Smiling Buddha Kriya

This hand mudra is often seen in paintings and statues of Spiritual Masters. It is a gesture of happiness, blessing, and prosperity. Mudras move energy and this mudra opens the flow of the Heart Center.



Posture: Easy Pose

Mudra: Extend the Jupiter (index) and Saturn (middle) fingers up and curl the Sun (ring) and Mercury (little) fingers, pressing them down with the thumb. Bring the hands up so the elbows are pushed back and a 30 degree angle is made between the upper arm and the forearm. The palms face forward and the forearms are parallel to one another. Make sure the elbows are pressed back and the chest is out.

Eyes: Eyes are closed. Concentrate at the Third Eye very powerfully.

Mantra: *Sa Ta Na Ma*

Chant mentally at the Third Eye Point.

Sa= Infinite; *Ta*= Life, Existence; *Na*= Death, Transformation;

Ma= Regeneration, Rebirth. These are the *bij* sounds of *Sat Naam*, which means, "I am Truth."

Continue for 11 minutes.

Comments:

This kriya is said to have been practiced by many wise spiritual leaders including Buddha and Christ. The story goes that the great Brahmin who taught Buddha this kriya found him nearly starved and unable to walk after his 40-day fast under the fig tree. The Brahmin fed him and he began eating slowly. When Buddha finally started smiling again, the Brahmin gave him this kriya to practice.