

Shabd Kriya for the Neutral Mind



Posture: Sit in any comfortable posture with the spine straight. Place the hands in the lap, palms up with the right hand over the left. The thumbs are together and point forward.

Eyes: Focus the eyes on the tip of the nose, the eyelids 9/10 closed.

Breath and Mantra: Inhale in 4 equal parts, mentally vibrating the mantra *Sa-Ta-Na-Ma*. Hold the breath, vibrating the mantra 4 times for a total of 16 beats. Exhale in 2 equal strokes projecting mentally *Wahe Guru*. Continue for 15 to 62 minutes.

Taught by Yogi Bhajan on April 1, 1974

The best time to practice this kriya is every night before bed, but it can be practiced any time of the day.

It is said that if it is practiced regularly, sleep will be deep and relaxed, and the nerves will regenerate. After a few months, the rhythm of your breath as you sleep will be subconsciously regulated in the rhythm of the mantra.

You will think better, work better, share better, love better, and fight better.