You will have altitude and attitude of prosperity. Height. It will give you height. And you will see better, you can see bigger, you can think bigger, you can think best. All will come to you."

It also helps with the heart, joints, and increases intuition. As a personal practice, do it regularly for 120 days for 11 minutes. Yogi Bhajan said "Start with eleven minutes, do it for 40-days, if it changes you, you will feel better, do it twice a day for 40-days. If you see thou, wow! Then go ahead and do it, if not curse me in United States."

Origin: Yogi Bhajan said, "I don't think it will not work, it has worked for all those who have done. That's why its origin is as old as 2,000 years. Rishi Ananth tells a disciple, time has come now that we have to serve and feed

people. From three years now there will be a famine in the country, so he gave them the exercise and made them to be prosperous and tell them to collect all the wealth and all the prospects of the wealth. And after three years, when all that area got into that famine and was nothing to eat for people, he and his disciples open up the free kitchens and took care of the humanity for two years." [Video Time 49:16]

Scientific Explanation: "Let me explain it to you in a scientific matter. The nuclei of all the cell in the unit, which is thirty trillion in you, in cross radiation and remittance to each other, they have a relationship. That relationship of attracting for you, the faculty and facility, is the power of your arc line, which is from your earlobe to earlobe. A woman only have from one side of the breast to another, man doesn't have that. This is your real power. This will get for you all what you need in the planet and what your longitude and latitude. You will have altitude and attitude of prosperity. Height. It will give you height. And you will see better, you can see bigger, you can think bigger, you can think best. All will come to you." [Video Time 43:50]

Additional Yogi Bhajan Comments: "If you do this for 40-days, then for another 40-days, then another 40-days, something like that, you will find out yourself that you know more than you know. Because this is arc, right here, the halo, you must have seen it in paintings. This is the seal of knowledge [demonstrates Gyan Mudra], this is Jupiter, this is ego and this is how the angle goes [demonstrates movement] Just simple. If the capacity of your psyche is .01. You will be surprised to see, it will become 2, 8, 9, 10, 1.2. You will be so enriched, you will find yourself different. Hundred twenty days your life to you will become different, it's amazing." [Video Time 37:26]

"People had a capacity to change their life from a pauper to a prince, and they still do it. They have found a secret. They have found a secret to enlarge their halo. So their brightness can attract all the opportunities and they can have prosperity." "One who rotates the earth, this earth of yours, one who rotates it. In twenty-four hours shall take care of your routine whoever it is. You believe it or not. If your psyche and your halo is there, this exercise shall give you your halo as it should be, more you do it, more fast you will be you. Opportunities will come to you, you don't have to chase after them. Am I clear?" [Video Time 39:39]